

## Part 1: Directional Terms

Complete these sentences using the terms superior or inferior.

1. The hands are \_\_\_\_\_ to the feet.
2. The knees are \_\_\_\_\_ to the waist.
3. The elbow is \_\_\_\_\_ to the wrist.
4. The calf muscle is \_\_\_\_\_ to the ankle.

Complete the sentences using anterior or posterior.

5. The heel is \_\_\_\_\_ to the toes.
6. The biceps are \_\_\_\_\_ to the triceps.
7. The hamstring is \_\_\_\_\_ to the quadriceps.

Complete these sentences using the terms lateral and medial.

8. The arms are \_\_\_\_\_ to the stomach.
9. The neck is \_\_\_\_\_ to the arms.
10. The shoulders are \_\_\_\_\_ to the midline.

Complete these sentences using the terms superficial and deep.

11. The skin is \_\_\_\_\_ to the muscles.
12. The lungs are \_\_\_\_\_ to the ribs.
13. The bone of the thigh is \_\_\_\_\_ to the surrounding muscle.

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

| Term      |  | Definition  |
|-----------|--|---|
| Superior  |  | a) Closer to the top of the limb                          |
| Inferior  |  | b) Lying face downward                                    |
| Anterior  |  | c) Towards the head, above                                |
| Posterior |  | d) Back or at the back of                                 |
| Lateral   |  | e) Closer toward the bottom or end of the limb            |
| Medial    |  | f) Towards the feet, or below                             |
| Proximal  |  | g) Front, or in front of                                  |
| Distal    |  | h) Lying face up  |
| Supine    |  | i) Towards the side of the body, or away from the midline |
| Prone     |  | j) Toward the midline of the body                         |

Circle the answer that will make the sentence correct.

- a) The big toe is on the lateral/medial side of the foot.
- b) The scapula is on the anterior/posterior side of the body.
- c) The hand is distal/proximal to the elbow.
- d) The hips are superior/inferior to the shoulders.
- e) The shoulders are medial/lateral to the spine.
- f) The knee is distal/proximal to the ankle.