**8. Appendicular Skeleton (part 1) Quiz Instructions**

Instructions:

For the quiz, be able to identify the following bones on a full-size human laboratory skeleton. For example, the Humerous will be numbered on the skeleton and you will write that number followed by “Humerous” on your answer sheet.

You will find all these in the Appendicular Skeleton chapter of your book.

Pectoral (Shoulder) Girdle

Clavicle (collar bone)

Scapula (shoulder blade)

Arm

Humerous (upper arm bone)

Radius (forearm bone on the thumb side)

Ulna (forearm bone on the pinky side)

Hands

8 Carpals (wrist bones). Know there are 8.

5 Metacarpals (hand bones). Know there are 5.

Phalanges (finger bones). Know there are 14. Your thumb only has 2, that’s why there aren’t 15.

Know the fingers are numbered 1-5 beginning with the thumb. The thumb is 1, and the pinky is 5.

Additional terms to know

Proximal/Distal: Know what the ‘proximal’ and ‘distal’ ends of the long bones are. Proximal means “nearest end to the main body trunk”. Distal means the “far end”. For example, if I indicate the end of the Humerous nearest the shoulder, know that this is the “proximal end” of the bone. If I indicate the end of the Radius nearest the wrist, know that this is the “distal end” of the bone.