

Vocabulary Anatomy and Physiology

Anabolism - Construction metabolism which is the process of building up larger molecules from smaller ones Benefit: building up larger molecules. Fact: the synthesis of complex molecules in living organisms from simpler ones together with the storage of energy
Anatomy - The study of the structure of the body that can be seen with the eye and what the body is made of. It is the science of the structure of organism Benefit: study of the structure of the body Fact: the branch of science concerned with the bodily structure of humans, animals, and other living organisms, especially as revealed by dissection and the separation of parts.
Angular Artery - Artery that brings the supply of blood to the side of the nose. Benefit: supplies blood to side of nose. Fact: It ascends to the medial angle of the eye's orbit
Anterior Auricular Artery – The front artery that supplies blood to the front part of the ear. Benefit: supplies blood to front of ear. Fact: Distributed to the anterior portion of the auricular.
Aponeurosis – This is a tendon that joins the occipitalis and the frontalis. Benefit: connects occipitalis and frontalis. Fact: a sheet of pearly-white fibrous tissue that takes the place of a tendon in sheetlike muscles having a wide area of attachment.
Arteries – Arteries are thick muscular and flexible tubes. They carry the oxygenated blood from the heart to the capillaries all through the body. Benefit: thick walled muscular tubes, carry oxygenated blood Fact: Arteries form part of the circulatory system.
Atrium - One of the two upper chambers of the heart. Blood is pumped to the ventricles Benefit: chambers that receive blood Fact: an anatomical structure of the heart
Auricularis Anterior – Anterior means in front of so this is muscle in front of the ear that draws the ear forward. Benefit: front of ear. Fact: The auricularis anterior arises from the temporal fascia
Auricularis Posterior – Posterior is in back of. This muscle behind the ear that draws the ear

backward. Benefit: muscle that draws ear backwards. Fact: Muscles that are inserted into the lower part of the cranial surface of the concha.
Auricularis Superior - Muscle which is near the top of the ear that draws the ear upward. Benefit: muscle that draws ear upward. Fact: thin and fan-shaped.
Auriculotemporal Nerve – This nerve affects the outer ear and skin above the temple. It travels up to the top of the skull. Benefit: affects the ear and skin above the temple and the top of skull Fact: The auriculotemporal nerve passes between the neck of the mandible and the sphenomandibular ligament
Autonomic Nervous System - The part of the nervous system that controls the involuntary muscles; regulates the action of the smooth muscles, gland, blood vessels, and heart. Benefit: controls bodily functions. Fact: This system is the primary mechanism in control of the fight-or-flight response.
Axon – The axon is the extensions of a neuron. Small impulses are sent away from the body of the cell. Benefit: Projection of nerve cells. Fact: Axons are covered by a membrane and the cytoplasm of axon is called axoplasm.
Belly (Muscle) - The belly is the middle part of a muscle. Benefit: middle part. Fact: muscle belly means that the muscle attaches high on the tendon
Bicep - Muscle which gives the shape to the front and inner side of the upper arm. Benefit: contour of front and inner side of upper arm Fact: When the biceps contracts, it pulls the forearm up and rotates it outward.
Blood – Blood circulates and supplies oxygen and nutrients to cells and tissues. Blood also removes carbon dioxide and waste from cells and tissues Benefit: fluid circulating through the body. Fact: body fluid in humans and other animals that delivers necessary substances such as nutrients and oxygen to the cells and transports metabolic waste
Blood Vascular System – Vascular structures such as the heart, arteries, veins, and capillaries. This system distributes blood through the body. Benefit: structures that distribute blood through the body Fact: Blood is circulated through vessels of the blood vascular system. Blood is moved through this system by some form of pump.
Brain – It is part of the central nervous system. It is housed in the cranium. It is biggest and most complex nerve tissue. Some of the things it controls are sensation, muscles, and gland activity. Benefit: in the cranium and is the largest and most complex nerve tissue. Fact: It is made up of more than 100 billion nerves that communicate in trillions of

connections called synapses.
Buccal Nerve – The long nerve affecting the muscles of the mouth. Benefit: affects muscle of the mouth. Fact: The buccal nerve (long buccal nerve) is a nerve in the face.
Buccinator – This is a flat thin muscle of the cheeks between the upper and lower jaw. This muscle compresses the cheeks and we can expel air between the lips. Benefit: thin flat muscle between upper and lower jaw. Fact: It forms the anterior part of the cheek or the lateral wall of the oral cavity.
Capillaries – Very small thin blood vessels that connect the smaller arteries to the veins. Benefit: thin walled blood vessels. Fact: any of the fine branching blood vessels that form a network between the arterioles and venules.
Cardiac Muscle - The involuntary muscle that makes up the heart. This muscle is not like any other muscle in the body. Benefit: makes up the heart Fact: Cardiac muscle is one of three major types of muscle, the others being skeletal and smooth muscle.
Carpus – A flexible joint composed of a group of eight small, irregular bones held together by ligaments. It is the wrist Benefit: 8 bones in the wrist. Fact: In human anatomy, the main role of the wrist is to have effective positioning of the hand and to move the fingers.
Catabolism – A part of metabolism that breaks down complex compounds in the cell into smaller compounds. It then acts in the release of energy to perform functions like muscular movement, secretions, or digestion. Benefit: involves breaking down of complex. Fact: the breakdown of complex molecules in living organisms to form simpler ones, together with the release of energy; destructive metabolism.
Cell – The cell is the unit of all living things. It is a tiny mass of protoplasm which is capable of performing all the functions of life. Benefit: Cells are usually too small to be seen without a microscope Fact: Cells share many different features but can look wildly different.
Cell Membrane - Part of the cell that houses the protoplasm. This permits soluble substances to enter and leave the cell. Benefit: Cell membranes protect and organize cells. Fact: The cell membrane regulates what come in the cell and how much of that substance comes in the cell.
Central Nervous (Cerebrospinal) System – This system is made up of the brain, spinal cord, spinal nerves, and cranial nerves. Benefit: Nerve tissue that controls activities of the body. Fact: The CNS is contained within the dorsal body cavity, in the brain which is housed in the

cranial cavity and the spinal cord in the spinal canal.
Cervical Cutaneous Nerve – This nerve is at the side of and affects the front and sides of the neck down to the breastbone. Benefit: affects the front and sides of neck and breastbone. Fact: the cervical cutaneous nerve arises from the second and third spinal nerve.
Cervical Nerve (Branch of Facial Nerve) – This branch of the facial nerve affects the side of the neck and the large platysma muscle. Benefit: branches supply muscles and scalp at the back of the head and neck. Fact: If a cervical vertebra is fractured by trauma, such as in a car accident, a fall, a diving accident that jars the head, or any other significant cervical injury, the spinal cord can be damaged.
Cervical Nerves - Nerves that originate at the spinal cord. The branches supply the muscles and the scalp at the back of the head and the neck. Benefit: branches supply muscles and scalp at the back of the head and neck. Fact: If a cervical vertebra is fractured by trauma, such as in a car accident, a fall, a diving accident that jars the head, or any other significant cervical injury, the spinal cord can be damaged.
Cervical Vertebrae - The seven bones of the top part of the vertebral column which are located in the neck region. Benefit: 7 bones in the neck region Fact: In humans, cervical vertebrae are the smallest of the true vertebrae,
Circulatory System - System that controls the circulation of the blood through the body by the heart and blood vessels. Benefit: controls circulation of blood. Fact: also called the cardiovascular system or the vascular system, is an organ system that permits blood to circulate and transport nutrients
Clavicle – The collarbone which is the bone joining the sternum and scapula. Benefit: The collarbone, a long bone that joins the shoulder blade and the scapula. Fact: The clavicle is the only long bone in the body that lies horizontally.
Common Carotid Arteries - Arteries that supply the blood to the face, head, and neck. Benefit: supply blood to face, head, and neck Fact: The common carotid arteries are present on the left and right sides of the body.
Connective Tissue - Fibrous tissue that holds together and supports the various parts of the body such as bone, cartilages, and tendons. It also offers protection benefit: fibrous tissue, binds together Fact: is one of the four basic types of animal tissue, along with epithelial tissue, muscle tissue, and nervous tissue
Corrugator Muscle – This facial muscle draws the eyebrows down and wrinkles the forehead vertically. Benefit: draws eyebrows down Fact: It arises from the medial end of the superciliary arch
Cranium – Oval bone also called the skull that protects the brain. Benefit: The bony case around the brain. Fact: The cranium includes the frontal, parietal,

occipital, temporal, sphenoid, and ethmoid bones.
Cytoplasm - All the protoplasm of a cell except that what is inside the nucleus. It is a watery fluid that has food material necessary for growth, reproduction, and repair of the cell. Benefit: Packed full of cellular machinery and structural elements Fact: The concentration of proteins inside the cell in the cytoplasm are much more than outside the cell
Deltoid –The triangular muscle which is large. It covers the shoulder joint that allows the arm to extend outward and down to the side of the body. Benefit: muscle covering shoulder joint. Fact: It is called so because it is in the shape of the Greek capital letter delta (Δ).
Dendrites – These are nerve fibers that look like branches of a tree. They extend from nerve cells and are short nerve fibers that carry impulses toward the cell. Benefit: branching nerve fibers Fact: a short branched extension of a nerve cell, along which impulses received from other cells at synapses are transmitted to the cell body.
Depressor Labii Inferioris – Muscle that surrounds the lower lip. It depresses the lower lip and draws it to one side. It is also called the quadratus labii inferioris. Benefit: surrounding lower lip Fact: yellow fat is intermingled with the fibers of this muscle.
development, sexual activities, and health of the entire body.
Diaphragm – This is a muscular wall that separates the thorax from the abdominal area. It helps control breathing. Benefit: helps control breathing located in the ribcage. Fact: The origins of the diaphragm are found along the lumbar vertebrae of the spine and the inferior border of the ribs and sternum. Benefit: helps control breathing. Fact: found along the lumbar vertebrae of the spine and the inferior border of the ribs and sternum.
Digestive Enzymes – These chemical enzymes can change certain foods into a form that can be used by the body. Benefit: change certain foods into a form of carbohydrates. Fact: Digestive enzymes are enzymes that break down polymeric macromolecules into their smaller building blocks, in order to facilitate their absorption by the body.
Digestive System - The digestive system consists of the mouth, stomach, intestines, and salivary glands. Enzymes change food into nutrients and waste. Benefit: change food into nutrients and waste. Fact: The human digestive system consists of the gastrointestinal tract plus the accessory organs of digestion
Digital Nerve – These nerves look like tree branches. They supply feeling to the fingers and toes. Benefit: Supplies impulses to the fingers. Fact: The superficial branch of the ulnar nerve divides into a proper palmar digital nerve
Endocrine (ductless) Glands - Glands (such as the thyroid, pituitary, and suprarenal glands) that release hormonal secretions directly into the bloodstream.

Benefit: release hormonal secretions Fact: secrete their products, hormones, directly into the blood rather than through a duct.
Endocrine System - Group of specialized glands that affect the growth, Benefit: specialized glands. Fact: the collection of glands that produce hormones that regulate metabolism, growth and development, tissue function, sexual function, reproduction, sleep, and mood, among other things
Epicranius - Large muscle that covers the top of the skull. It is also known as the occipito-frontalis. Benefit: covers the top of skull. Fact: Blunt trauma or other damage to the epicranial muscle can cause facial paralysis.
Epithelial Tissue – This tissue is a protective covering found on body surfaces. Examples are skin, mucous membranes, the lining of the heart, digestive and respiratory organs, and glands. Benefit: covering on body surfaces. Fact: muscle tissue and nervous tissue. Epithelial tissues line the cavities and surfaces of blood vessels and organs throughout the body.
Ethmoid Bone – This bone is a light spongy bone between and eye sockets. Ethmoid bones form part of the nasal cavity. Benefit: spongy bone between eye socket and nasal cavity. Fact: The ethmoid bone is one of the bones that make up the orbit of the eye.
Excretory System - Group of organs such as the kidneys, liver, skin, large intestine, and lungs This system works to purify the body by eliminating waste. Benefit: group of organs Fact: the system of an organism's body that performs the function of excretion, the bodily process of discharging wastes.
Exocrine (duct) Glands - The substance that travels through small tube like ducts, are produced by the exocrine glands. Examples are the sudoriferous glands and the sebaceous (oil) glands. Benefit: the system of an organism's body that performs the function of excretion, the bodily process of discharging wastes.
Extensors - Muscles that straighten the wrist, hand, and fingers. This helps to form a straight line. Benefit: straighten the wrist hand and fingers. Fact: If the head is tilted all the way back, the neck is said to be extended.
External Carotid Artery - Artery that provides blood to the anterior parts of the scalp, ear, face, neck, and side of the head. Benefit: supplies blood to anterior parts of scalp. Fact: major artery of the head and neck.
External Jugular Vein – This vein is located on the side of the neck. It transports blood returning to the heart from the head, face, and neck. Benefit: side of the neck Fact: receives the greater part of the blood from the exterior of the cranium and the deep parts of the face
Facial Artery - Artery that provides blood to the lower region of the face, mouth, and nose; also called external maxillary artery.

Benefit: supplies blood to lower region of face. Fact: The facial artery is a branch of the external carotid artery that supplies structures of the superficial face.
Fifth Cranial Nerve – This is the chief sensory nerve of the face. It controls chewing and is also known as the trigeminal nerve. Benefit: chief sensory nerve of the face. Fact: It functions both as the chief nerve of sensation for the face and the motor nerve controlling the muscles of chewing.
Flexors - These muscles are involved in flexing the wrist. They are called extensor muscles Benefit: flexes the wrist. Fact: A muscle that flexes a joint is called a flexor.
Frontal Artery - Artery that provides blood to the forehead and upper eyelids. Benefit: supplies blood to lower region of face, mouth, and nose. Fact: Curves upward over the body of the mandible at the antero-inferior angle of the masseter.
Frontal Bone – Bone that forms the forehead. Benefit: The forehead bone. Fact: The frontal bone is made up of three parts. These are the squamous part, the orbital part and the nasal part.
Frontalis – This is the front portion of the epicranium also called the forehead muscle of the scalp. Benefit: muscle of the scalp. Fact: It is broader than the occipitalis and its fibers are longer and pale in color.
Glands - Specialized organs that remove certain compounds from the blood to convert them into new ones
Greater Auricular Nerve – This nerve rests at the sides of the neck and affects the face, ear, neck, and parotid gland. Benefit: nerves at the sides of the neck Fact: composed of branches of spinal nerves C2 and C3.
Greater Occipital Nerve – The nerve at the back of the head. It affects the scalp. Benefit: located in the back of the head Fact: It innervates the scalp at the top of the head, over the ear and over the parotid glands.
Heart – The heart is a muscle. The shape resembles a cone. This organ that keeps the blood moving in the circulatory system. Benefit: pumps blood Fact: the heart is located between the lungs, in the middle compartment of the chest.
Hemoglobin – This is the red colored protein of the blood. the oxygen transporting pigment in blood and iron-containing protein in red blood cells. Benefit: coloring matter of blood. Fact: Protein molecule in red blood cells that carries oxygen from the lungs to the body's tissues and returns carbon dioxide from the tissues back to the lungs.
Histology – Histology is the science of the microscopic structures of organic tissue. Benefit: minute structures of organic tissue.

Fact: the study of the microscopic structure of tissues.
Hormones - Secretion produced by the endocrine glands and transported in the blood stream or body fluids to different parts of the body. Hormones stimulate activity or secretions. Benefit: secretion produced by one of the endocrine glands. Fact: A hormone is any member of a class of signaling molecules produced by glands in multicellular organisms that are transported by the circulatory system to target distant organs to regulate physiology and behavior.
Humerus – This is the largest bone in the arm. It extends from the elbow to the shoulder. Benefit: Upper largest bone in the arm. Fact: Movement of the humerus is important to all of the different activities of the arm, such as throwing, lifting, and writing
Hyoid Bone - U-shaped bone at the base of the tongue that supports the tongue and its muscles; also called “Adam’s apple.” Benefit: Adam’s apple Fact: The hyoid bone provides attachment to the muscles of the floor of the mouth to the tongue.
Inferior Labial Artery - Artery that transports blood to the lower lip. Benefit: supplies blood to the lower lip. Fact: Also known as inferior labial branch of facial artery.
Infraorbital Artery - Artery that begins from the internal maxillary artery and supplies blood to the muscles of the eye. Benefit: originates from inter maxillary artery and supplies blood to muscle of the eye. Fact: It runs along the infraorbital groove and canal with the infraorbital nerve.
Infraorbital Nerve - Nerve that influences the skin of the lower eyelid, side of the nose, upper lip, and mouth. Benefit: affects the skin of the lower eyelid, nose, upper lip, mouth. Fact: There is a cross innervation of this nerve on the other side of jaw.
Infratrochlear Nerve - Nerve that supplies the membrane and skin of the nose. Benefit: affects the skin of the nose Fact: Infratrochlear means below the trochlea.
Insertion – This place is at the part of a the muscle at the movable attachment to the skeleton. Benefit: more movable parts of muscle Fact: The action, or particular movement of a muscle, can be described relative to the joint or the body part moved.
Integumentary System - The skin and its organs. It protects us from water loss. It includes the oil and sweat glands, sensory receptors, hair, and nails. Benefit: accessory organs. Fact: is the organ system that protects the body from various kinds of damage, such as loss of water or abrasion from outside.
Internal Carotid Artery - Artery that transports blood to the brain, eyes, eyelids, forehead, nose, and internal ear. Benefit: supplies blood to the brain and eyes. Fact: The internal carotid then divides to form the anterior cerebral artery and middle cerebral artery.

Internal Jugular Vein - Vein which is at the side of the neck to collect blood from the brain and parts of the face and neck. Benefit: located at the side of the neck Fact: is a paired jugular vein that collects blood from the brain and the superficial parts of the face and neck.
Joint - Connections or points between two or more bones of the skeleton. Benefit: connections between bones. Fact: Each joint is specialized in its shape and structural components to control the range of motion between the parts that it connects.
Lacrimal – These bones are small thin bones situated in the anterior wall of the eye sockets. Benefit: small thin bones located in the eye sockets. Fact: It is situated at the front part of the medial wall of the orbit. It has two surfaces and four borders.
Lattissimus Dorsi – This is a flat superficial muscle that covers the back of the neck and upper and middle region of the back. It controls the shoulder blade and the swinging movements of the arm. Benefit: controls the shoulder blade Fact: an important muscle in many exercises such as pull-ups, chin-ups, lat pull downs, and swimming.
Levator Anguli Oris – This muscle raises the angle of the mouth and pulls it inward. It is also known as caninus. Benefit: muscle of the mouth. Fact: the levator anguli oris is supplied by the buccal branches of the facial nerve.
Levator Labii Superioris - Muscle surrounding the upper lip; elevates the upper lip and dilates the nostrils, as in expressing distaste; also known as quadratus labii superioris. Benefit: surrounds the upper lip. Fact: used in facial expression.
Liquid Tissue - Liquid tissue is body tissue that carries food, waste products, and hormones through blood and lymph. Benefit: body tissue Fact: proteomic profiling of formalin-fixed tissues.
Lungs – Lungs are organs of respiration. They have a spongy texture made up of microscopic cells. Inhaled air is exchanged for carbon dioxide during a respiratory cycle. Benefit: organs that respiratory. Fact: The human lungs are a pair of large, spongy organs optimized for gas exchange between our blood and the air. Our bodies require oxygen in order to survive.
Lymph - Clear yellowish fluid that circulates in the lymph of the body. It carries waste and impurities away from cells. Benefit: yellowish fluid that is in lymph nodes Fact: A colorless fluid containing white blood cells and drains through the lymphatic system into the bloodstream.
Lymph Nodes - Gland like nodes in the lymphatic vessels that filter lymph. Benefit: gland like bodies Fact: Swollen lymph nodes can be caused by a variety of problems like infections
Lymph Vascular System - Body system that acts like an aid to the blood system and consist

of the lymph spaces, lymph vessels, and lymph glands. Benefit: acts as aid to blood system Fact: The lymphatic system primarily consists of lymphatic vessels, which are similar to the circulatory system's veins and capillaries.
Mandible – The mandible is the jawbone. It is the strongest and most large of the bones of the face. Benefit: lower jawbone Fact: The mandible is only moveable bone of skull except ear ossicles.
Mandibular Nerve – This nerve is a branch of the fifth cranial nerve. It supplies the muscles and skin of the lower part of the face. It affects the muscles of the chin and lower lip. Benefit: affects the muscles of the chin and lower lip Fact: The nerve then divides into a small anterior and large posterior trunk.
Masseter - One of the muscles of the jaw used in mastication which is chewing. Benefit: chewing muscle Fact: Found only in mammals.
Maxillae - Bones of the upper jaw. Benefit: upper jaw bone Fact: The two maxillary bones are fused.
Maxillary Nerve - Branch of the fifth cranial nerve that supplies the upper parts of the face. Benefit: supplies the upper part of the face. Fact: Its function is the transmission of sensory fibers from the maxillary teeth
Median Nerve – The nerve that is smaller than the ulnar and radial nerves. Benefit: supplies the arm and the hand Fact: The median nerve originates from the lateral and medial cords of the brachial plexus
Mental Nerve - Nerve that affects the skin of the lower lip and chin. Benefit: front of the chin and lower lip. Fact: the nerve emerges at the mental foramen in the mandibula, and divides beneath the Depressor anguli oris muscle.
Mentalis - Muscle that raises the lower lip and and wrinkles the skin of the chin. Benefit: wrinkles the skin of the chin. Fact: muscle originates from the mandible, and provides stability to the lower lip to allow it to pout.
Metabolism – This is a chemical process that takes place in living organisms. In this process the cells are nourished and carry out their jobs Benefit: chemical process in living organisms Fact: the chemical processes that occur within a living organism in order to maintain life.
Metacarpus - Bones in the palm of the hand. The hand has five bones between the carpus and phalanges. Benefit: 5 bones of the palm of the hand. Fact: The metacarpal bones are equivalent to the metatarsal bones in the foot.
Middle Temporal Artery - Artery that feeds blood to the temples. Benefit: supplies blood to temples. Fact: The branches of the superficial temporal artery were always separate.
Mitosis - Cell dividing into two new cells (daughter cells); the usual process of cell reproduction of human tissues.

Benefit: cell division Fact: a type of cell division that results in two daughter cells each having the same number and kind of chromosomes as the parent nucleus, typical of ordinary tissue growth.
Motor Efferent Nerve - Nerves that carry impulses from the brain then onto the muscles. Benefit: carries impulses from the brain to the muscles Fact: Motor nerves are often paired with sensory nerves, which are bundles of afferent nerve fibers
Muscular System - Body system that covers, shapes, and supports skeleton tissue. This system moves various parts of the body. Benefit: supports skeleton tissue Fact: Muscle tissue is also found inside of the heart, digestive organs, and blood vessels.
Muscular Tissue - Tissue that contracts and moves different parts of the body. Benefit: moves various parts of the body. Fact: The functions of muscle tissues depend on the type of muscle tissues and their locations in the body.
Nasal Bones – Nasal bones form the bridge of the nose. Benefit: Bridge of the nose Fact: bones over the bridge of the nose.
Nasal Nerve - Nerve that affects the end or point and lower sides of the nose. Benefit: affects the point and sides of the nose. Fact: are terminal branches of the anterior ethmoidal nerves.
Nerve – The nerves are made up of bundles of white nerve fibers. They are held together by connective tissues, where impulses are transmitted. Benefit: bundles of nerve fibers Fact: A nerve provides a common pathway for the electrochemical nerve impulses
Nerve Tissue - Tissue that controls and coordinates all body functions. Benefit: coordinates all body functions. Fact: Nervous tissue is made up of different types of nerve cells
Nervous System - Body system made up of brain, spinal cord, and nerves. This system controls and coordinates systems and makes them work effectively Benefit: composed of brain spine and nerves Fact: The brain and spinal cord form the control center known as the central nervous system
Neuron – A neuron is a unit of the nervous system. Neurons have of a cell body, nucleus, dendrites, and axons. Benefit: basic unit of the nervous system Fact: Neurons can connect to each other to form neural networks.
Non-Striated Muscles - Also called involuntary or smooth muscles. These muscles function automatically, without will. Benefit: is not controlled voluntarily. Fact: An example of a nonstriated muscle is the bladder.
Nucleus – The nucleus is a thick protoplasm found in the center of the cell. It plays a vital part in cell reproduction and metabolism. Benefit: brain of the cell Fact: hold all the DNA in the cell

Occipital Bone – This bone is at the back of the skull below the parietal bones. Benefit: lower back part of the skull Fact: hindmost bone of skull
Occipitalis – Located at the back of the epicranium. It is the muscle that draws the scalp backward. Benefit: muscle that draws scalp backward. Fact: The muscles receive blood from the occipital artery.
Occipital Artery - Artery that supplies blood to the skin and muscles of the scalp. Benefit Supplies blood to the head up to the crown. Fact The muscles receive blood from the occipital artery
Ophthalmic Nerve – This nerve is a branch of the fifth cranial nerve. The nerve supplies the skin of the forehead, upper eyelids, portion of the scalp, and eyeballs. Benefit: supplies skin of forehead upper eyelids and anterior portion of the scalp. Fact: It carries sensory information from the face and scalp and sympathetic fibers for pupil dilation
Orbicularis Oculi - The muscle of the eye socket going around the eye. It also closes the eyelid. Benefit: ring muscle around eye Fact: There are at least 3 clearly defined sections of the orbicularis muscle.
Orbicularis Oris – Flat muscle band around the upper and lower lips. It contracts, puckers, and wrinkles the lips. Benefit: wrinkles the lips Fact: This muscle closes the mouth and puckers the lips when it contracts.
Organ - Structure composed of specialized tissues. It carries out specific functions. Benefit: structure composed of tissues. Fact: a part of an organism that is typically self-contained and has a specific vital function, such as the heart or liver in humans.
Origin – This is the part of the muscle that does not move. It is attached to the skeleton and is almost always part of a skeletal muscle. Benefit: point where muscle attaches to bone. Fact: can be described relative to the joint or the body part moved.
Parietal Artery - Artery that supplies blood to the side and crown of the head. Benefit: supplies blood to side of the head Fact: The parietal branch of superficial temporal artery (posterior temporal) is a small artery in the head.
Parietal Bones - Bones that form the sides and top of the cranium. Benefit: sides and top of cranium Fact: The nasal articulates with four bones: two of the cranium, the frontal and ethmoid, and two of the face, the opposite nasal and the maxilla.
Pectoralis Major and Minor - Muscles of the chest that helps the swinging movements of the arm. Benefit: major muscle in upper chest. Fact: The pectoral muscles may also be referred to as the pecs.
Pericardium - Double-layered membranous which surrounds the heart.
Peripheral Nervous System - System of nerves that connects the peripheral parts of the body

to the central nervous system. This system has sensory and motor nerves. Benefit: has both sensory and motor nerves. Fact: The peripheral nervous system is divided into the somatic nervous system and the autonomic nervous system.
Phalanges - Bones of the fingers and toes. Benefit: finger bones. Fact: There are 56 phalanges in the human body, with fourteen on each hand and foot.
Physiology - Study of the functions carried out by the body's structures. Benefit: functions or activities performed Fact: the branch of biology that deals with the normal functions of living organisms and their parts.
Plasma – Plasma is a fluid. Plasma is part of the blood and lymph. It carries food and secretions to the cells. Carbon dioxide is carried away from the cells.
Platysma – Large muscle reaching from the chest and shoulder muscles to the side of the chin. Benefit: skin over lower neck and upper chest. Fact: its fibers cross the clavicle, and proceed obliquely upward and medially along the side of the neck.
Posterior Auricular Artery - Artery that supplies blood to the scalp. It is situated behind and above the ear. Benefit: drains blood from behind ear Fact: The posterior auricular vein also joins the stylomastoid vein and is responsible for draining out the tympanic cavity
Posterior Auricular Nerve – Nerve by back of the ear that affects the muscle at the base of the skull. Benefit: drains blood from behind ear Fact: The posterior auricular vein also joins the stylomastoid vein, which is responsible for draining out the tympanic cavity
Procerus - Muscle that covers the bridge of the nose, lowers the eyebrows, and causes wrinkles across the bridge of the nose. Benefit: covers the bridge of the nose. Fact: The procerus helps to pull that part of the skin between the eyebrows downwards, which assists in flaring the nostrils.
Pronators - Muscles that turn the hand so that the palm faces down. Benefit: turns the hand inward Fact: The pronator has two heads humeral and ulnar.
Protoplasm - Colorless jello-like substance in cells where food elements such as protein, fats, and carbohydrates are present. Benefit: jelly like substance in cells Fact: the colorless material comprising the living part of a cell, including the cytoplasm,

nucleus, and other organelles.
Pulmonary Circulation -The blood circulation moving from heart to lungs and back to heart. Benefit: blood circulation Fact: Deoxygenated blood leaves the heart, goes to the lungs, and then re-enters the heart; Deoxygenated blood leaves through the right ventricle through the pulmonary artery.
Radial Artery - Artery that brings blood to the thumb side of the arm and the back of the hand. This artery supplies the muscles of the skin, hand and fingers as well as the wrist, elbow, and forearm. Benefit: supplies blood to thumb and side of the arm Fact: It is close to the surface of the underside of the forearm; when the palm of the hand is pointing upwards, so is the radial artery.
Radial Nerve - Nerve that supplies the thumb side of the arm and back of the hand. It has tree like branches. Benefit: supplies the thumb and side of the arm and back of the hand. Fact: The radial nerve and its branches provide motor movement to the dorsal arm muscles wrists and hands.
Radius - Smaller bone in the forearm (radius) on the same side as the thumb. Benefit: bone that connects to the thumb Fact: The corresponding bone in the lower leg is the tibia.
Red Blood Cells – There cells are also called red corpuscles. These blood cells carry oxygen from the lungs to the body cells. They also carry carbon dioxide from the cells back to the lungs.
Reflex –A reflex is a reaction by a nerve to a stimulus that involves the movement of an impulse from a sensory receptor to the spinal cord. It causes a responsive impulse along an efferent neuron to a muscle which then causes a reaction.
Reproductive System - Body system for processing where plants and animals produce offspring. Benefit: responsible for processes to produce offspring. Fact:
Respiratory System - Body system consisting of the lungs and air passages. The lungs help us to breath. They supply the body with oxygen and get rid of carbon dioxide as waste. Benefit: consisting of lungs and air passages. Fact: The human respiratory system is a series of organs responsible for taking in oxygen and expelling carbon dioxide.
Risorius - Muscle of the mouth that draws the corner of the mouth into a grin Benefit: muscle draws corner of the mouth, smile. Fact: The risorius begins around the parotid gland, a salivary gland in the back of the jaw, and wraps around the platysma muscle.
Scapula – One should blade which is a large, flat bone of the shoulder. Benefit: triangular bone in the shoulder Fact: Like their connected bones the scapulae are paired, with the scapula on the left side of the body being roughly a mirror image of the right scapula.
Sensory Afferent Nerves - Nerves that carry messages from the sense organs to the brain. Humans have sensations of touch, cold, heat, sight, hearing, taste, smell, and pain, and

pressure Benefit: carry impulses or messages to the brain. Fact: Afferent nerve fibers are often paired with efferent nerve fibers from the motor neurons
Serratus Anterior – This is a chest muscle that helps with breathing and raising the arm. Benefit: muscle of the chest that helps breathing. Fact: originates on the surface of the 1st to 8th ribs at the side of the chest
Seventh (Facial) Cranial Nerve – This is the chief motor nerve of the face. It begins near the lower portion of the ear. Benefit: facial nerve Fact: It also supplies preganglionic parasympathetic fibers to several head and neck ganglia.
Skeletal System - Physical foundation of the body. IT is made up of the bones and movable and immovable joints. Benefit: physical foundation of the body. Fact: Human infants are born with about 270 bones, some of which fuse together as the body develops.
Smaller (lesser) Occipital Nerve - Nerve located at the base of the skull, affecting the scalp and muscles in back of the ear. Benefit: affects the scalp and the muscles behind the ear. Fact: The lesser occipital nerve is one of the four cutaneous branches of the cervical plexus.
Sphenoid Bone - All the cranium is held together by the sphenoid bones Benefit: joins all the bones of the cranium together. Fact: The sphenoid bone is one of the seven bones that articulate to form the orbit and its shape somewhat resembles that of a butterfly with its wings extended.
Spinal Cord – This is a part central nervous system that begins in the brain traveling down to the lower portions of the trunk. It is protected by the spinal column. Benefit: originates in the brain. Fact: The spinal cord functions primarily in the transmission of nerve signals from the motor nerves to the body
Sternocleidomastoideus – Large muscle on both sides of the neck that lowers and rotates the head. Benefit: turns the head Fact: It is given the name sternocleidomastoid because it originates at the portion of the sternum and the clavicle
Sternum - The breastbone that forms the ventral support of the ribs. It is a flat bone. Benefit: Breast bone. Fact: It is one of the largest and longest flat bones of the body.
Striated Muscles – These are voluntary muscles that are controlled by our will. Benefit: muscles controlled by will. Fact: There are 3 types of specific striated muscles
Submental Artery – This artery supplies the blood to the chin and lower part of the lip. Benefit: supplies blood to the chin Fact: is a branch of the facial artery that runs on the underside of the chin.
Superficial Temporal Artery - Artery that provides blood to the muscles of the front, side, and top of the head. Benefit: supplies blood to the muscles of the head.

Fact: It arises from the external carotid artery
Superior Labial Artery - Artery that supplies blood to the upper lip and part of the nose.
Supinator - Muscle of the forearm that rotates the radius outward and the palm upward. Benefit: rotates palm upward.
Fact: Supinator consists of two planes of fibers, between which the deep branch of the radial nerve is.
Supraorbital Artery - Artery that supplies blood to the upper eyelid and the forehead.
Supraorbital Nerve - Nerve that involves the skin of the forehead, scalp, eyebrow, and upper eyelid. Benefit: affects the skin of the forehead scalp eyebrow and upper eyelid Fact: It ascends on the forehead, and ends in two branches
Supratrochlear Nerve - Nerve that involves the skin between the eyes and upper side of the nose. Benefit: affects the skin between the eyes and upper side of the nose. Fact: Supratrochlear means above the trochlea.
System - Group of organs that act together to perform one or more functions for the body
Systemic (General) Circulation - Circulation of blood from the heart, body, and back to the heart. It is also called general circulation.
Temporal Bones - Bones forming the sides of the head in the ear areas. Benefit: bones on the side of the head near the ears. Fact: The temporal bones are overlaid by the sides of the head known as the temples and house the structures of the ears.
Temporal Nerve - Nerve that affects the muscles of the temple, side of the forehead, eyebrow, eyelid, and upper part of the cheek. Benefit: nerve affecting the muscles of the temple, forehead, eyebrow, eyelid, upper cheek. Fact: The temporal branch acts as the efferent limb of the corneal reflex.
Temporalis - Temporal muscle; one of the muscles involved in mastication (chewing). Benefit: chewing muscle. Fact: The muscle is accessible on the temples, and can be seen and felt contracting while the jaw is clenching and unclenching.
Thorax - The elastic cage called the thorax. It serves as a protective framework for the heart, lungs, and other internal organs. Benefit: cage that protects internal organs Fact: The bone of the thorax, called the thoracic skeleton is a component of the axial skeleton.
Tissue - Collection of like cells that perform a particular function. Benefit: collection of similar cells Fact: any of the distinct types of material of which animals or plants are made, consisting of specialized cells and their products.
Transverse Facial Artery - Artery that supplies blood to the skin and the masseter muscle. Benefit: supplies blood to the skin Fact: The transverse facial artery is an artery that branches from the superficial temporal artery and runs across the face.
Trapezius - Muscle that covers the back of the neck and the upper middle region of the back.

It controls swinging of the arm. Benefit: controls swinging movements of arms. Fact: The trapezius has three functional regions the superior region, the intermediate region, and the inferior region
Triangularis - Muscle extending by the side of the chin and pulls down the corner of the mouth. Benefit: pulls down corner of mouth. Fact: The muscle is innervated by the marginal mandibular branch of the facial nerve and receives its blood supply from the facial artery.
Triceps - Large muscle that covers the back of the upper arm and extends the forearm. Benefit: extends forearm Fact: It extends distally anterior to the teres minor and posterior to the teres major.
Ulna - Inner and larger bone of the forearm. It is attached to the wrist and located on the side of the little finger. Benefit: bone that attaches to the little finger. Fact: The bone may break due to excessive weight or impact.
Ulnar Artery - Artery that supplies blood to the muscle of the little-finger side of the arm and also the palm of the hand. Benefit: supplies blood to muscle of little finger, side of arm, and palms Fact: Variations in the position of this vessel are more common than in the radial.
Ulnar Nerve - Nerve that affects the little-finger side of the arm and palm of the hand. Benefit: affects little finger and side of the arm Fact: This nerve is directly connected to the little finger, and the adjacent half of the ring finger
Valve - Structure that temporarily closes a passage or permits flowing one direction only. Benefit: permits flowing in one direction Fact: The tissue withstands millions of beats a year or billions of beats in an average lifetime.
Veins – Thin blood vessels that are less elastic than arteries. They have valves to prevent backflow and carry impure blood from capillaries back to the heart and lungs. Benefit: thin walled blood vessels Fact: Veins are present throughout the body as tubes that carry blood back to the heart.
Ventricles - One of the two lower chambers of the heart.
White Blood Cells - Blood cells that perform the function of destroying germs that cause diseases. They are also called white corpuscles.
Zygomatic Nerve - Nerve that affects the skin of the temple. It also affects the side of the forehead, and upper part of the cheek. Benefit: affects the skin of the temple, side of the forehead, and upper cheek. Fact: enters the orbit and helps to supply the skin over the zygomatic and temporal bones.
Zygomatics or Malar Bones - Bones that form the cheeks or also called the cheekbones. Benefit: Cheekbones. Fact: Each zygomatic bone is diamond-shaped and composed of three processes the frontal, temporal, and maxillary.
Zygomaticus Major and Minor – These muscles extend from the zygomatic bones to the angle of the mouth. They elevate the lip. An example is when we laugh

Benefit: muscle responsible for laughing and smiling.

Fact: Like all muscles of facial expression, the zygomatic major is innervated by the facial nerve

