

How to use this workbook

Each activity pairs an anatomical illustration with numbered features and an answer key. Use the drawing to study where structures lie, then practice recalling their names without the answers in view. Work through a few features at a time if the page is unfamiliar.

1 Begin with the illustration

Read the title, view label, and activity instructions. Follow each numbered pointer to its target. Use the answer key to identify the structure and read its description, then find it again in the drawing. Notice its shape and its position relative to nearby features.

2 Color and label the features

Write each name on its numbered answer line. Follow the activity's color instructions; when a number repeats across views of the same structure, use the same color. Choose colors you can distinguish easily, and use a light touch so the printed detail remains visible.

3 Recall the names with the answers hidden

Cover your completed answer lines and put the key and notes aside. On a separate sheet, write the numbers and name their structures from memory. Attempt each answer before checking. If you cannot recall a name, leave a space and continue.

4 Check what needs another look

Compare your answers with the key. For each missed or uncertain answer, locate the structure and reread its description. Then hide the answer and try again. A missed name helps you decide where to spend your next few minutes of study.

5 Return in a later study session

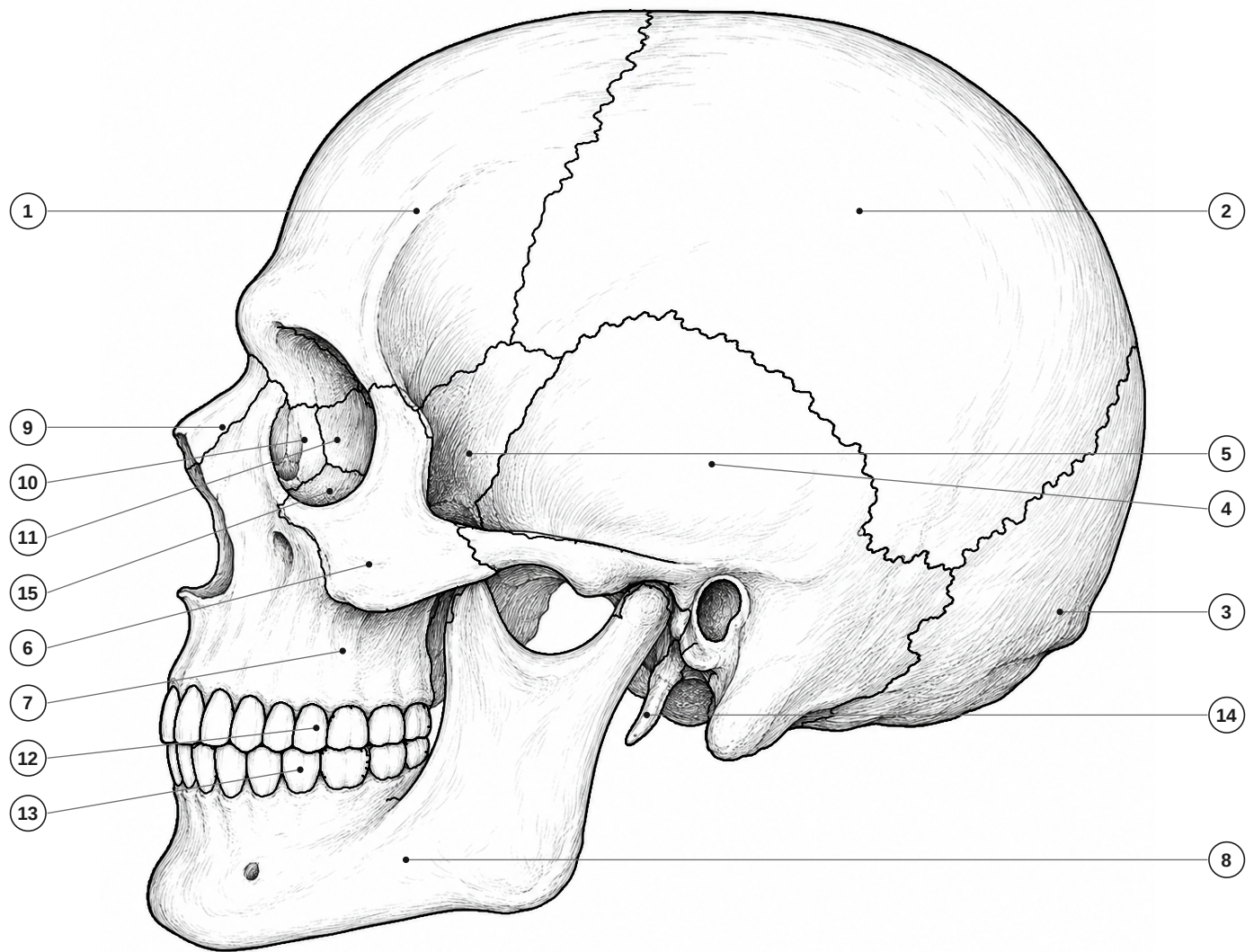
Revisit the page with the answers covered. Include structures you recalled correctly as well as those you missed. When an activity shows more than one view, try identifying the same feature in each. You can use the numbered drawing again without recoloring it.

Recalling an answer before checking it is called retrieval practice. Research supports this approach to learning. The coloring and labeling activities provide material to study; the hidden-answer review gives you an opportunity to retrieve it from memory.

The skull from the side

LEFT LATERAL VIEW

Name each numbered structure on its answer line. Color the marked regions, using the key for guidance. Leave openings white. Regions 4 and 14 share a color, as do regions 7 and 15.



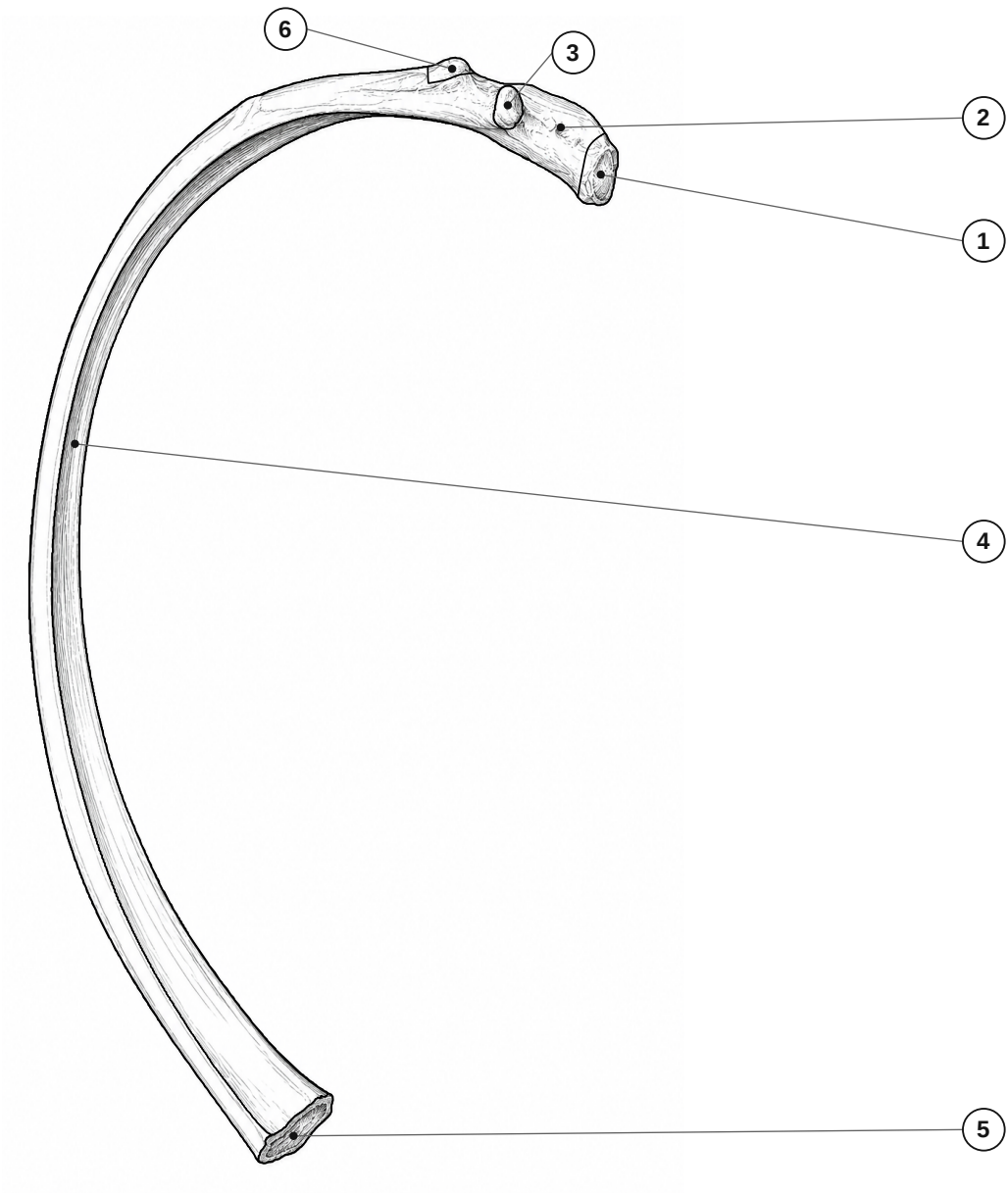
1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____

9	_____
10	_____
11	_____
12	_____
13	_____
14	_____
15	_____

A typical rib

LEFT RIB / INFERIOR ASPECT

Name all six numbered features on the answer lines. Choose a different color for each marked region. Leave the space inside the curve white, and use the key to check your work.



1 _____

2 _____

3 _____

4 _____

5 _____

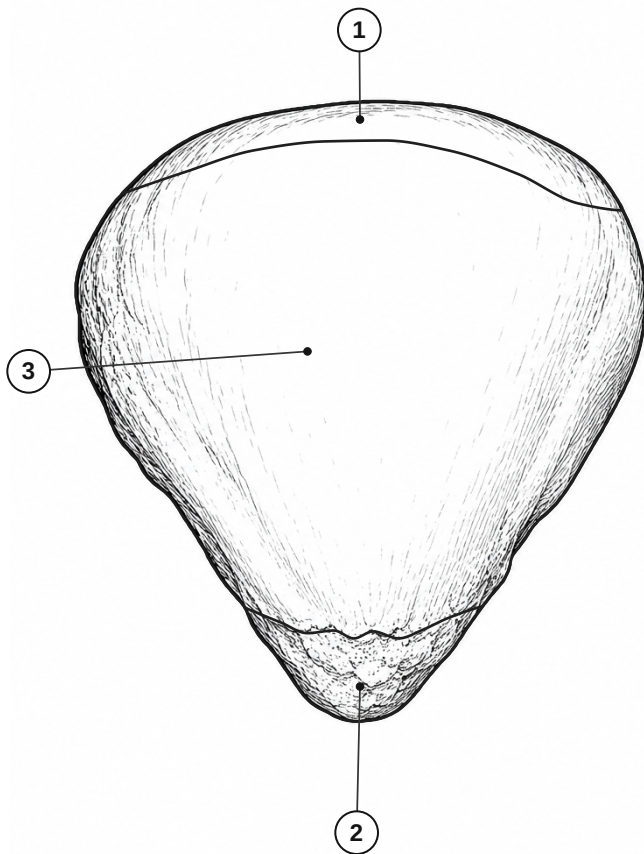
6 _____

The patella

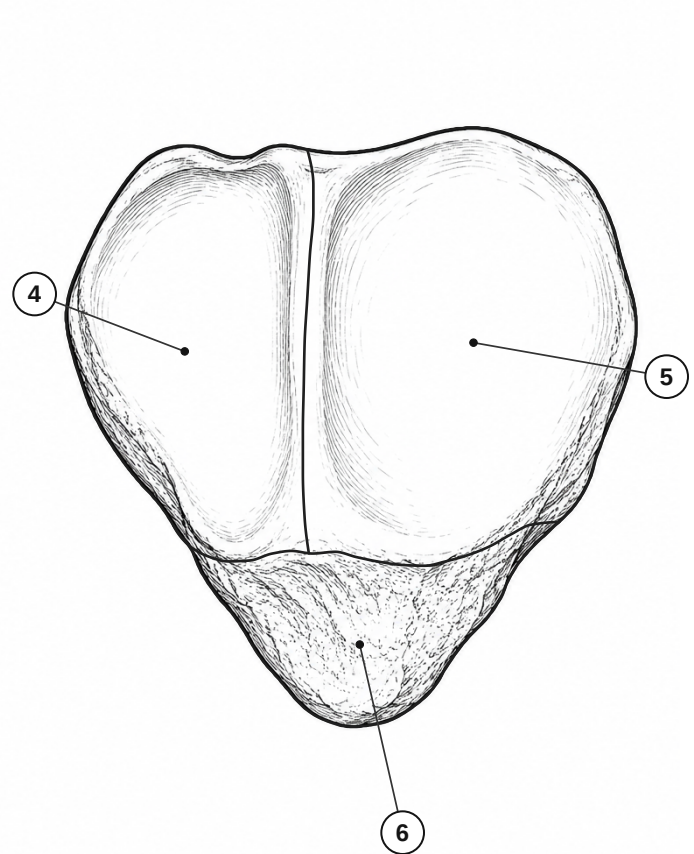
RIGHT PATELLA / ANTERIOR AND POSTERIOR VIEWS

Name each numbered feature on its answer line. Color each marked region, using a different color for each number.

ANTERIOR VIEW / FROM THE FRONT



POSTERIOR VIEW / FROM BEHIND



1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

The skull from the side / Key

ANSWER KEY

1. Frontal bone

The frontal bone forms the forehead and the upper rim of the eye socket, or orbit. Follow its border toward the top of the skull.

2. Parietal bone

The parietal bone forms much of the upper side of the skull. Notice how its curved outline meets the neighboring bones.

3. Occipital bone

The occipital bone forms the back of the skull and extends into its base. Only part of it is visible from the side.

4. Temporal bone

Find the temporal bone around the ear opening and the back of the cheek arch. Use this color again for its styloid process at 14.

5. Sphenoid bone

The greater wing of the sphenoid appears just behind the orbit. Most of this bone lies deeper in the skull.

6. Zygomatic bone

The zygomatic bone forms the front of the cheek arch. Follow the arch backward to where it meets the temporal bone.

7. Maxilla

The maxilla forms the upper jaw. It also contributes to the orbital floor at 15; use the same color for both regions.

8. Mandible

The mandible holds the lower teeth. Follow its body backward and upward into the ramus, the upright part of the bone.

9. Nasal bone

The nasal bone forms part of the bridge of the nose. Its small outline lies between the frontal bone and the upper jaw.

10. Lacrimal bone

Find the lacrimal bone at the front of the inner wall of the orbit, near the nose. Color its marked area.

11. Ethmoid bone

The visible part of the ethmoid lies behind the lacrimal bone in the inner wall of the orbit. Color its marked area.

12. Upper teeth

Use one color for the upper tooth row, keeping within the outline of each tooth.

13. Lower teeth

Use another color for the lower tooth row. Compare it with the upper row as you work around the small spaces.

14. Styloid process

This slender projection belongs to the temporal bone. Find it below the ear region and match its color to region 4.

15. Orbital floor

This marked part of the orbital floor belongs to the maxilla. Match its color to the upper jaw at 7.

Use a light touch with your pencil to keep the fine shading visible. Leave the ear opening, the space beneath the cheek arch, and the deep recesses at the skull base white.

A typical rib / Key

ANSWER KEY

1. Head of rib

The head forms joints with the vertebral bodies. Color the marked head region, including its end surface.

2. Neck and shaft

The short neck connects the head to the long, curved shaft. Color this continuous region, including the bend known as the angle.

3. Articular facet of tubercle

This oval surface forms a joint with the transverse process of a thoracic vertebra. It is one part of the tubercle; the adjacent rough prominence is labeled 6.

4. Costal groove

The costal groove lies on the inner surface near the lower border of the rib. It shelters an intercostal nerve and blood vessels. Color the marked strip.

5. Sternal end

The sternal end joins the costal cartilage, which is not shown here. Color its marked end surface.

6. Non-articular prominence of tubercle

This rough prominence anchors a ligament and forms the non-articular part of the tubercle. Its approximate boundary marks a study region rather than a sharp edge in the bone.

Compare features 3 and 6: together they identify the two parts of the tubercle. The coloring divisions help separate study regions on a continuous bone.

The patella / Key

ANSWER KEY

1. Base

The broad superior border is the base. The quadriceps tendon attaches here. Color the marked superior region of the anterior view.

2. Apex

The apex is the inferior tip. The patellar ligament extends from the inferior patella toward the tibial tuberosity. Color the marked tip of the anterior view.

3. Anterior surface

The convex anterior surface faces forward and has a rough texture. Color the remaining anterior face between the base and apex regions.

4. Medial articular facet

The medial articular facet lies on the medial side of the posterior surface. It is the smaller of the two broad facets in this drawing.

5. Lateral articular facet

The lateral articular facet is the larger posterior facet in this drawing. Together, the two broad facets articulate with the patellar surface of the femur.

6. Nonarticular posterior surface

The rough inferior part of the posterior surface lies below the broad articular area. Color this region separately from the two smooth facets above it.

READING THE TWO SURFACES

The patella is a sesamoid bone within the quadriceps tendon. The posterior articular surface faces the femur. The raised line between regions 4 and 5 is the median ridge; it separates the two broad facets.

An additional narrow medial area, the odd facet, varies in form and is not separately resolved in this drawing. This exercise maps the two broad facets rather than every smaller subdivision.

The base and apex divisions mark study regions on continuous bone; they do not show exact tendon or ligament attachment borders.