**Unit 1 Study Guide**

1. Describe the 4 types of tissues
   1. Epithelial \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Connective \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. Nervous \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Which types of muscles are:
   1. Voluntary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Involuntary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Striated \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. NonStriated \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Describe Anatomical Position
4. How do each of the following planes divide the body in half
   1. Sagittal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Transverse \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Frontal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Define the following directional terms
   1. Anterior
   2. Posterior
   3. Dorsal
   4. Ventral
   5. Medial
   6. Lateral
   7. Superior
   8. Inferior
   9. Cephalic/Cranial
   10. Caudal
   11. Proximal
   12. Distal
   13. Deep
   14. Superficial
6. Be able to label all 4 abdominal quadrants
7. Be able to label all 9 abdominal regions
8. Know the name for the following microscopic cells:
   1. bone cell\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. bone forming cell\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. bone resorbing cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. What are the 5 main functions of the skeletal system?
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. What 2 minerals are stored in the bones?
    1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. Identify the components of the Axial system
12. Identify the components of the appendicular system
    1. Know the names of all the long bones
    2. Know the bones that make up the pectoral girdle
    3. Know the bones that make up the pelvic girdle
13. Identify what these are and where their anatomic location is:
    1. Patella
    2. Frontal bone
    3. Mandible
    4. Radius
    5. Ulna
    6. Tibia
    7. Scapula
    8. Fibula
    9. Parietal Bone
    10. Occipital Bone
    11. Temporal bone
    12. Maxilla
    13. Metatarsals
    14. Tarsals
    15. Ribs
    16. Humerus
    17. Calcaneous
    18. Mastoid Process
    19. Cervical, Thoracic, and Lumbar Vertebrae
    20. Sacrum
    21. Medial Malleolus
    22. Lateral Malleolus
    23. Iliac Crest
    24. Metacarpals
    25. Carpals
    26. Femur
    27. Phalanges
    28. Clavicle
    29. Coccyx
    30. Nasal bone
    31. Zygomatic arch
    32. Xiphoid process
    33. Pubis symphysis
    34. Recognize the components of the long bones
        1. Diaphysis
        2. Endosteum
        3. Epiphysis
        4. Periosteum
        5. Spongy bone
    35. What is the purpose of the bursae/synovial fluid?
14. What are the 6 flat bones of the skull?
    1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    7. What is the only movable bone in the skull?
    8. Soft spots on the infant skull are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Know the terms of movement
    1. Flexion
    2. Extension
    3. Abduction
    4. Adduction
    5. Rotation
    6. Circumduction
    7. Pronation
    8. Supination
16. Joints:
    1. Know the four types of moving (diarthroses) joints:
       1. Ball/socket
       2. Gliding
       3. Hinge
       4. Pivot
    2. Know the partially movable (amphiarthroses) joints:
       1. Ribs/spine and symphysis pubis
    3. Immobile Joints (synarthroses) - cranium/skull
17. Recognize the different abnormal curvatures of the spine
    1. Hunchback = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    2. Swayback = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    3. Spine curved from side to side = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
18. Know the common injuries of the appendicular system and the symptoms and treatment
    1. Definition of Fractures:
       1. Greenstick fractures \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       2. Compound fracture \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       3. Comminuted fracture \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
       4. Closed (simple) fracture \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    2. Know the difference between a closed reduction corrective procedure and an open reduction procedure
    3. What is the purpose of casting a bone after a fracture? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    4. Other injuries:
       1. Sprains
       2. Dislocations
19. Be able to identify the cause/symptoms and treatment of the following diseases of the skeletal system:
    1. Osteomalacia
    2. Osteoma
    3. Osteomyelitis
    4. Osteoporsis
    5. Osteoarthritis
    6. Rheumatoid arthritis
    7. Gout
    8. Rickets