

The  
Easiest  
Way to  
Learn  
Human  
Anatomy

# Anatomy Coloring Book

SIXTH EDITION

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**KAPLAN** MEDICAL

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## LEFT FOOT

The **calcaneus** (heel bone) takes most of the weight of the body when standing. The **talus** connects the foot to the tibia and fibula forming the ankle joint. The first, second, and third **cuneiforms** are so named because they are wedge-shaped bones. They form a natural arch of bone in the foot. The **cuboid** is lateral to the third cuneiform, and the **navicular** is posterior to the cuneiforms.

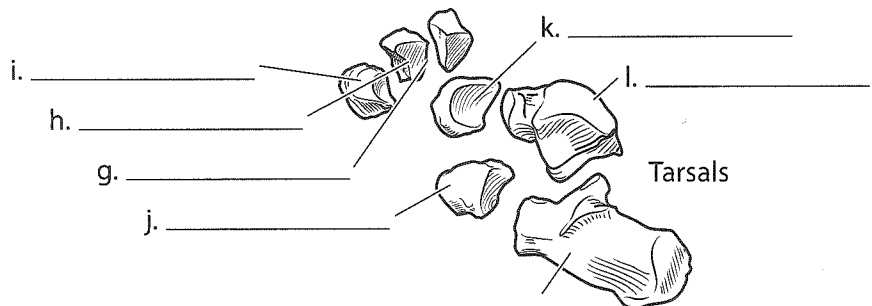
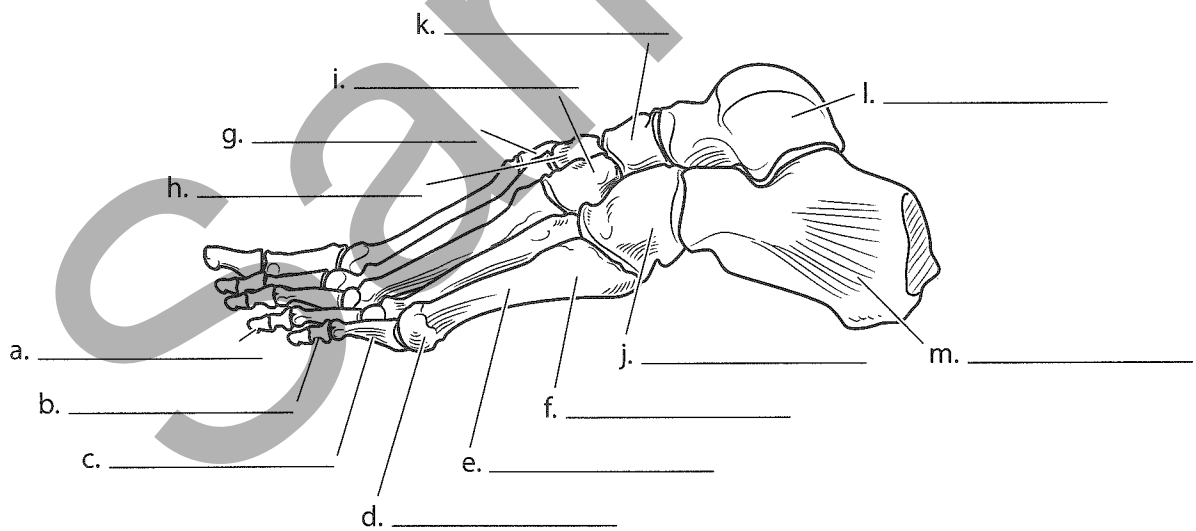
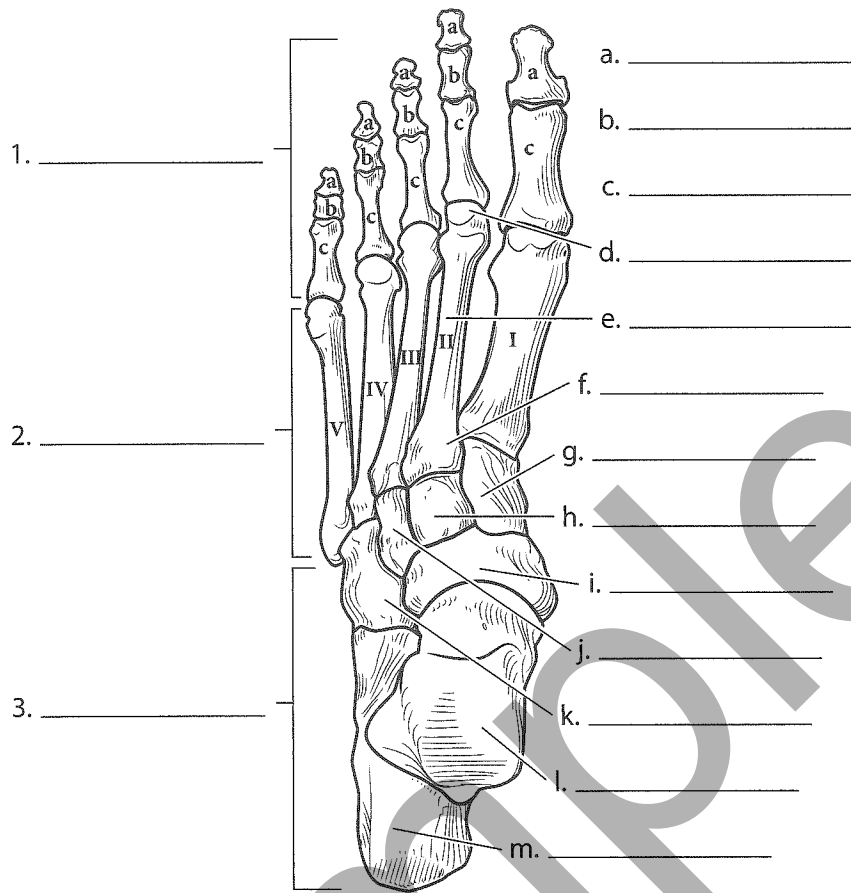
Note that each of the **metatarsals** and each of the **phalanges** has a distal **head**, a **shaft**, and a proximal **base**. The first metatarsal is under the big toe, and the fifth is under the smallest toe. All of the proximal phalanges are given the same letter in the illustration as are the middle and distal phalanges. Write **proximal**, **middle**, or **distal** in the appropriate space next to the toes. The big toe (hallux) has two phalanges while the other toes have three.

**Color Guide:** Color in the seven **tarsal** bones of the left foot using a different color for each bone. Color all of the metatarsals one color and the 14 phalanges another color.

### Answer Key:

1. Phalanges
2. Metatarsals
3. Tarsals
  - a. Distal phalanges
  - b. Middle phalanges
  - c. Proximal phalanges
- d. Head
- e. Shaft
- f. Base
- g. First (medial) cuneiform
- h. Second (intermediate) cuneiform
- i. Third (lateral) cuneiform
- j. Cuboid
- k. Navicular
- l. Talus
- m. Calcaneus





## CORONAL SECTION OF THE HEART

The heart is located in a tough, fibrous sac known as the **parietal pericardium**, which has an outer **fibrous layer** and an inner **serous layer**. If this sac is opened, you can see a space called the pericardial cavity. The heart is in this cavity. The outer surface of the heart is called the **visceral pericardium** or the **epicardium**. Inside of this is the main portion of the heart wall called the **myocardium** (made of cardiac muscle), and the innermost layer of the heart is the **endocardium**.

Deoxygenated blood enters the **right atrium** of the heart by three vessels: the **superior vena cava**, the **inferior vena cava**, and the **coronary sinus**. The walls of the right atrium are thin as they only have to transfer blood to the **right ventricle**. The blood in the right atrium is in contact with the **fossa ovalis**, which is a thin spot in the interatrial septum. This thin spot is a remnant of a hole in the fetal heart known as the foramen ovale. Blood in the right atrium flows through the cusps of the **tricuspid** or **right atrioventricular valve** into the right ventricle. The tricuspid valve is made of the three cusps, the **chordae tendineae**, and the **papillary muscles** that hold the chordae tendineae to the ventricle wall. The ventricle wall is lined with **trabeculae carneae** that act as struts along the edge of the wall. The wall between the ventricles is known as the **interventricular septum**.

From the right ventricle, blood passes through the **pulmonary semilunar valve** and into the **pulmonary trunk** where the blood goes to the lungs. In the lungs, the blood is oxygenated. From the lungs, the blood returns to the **left atrium** of the heart. Blood in the left atrium moves to the **left ventricle** through the **left atrioventricular valve** or the **bicuspid valve**. This valve has two cusps, chordae tendineae, and papillary muscles. When the left ventricle contracts, the blood moves through the **aortic semilunar valve** and into the **ascending aorta**.

**Color Guide:** Use red to color in the light arrows indicating oxygenated blood. Color in the small structures first with light colors of your choosing, and shade in the chambers of the heart with darker colors.

### Answer Key:

- a. Pulmonary trunk
- b. Pulmonary semilunar valve
- c. Left atrium
- d. Left atrioventricular valve
- e. Aortic semilunar valve
- f. Left ventricle
- g. Endocardium
- h. Epicardium
- i. Myocardium
- j. Parietal pericardium
- k. Fibrous layer
- l. Serous layer
- m. Interventricular septum
- n. Trabeculae carneae
- o. Inferior vena cava
- p. Papillary muscle
- q. Right ventricle
- r. Chordae tendineae
- s. Right atrioventricular valve
- t. Opening of coronary sinus
- u. Fossa ovalis
- v. Right atrium
- w. Superior vena cava
- x. Aorta

White arrows = oxygen-rich blood  
Black arrows = oxygen-poor blood

 = veins     = arteries

