

### **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?