

Anatomical Terms Worksheet

In Anatomy specific terms are used to explain the location of body organs, systems, as well as body movements.

- 1 Fill in the missing words to make the passage correct using words from the word bank provided.
reference, side, stand, body, arms, hands, anatomical, forward

All anatomical terms have a _____ point which is called the _____ position. This is a _____ position where you _____ up, head straight and _____ by your _____, with the palm of your _____ facing forward.

- Complete these sentences using the terms superior and inferior.

- 2 The hands are _____ to the feet
3 The knees are _____ to the waist.
4 The elbow is _____ to the wrist.
5 The calf muscle is _____ to the ankle.

- Complete these sentences using the terms anterior and posterior.

- 6 The heel is _____ to the toes.
7 The biceps are _____ to the triceps.
8 The hamstring is _____ to the quadriceps.

- Complete these sentences using the terms lateral and medial.

- 9 The arms are _____ to the midline.
10 The neck is _____ to the arms.
11 The shoulders are _____ to the midline.

- 12 Anatomical Terms – Word Match

Match the correct terms with their meanings. Place the correct letter in the empty column

Term	Letter	Definition
Superior	↓	a) closer to the top of the limb
Inferior		b) lying face downwards
Anterior		c) towards the head, or above
Posterior		d) back or at the back of
Lateral		e) closer toward the bottom or end of a limb
Medial		f) towards the feet, or below
Proximal		g) front, or in front of
Distal		h) lying face upwards
Supine		i) toward the side of the body, or away from the midline of the body
Prone		j) toward the midline of the body

- Circle the answer which will make the sentence correct.

- 15 The big toe is on the lateral/medial side of the foot?
16 The shoulder blade is on the anterior/posterior side of the body?
17 The hand is distal/proximal to the elbow?
18 The hips are superior/inferior to the shoulders?
19 The shoulders are medial/lateral to the spine?
20 The knee is distal/proximal to the ankle?