



Course Title: Proper Pronunciation of Anatomical Terminology:  
MUSCLES

Produced by: **Fitness Learning Systems**  
1012 Harrison Ave #3 Harrison OH 45030  
www.fitnesslearningsystems.com 1-888-221-1612

Course Type: **e-Learning Home Study**

Credit hours: AEA 1.0, ACSM 1.0, ATRI 0.1, COPS-KT 0.1,  
NFPT 1.0, NCSF 0.5, YMCA 1.0, NSPA 1.0

Author:

**Sarah Manis, BA**

Sarah Manis works as a technical writer for IMstar Enterprises, INC, in Cincinnati, OH, creating packaging specifications for a consumer products corporation. She also conducts lab testing on packaging materials and creates training documents for a corporate environment. Sarah majored in English and minored in communication at the University of Dayton in Dayton, Ohio. While at UD, she worked for the Biology Department, writing and editing the department's newsletter. She interviewed students and professors on various topics from nanotechnology to environmental biology. In the future Sarah hopes to go back to school to get a Masters of Arts in Information Resources and Library Science.

Course Summary:

Even physical therapists, presenters, and college professors all say the terms differently. What is the correct pronunciation of basic anatomical terminology? In this course, Sarah B. Manis, BA in English, takes us through the history of nomenclature and then helps us with proper pronunciation of the common muscles in the body. Each muscle is represented with its common spelling, phonetic spelling, a picture, the Latin root of the term, and then the muscle is used in a sentence that helps us learn about the muscle. The best part of this CD Rom is that you can click on the speaker icon and HEAR and PRACTICE the correct pronunciation.

Objectives:

Upon completion of this course, you will:

1. Be familiar with and appreciate the history of anatomical terminology.
2. Understand the roots of Basle Nomina Anatomica (BNA).

3. Discover the Commission on Nomenclature and how they prompted the Anatomical Society to revise anatomical nomenclature in 1887.
4. Have learned basic principles for proper pronunciation.
5. Be able to properly pronounce several muscles in the human body and learn a fact about each muscle you learn to pronounce.

### Outline:

#### History of Anatomical Terminology

- Basle Anatomical Nomenclature
- Anatomical Terminology before the BNA
- The Commission on Nomenclature
- Principles of the BNA
- Acceptance of the Basle Nomina Anatomica

#### Pronunciation Guide

#### Anatomical Terminology of Superficial Skeletal Muscles

- Muscles of the Anterior Neck
- Abdominal Muscles
- Muscles that Move the Pectoral (Shoulder) Girdle
- Muscles that Move the Humerus (Arm)
- Muscles that Move the Radius and Ulna (Forearm)
- Wrist Extensors and Flexors
- Muscles that Move the Vertebral Column
- Muscles that Move the Femur
- Quadriceps
- Five Medial Femoral Muscles
- Abductors
- Hamstrings
- Muscles that Move the Foot

### Bibliography:

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3. Dorland's Medical Dictionary for Health Consumers. Philadelphia: Saunders, an imprint of Elsevier, Inc, 2007.
4. Tortora, Gerard, and Grabowski, Sandra R. Principles of Anatomy and Physiology. Eighth Edition. New York: Harper Collins, 1996.
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