LABORATORY GUIDE
FOR BIOLOGY 203
HUMAN ANATOMY AND PHYSIOLOGY
for use with
Seeley’s Essentials of Anatomy and Physiology, 8th edition
by VanPutte, Regan, and Russo

Marilyn M. Shannon, M.A.
Karen K. McLellan, M.S.
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STRATEGIES FOR SUCCESS IN THE BIOLOGY 203 LABORATORY

Introduction

Anatomy is a precise descriptive science based on observation. Unlike the common misconception, it is not a subject based on rote memory! Remembering this as you work— that anatomy is precise, that anatomy is descriptive, and that anatomy is based on observation—is a great help toward developing your skill as an anatomist. It will enable you to learn much more easily, and in a way that will result in understanding of principles that will stay with you long after you leave the anatomy lab and enter the clinical world.

Below are some tips to enable you to succeed in your study of human anatomy.

A. Prepare before each lab class to get the most benefit from your lab time.

1. Before coming to lab, use this Laboratory Guide to highlight this week's assigned vocabulary (in boldface in the text illustrations using a "lab only" highlighter.

2. Place bookmarks or colored tabs in the assigned illustrations in the text so that you can find them easily in lab.

3. Read through all assigned material in this Laboratory Guide or in the text.

4. View any assigned animations before coming to lab.

B. Bring your textbook, this Laboratory Guide, and the Atlas to lab every week.

1. Seeley's Essentials of Anatomy and Physiology, 8th ed. (2013) provides illustrations which serve as the “keys” to the models.

2. This Lab Guide serves as a link between text and lab materials.
   a. It gives illustration numbers and page references.
   b. It shows required vocabulary in boldface.
   c. It shows which models to use when studying the required vocabulary by underlining, as in “upper limb models.”
d. It aids in pronunciation by underlining the vowel of accented syllables in confusing words, or by providing complete pronunciation when necessary; i.e., “carotid” for “carotid,” and “lare-inks” for “larynx.”

e. It contains an atlas of photographs of many lab models.

C. This is a “hands-on” lab–spend your lab time handling models and bones.

1. Use your text mostly outside of your lab time.

2. In lab, use your text mainly as a key to the models.

3. Use your lab time well--it is limited.

   a. Try to stay focused on the work in lab.

   b. Work cooperatively. Do not distract others with chit-chat, and do not allow others to waste your time in this way. Finding a lab partner to study with is an excellent way to share study hints, review, and motivate each other.

   c. Leaving early is hazardous to your grade.

D. Recognize that anatomy is precise detail work.

1. Observe structures carefully, particularly noting where they are in relationship to other structures.

2. Use the entire name as you work and study. Repeat it aloud. Every anatomical name is designed to have some element of description. What does the name mean?

3. When it comes to origins, insertions, and actions of muscles, have each muscle “show” you all three, based on its location. You will always be looking at the muscle when asked about it.

4. Your success in this lab class depends on your ability to recognize a structure on a model or bone and to be able to recall and write its name.
E. **Review is the key to all learning.**

1. **Review** newest material first and most.
2. **Review** older material regularly out of lab.
3. **Review** previously used models in every lab every week.
4. **Review** assigned animations outside lab.

F. **Plan to use the extra “open lab” times provided.** By permission of the instructor, you may also be able to spend extra time in other labs.

G. **Your lab instructor is a major resource.**

1. He or she will provide an introduction to each lab, and a final review.
2. Your instructor will assist you with pronunciation of terms, memory jogs, and an appreciation of the relevance of the lab material.
3. Your instructor will help you choose the best models for studying the appropriate anatomy.
4. Please ask for the assistance you need in lab.
5. Do not compromise your instructor’s effectiveness by engaging him or her in chit-chat.
6. Your instructor’s office hours are for your benefit. Use them as necessary.

H. **Quizzes are intended to motivate you to keep up with each week’s work.**

1. Your instructor will describe the quizzes.
2. No quiz may be made up if missed; however, your lowest quiz score from each half of the course will be dropped.
I. All lab practicals and quizzes are write-in tests. Most questions will ask you to identify structures directly on the lab models and bones.

   1. Your instructor will describe these types of tests.

   2. Study which includes writing the names of the structures is excellent preparation for the practicals.

   3. A practice practical will be set up before the actual lab practical.

   4. Your lab practical test sheet will be returned to you during the lab following the test. Always check it with the key posted in the lab. If there are errors, return the test to your instructor immediately for regrading. If you have not requested regrading by your instructor by the second lab after Lab Practical I, or at the final lecture test for Lab Practical II, your test will be considered correctly graded and no further regrading will be done.

J. Please cooperate with the following laboratory policies.

   1. Do not eat or drink in the lab. This is a posted health regulation. It also protects models, books and keys from spills.

   2. Do not point with pencils or pens on models--use wooden sticks so we do not mark up the models.

   3. Limit photography to the last 10 minutes of class. Photographs are available as part of your course materials, but there is no substitute for the hands-on learning that the lab experience offers.

   4. Clean-up is essential before you leave lab.

      a. Follow instructor's directions as to where to put models, keys, and dissection materials.

      b. Push stools under the table as you leave.

   5. You may not attend a lab for which you are not registered unless you have the express permission of the instructor. (This is a policy throughout the university.) However, "open lab" times will be announced before each practical to allow all students extra lab time.

K. Lab instructor's name: ______________________________, e-mail, ______________________________, and office: __________________