

Anatomy Cheatsheet

Terminology

- Anterior: Refers to the front of the body or a structure.
- Posterior: Refers to the back of the body or a structure.
- Medial: Refers to the middle of the body or a structure.
- Lateral: Refers to the side of the body or a structure.
- Proximal: Refers to a structure closer to the trunk or origin of the body part.
- Distal: Refers to a structure further from the trunk or origin of the body part.
- Superficial: Refers to a structure closer to the surface of the body.
- Deep: Refers to a structure further from the surface of the body.

Body Systems

Cardiovascular System

- Functions: Circulates blood throughout the body to deliver oxygen and nutrients and remove waste.
- Main Organs: Heart, blood vessels (arteries, veins, and capillaries).

Digestive System

- Functions: Breaks down food into nutrients that can be absorbed by the body and eliminates waste.
- Main Organs: Mouth, esophagus, stomach, small intestine, large intestine, rectum, anus.

Muscular System

- Functions: Provides movement, maintains posture, and generates heat.
- Main Organs: Skeletal muscles.

Nervous System

- Functions: Receives and transmits signals throughout the body, allowing for communication and control.
- Main Organs: Brain, spinal cord, nerves.

Respiratory System

- Functions: Takes in oxygen and eliminates carbon dioxide from the body.
- Main Organs: Nose, pharynx, larynx, trachea, bronchi, lungs.

Skeletal System

- Functions: Provides support and protection for the body, allows for movement, and produces blood cells.
- Main Organs: Bones, cartilage, ligaments.

Anatomy and Physiology Resources

- [Visible Body](#)
- [Innerbody](#)
- [Anatomy Arcade](#)