



Human Anatomy Made Easy - Descriptions and Functions: Quick Reference Guide

Justina C. Bachsteiner Ph.D.

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The “Human Anatomy Made Easy - Descriptions and Functions” book is designed to promote fast and easy learning with definitions that are brief and extremely accurate.

Our teaching method focuses on keeping similar anatomical terms grouped together so that you can easily locate, compare and memorize these terms at a glance.

The books abbreviated style also makes it a valuable review book, especially for tests.

Listed here are the books 16 Topics that define a wide range of important anatomy terms.

EXAMPLES:

Section 02.01 – “Anatomical Positions of the Body, Feet and Arms” (The “Standard Medical Descriptions” used to describe them).

Section 02.02 – “Brain Anatomy” and “Weight”.

Section 02.03 – “Digestive System”.

The function of: Enzymes, Alimentary Canal, Mouth, Saliva, Ptyalin, Teeth, Pharynx, Esophagus (Gullet), Stomach, Gastric Juices, Pancreas, Islands of Langerhans, Insulin, Liver, Gall Bladder, Intestinal Glands , Small Intestine, Duodenum, Jejunum, Ileum, Large Intestine , Cecum, Colon, Rectum and Anus.

Section 02.04 - The “5 Major Systems of the Human Body”.

They are the: Cardiovascular System, Respiratory System, Nervous System, Skeletal System, and the Muscular System.

Section 02.05 – “Muscle Function and Composition”.

The definition of: Muscle Fiber, Myofibril, Actin, Myosin, Sarcomere, Sliding Filament Theory, and Mitochondria.

Section 02.06 – “Popular Anatomy Terms”.

The definition of: Arthro, Bi, Brachium, Cardio, Cephalo, Chondro, Costo, Dermo, Hemo, Hemat, Ilio, Myo, Osteo, Os, Thoraco, Tri, Supra, Infra, Superior, Inferior, Anterior, Ventral, Posterior, Dorsal, Medial, Lateral, Distal, Proximal, Articulation, Joint, Origin, Insertion, Plantar, Dorsal, Palmer, Cervical/Thoracic and Lumbar Vertebrae.

Section 02.07 – “Anatomical Planes” that define the positions of body parts and circular motions.

The definition of: Sagittal Plane, Frontal Plane, Transverse Plane, Horizontal Plane, and Multiplanar.

Section 02.08 – “Skeletal System” and the number of bones in each of its 2 sections.

Section 02.09 – “Axial Skeleton” and the location and number of bones in each of its body parts.

These are the: “Bones of the Head, Neck, and Trunk”.

Section 02.10 – “Appendicular Skeleton” and the location and number of bones in each of its body parts.
These are the: “Bones of the Legs and Arms”, and the “Bones” that connect them to the “Axial Skeleton”.

Section 02.11 – “Bones of the Skull”.

These are the: “Cranium and Face” and number of bones in each part.

Section 02.12 - “Bones of the Ear”.

These are the: The “Auditory Ossicles” and its number of bones.

Section 02.13 – “Joints”.

The definition of: Joints, Joint Cavity, Articulations and Synovial Fluid.

Section 02.14 – Joints are Classified by their Structure, and by their 3 Types of Movements.

The definition of: Fibrous Joints (Syndesmoses), Cartilaginous Joints (Synchondroses) and Synovial Joints (Diarthroses).

Section 02.15 – “Synovial Joint Motions” and their “Types, Descriptions and Planes”.

The definition of: Flexion, Extension, Dorsiflexion, Plantarflexion, Abduction, Adduction, Elevation, Depression, Inversion, Eversion, Rotation, Pronation, Supination, Horizontal Flexion, Horizontal Extension, Circumduction, and Opposition.

Section 02.16 – “Anatomy of an Athletic Shoe”.

The definition of: Outsole, Insole, Midsole and Orthotic.

This anatomy book is great reference for students, teachers, nursing students, therapists, personal fitness trainers, athletes, and all health conscious people.

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