

Anatomical directional terms

12-question worksheet

Use standard anatomical position. Compare structures on the same person; use the same limb for limb comparisons. Write your answers below each question.

Name _____ Date _____

1. The chin is _____ to the forehead. Use superior or inferior.

2. Reverse question 1. The forehead is _____ to the chin.

3. The breastbone is _____ to the spine. Use anterior or posterior.

4. Reverse question 3. The spine is _____ to the breastbone.

5. The nose is _____ to the ears. Use medial or lateral.

6. The ears are _____ to the nose. Use medial or lateral.

7. On the same upper limb, the wrist is _____ to the elbow. Use proximal or distal.

8. On the same upper limb, the wrist is _____ to the fingers. Use proximal or distal.

9. The skin is _____ to the muscle directly beneath it. Use superficial or deep.

10. The muscle in question 9 is _____ to the overlying skin.

11. You stand facing another person. Does their anatomical left mean your left or their own left?

12. A person turns their palm down. Does the palm side of the wrist become posterior in anatomical terminology? Explain briefly.

Answers are in a separate PDF on the directional-terms practice page. Print at actual size.

Bone markings practice

Questions 1–6 of 12. Choose one answer for each question. Use the separate key afterward.

1. Which term names a hole through a bone?

- A. Foramen
- B. Fossa
- C. Crest
- D. Condyle

2. A marking forms a basin-like depression. Which term fits?

- A. Head
- B. Fossa
- C. Spine
- D. Tubercle

3. Which marking is a relatively flat joint surface?

- A. Crest
- B. Tuberosity
- C. Facet
- D. Spine

4. Which term best fits a rounded articular prominence?

- A. Foramen
- B. Condyle
- C. Fossa
- D. Crest

5. Which term completes the name of the prominent rounded articular region at the proximal end of the femur?

- A. Femoral head
- B. Femoral crest
- C. Femoral fossa
- D. Femoral foramen

6. Which term is a general name for a projecting bony feature?

- A. Fossa
- B. Foramen
- C. Process
- D. Facet

Bone markings practice

Questions 7–12 of 12. Choose one answer for each question. Use the separate key afterward.

7. Which term describes a sharp, pointed process?

- A. Spine
- B. Fossa
- C. Head
- D. Foramen

8. Which term describes a small, rounded projection?

- A. Facet
- B. Tubercle
- C. Crest
- D. Foramen

9. Which description fits a tuberosity?

- A. A hole through bone
- B. A flat joint surface
- C. A roughened prominence
- D. A basin-like depression

10. Which bone marking forms a ridge?

- A. Fossa
- B. Head
- C. Foramen
- D. Crest

11. Which comparison between a facet and a condyle is correct?

- A. A facet is a hole; a condyle is a ridge
- B. A facet is relatively flat; a condyle is rounded
- C. Both terms mean a basin-like depression
- D. A facet is a pointed process; a condyle is a hole

12. Which pair matches the terms to their usual shape clues?

- A. Tubercle — flat surface; tuberosity — hole
- B. Tubercle — ridge; tuberosity — depression
- C. Tubercle — small rounded projection; tuberosity — roughened prominence
- D. Tubercle — hole; tuberosity — flat surface

Definitions and examples follow OpenStax Anatomy and Physiology 2e, section 6.3. Questions written by Atlas Library. This exercise covers vocabulary, not identification on a specimen.

Anatomical directional terms

Explained answer key

1. **Inferior** — The chin lies below the forehead in anatomical position.
2. **Superior** — Reversing the two structures changes inferior to superior.
3. **Anterior** — The breastbone is at the front of the chest; the spine lies behind it.
4. **Posterior** — The spine lies behind the breastbone.
5. **Medial** — The nose is closer to the midline of the body.
6. **Lateral** — The ears lie farther from the midline.
7. **Distal** — The wrist is farther along the limb from its attachment to the trunk.
8. **Proximal** — The wrist is nearer the attachment to the trunk. Compare this answer with question 7: the reference structure changed.
9. **Superficial** — The skin is closer to the body surface.
10. **Deep** — That muscle lies farther from the surface than the skin over it.
11. **Their own left** — Anatomical left and right belong to the person being described. When you face them, their left is on your right.
12. **No** — Descriptions retain anatomical position as the reference. The palm side of the wrist remains its anterior side even when the hand turns.

Terminology reference: OpenStax, Anatomy and Physiology 2e, section 1.6. Questions and explanations by Atlas Library.

For another attempt, explain why each opposite term would be wrong. Follow your course materials for the terminology your instructor requires.

Bone markings answer key

Questions 1–6 of 12. Check your answers, then revisit the terms you missed.

1. Which term names a hole through a bone?

A. Foramen

A foramen is a hole through bone. A fossa is a depression; it need not pass through the bone.

2. A marking forms a basin-like depression. Which term fits?

B. Fossa

A fossa is a depression. The mandibular fossa is an example.

3. Which marking is a relatively flat joint surface?

C. Facet

A facet is a relatively flat articular surface. Articular means relating to a joint.

4. Which term best fits a rounded articular prominence?

B. Condyle

A condyle is rounded and forms an articular surface. A facet is relatively flat.

5. Which term completes the name of the prominent rounded articular region at the proximal end of the femur?

A. Femoral head

The femoral head is the prominent rounded region. Both heads and condyles can be rounded, so the full anatomical name matters.

6. Which term is a general name for a projecting bony feature?

C. Process

A process is a projecting feature. The transverse process of a vertebra is one example.

Bone markings answer key

Questions 7–12 of 12. Check your answers, then revisit the terms you missed.

7. Which term describes a sharp, pointed process?

A. Spine

In bone-marking terminology, a spine is a sharp projection, such as the ischial spine.

8. Which term describes a small, rounded projection?

B. Tubercle

A tubercle is a small rounded projection. A crest is a ridge, while a facet is a joint surface.

9. Which description fits a tuberosity?

C. A roughened prominence

A tuberosity is a roughened prominence. The deltoid tuberosity is a named example.

10. Which bone marking forms a ridge?

D. Crest

A crest is a ridge. The iliac crest is one example.

11. Which comparison between a facet and a condyle is correct?

B. A facet is relatively flat; a condyle is rounded

Both terms can describe joint surfaces. Their shape clues help distinguish them.

12. Which pair matches the terms to their usual shape clues?

C. Tubercle — small rounded projection; tuberosity — roughened prominence

These terms describe projections. Learn the full name and location as well as the shape clue.

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