

Laboratory

Exercise 1

Organs, Systems, and Organization of the Body

Introduction

Science is the study of physical phenomena and follows specific guidelines that make it unique compared to other disciplines. **Human anatomy** is the scientific study of the structure of the body. The term "anatomy" comes from Greek words meaning "to cut up" (*ana* = up, *tome* = to cut). Anatomy forms the base of study for other courses in the health sciences. It is also an important course for athletic training, dance, and visual arts. The study of the human body requires an understanding of the details of the structure of the body, the orientation of the body or organ of study, and knowledge of body regions. In this exercise, you examine the levels of organization of the body (from the subatomic level to the whole organism), organ systems, reference terms, directional terms, planes of sectioning, and major regions of the body.

Learning Objectives

At the end of this exercise, you should be able to

1. list the levels of structural hierarchy from smallest to largest;
2. list all the organ systems of the body and assign organs to each system;
3. put major organs, such as the heart, lungs, and stomach, in the proper organ system;
4. describe anatomical position;
5. give directional terms that are equivalent to up, down, front, back, toward the midline, and toward the surface of the body;
6. determine from an illustration whether a section is in the frontal, transverse, or median plane;
7. assign select organs to respective body cavities; and
8. identify the quadrants and nine regions of the abdomen.

Materials

Models of human torso
Charts of human torso

Levels of Organization

The human body can be studied at different levels from the atomic (or even smaller levels) to the organismal. The earliest studies involved **gross anatomy**, examining structures visible to the naked eye. As more sophisticated equipment was developed, other levels of

organization became apparent. Today, the manipulation of atomic nuclei under magnetic fields has led to magnetic resonance imaging (MRI) studies that do not depend on dissection of the body (fig. 1.1).

The following list provides a hierarchy of the levels of study along with cited examples:

Level	Examples
Atomic	Oxygen, carbon, nitrogen
Molecular/chemical	Protein, lipid, carbohydrate
Organelle	Mitochondrion, golgi body
Cellular	Fibrocyte, red blood cell
Tissue	Epithelial, muscular
Organ	Stomach, kidney
Organ system	Digestive system, urinary system
Organism	<i>Homo sapiens</i>



FIGURE 1.1 MRI of the Head and Neck. © iStockphoto/Getty Images

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