

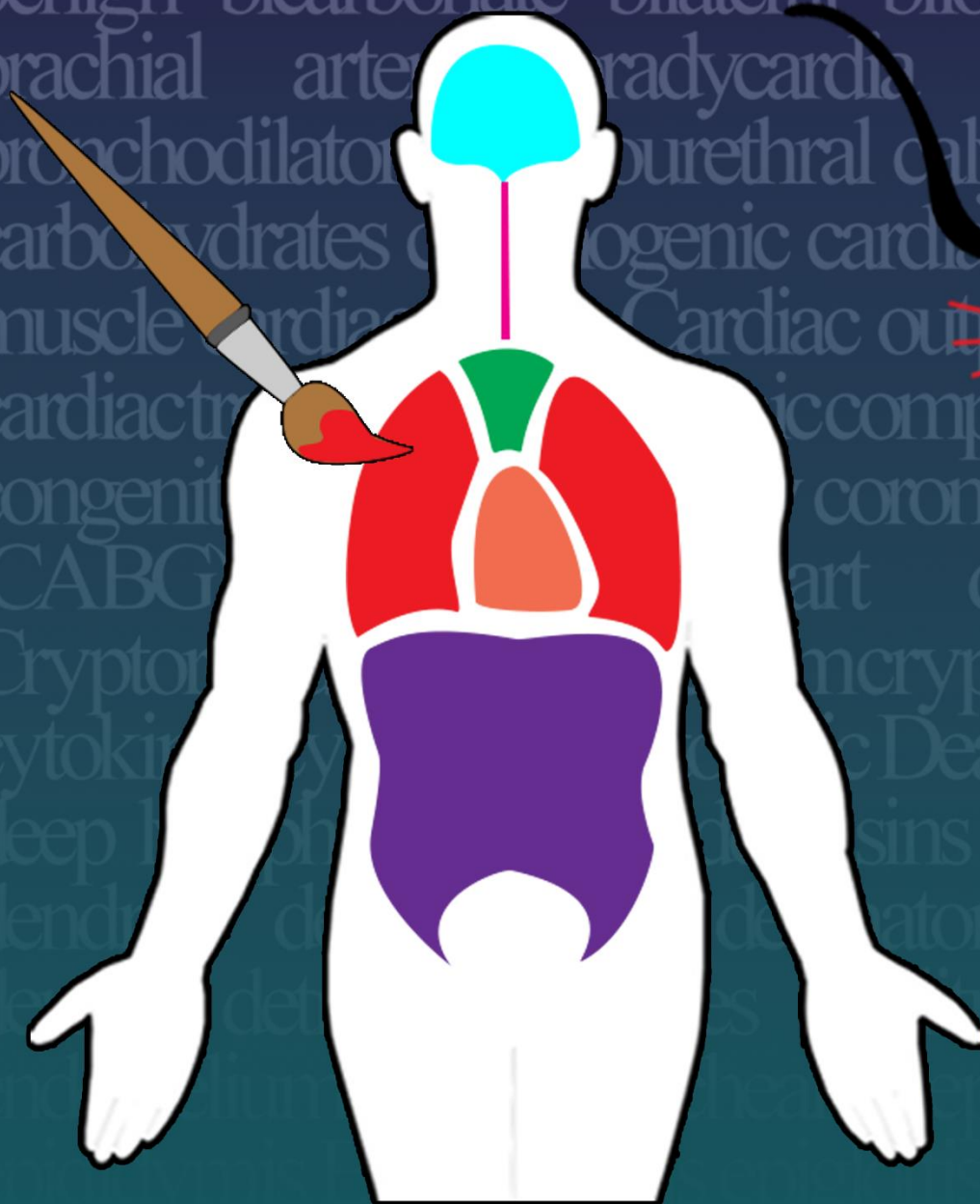
BUILDING A MEDICAL TERMINOLOGY

FOUNDATION 2E

ANATOMICAL COLOURING BOOK



KIMBERLEE CARTER MARIE RUTHERFORD CONNIE STEVENS



 **Georgian**



CONESTOGA

Sheridan

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About This Resource

Introduction

The collection of anatomical illustrations in this resource is designed to encourage exploration and spark a learner's interest in anatomical function and structure. Associating colors with structures helps to create strong visual cues for memory and knowledge recall. The integration of text with images reinforces the connection of the structure to the related terminology. When you encounter the term later, the colored image often serves as a mental trigger. Anatomy is not isolated parts; it is more about how each part fits together. As you work through the illustrations in this resource, you are mentally processing information about each anatomical part.

How the Colouring Book is Arranged

This book is intended as a resource to accompany the main text, [Building a Medical Terminology Foundation 2e](#). This resource follows a similar arrangement to the main text. Most chapters are arranged by body system. This resource can be accessed [online](#), or this downloadable PDF format is available. The table of contents provides a roadmap for navigating and locating illustrations.

How the Colouring System Works

This book offers black lined illustrations with a white background. The illustrations are numbered in sequential order as they appear in the resource. The illustrations are designed for the user to colour anatomical organs and structures. Select illustrations contain anatomical labels or require the user to correctly identify the anatomical structures where indicated. Each illustration contains instructions for the user. To use this resource offline, this downloadable PDF option is available. All illustration activities in this workbook are easily available for downloading, printing, and saving.

Faculty and Teaching Staff

We are pleased to introduce the Anatomical Colouring Book as a valuable tool to enhance student learning, recall, and assessment in your medical terminology courses. Here are some guidelines to effectively integrate this resource into your teaching:

- Engagement: encourage learners to actively complete the illustrations during lessons.
- Reinforcement: use the resource to complement the main resource. Completing the activities serves as a visual aid for recall.
- Memory aid and repetition: colouring illustrations helps to create visual memories for learners. Suggest learners revisit the illustrations repeatedly to support their memory recall.
- Group activities: promote peer to peer collaboration where learners create groups, review the illustrations, and discuss the anatomical structures and features.

Credits

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Illustration Attribution

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Accessibility Statement

This resource has been provided in two formats (PDF for print and web-based) to improve access. Students are encouraged to review both versions of the book and select the one that works best for them.

Efforts have been made to provide detailed image descriptions for all images in this resource. Due to the complex visual nature of anatomy images, labels, and diagrams, colouring book activities may be difficult for some students to complete. Students are encouraged to work with their accessibility advisors or adaptive technologists if they encounter barriers with this resource.

License

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Medical Language Within the Context of Anatomy and Physiology





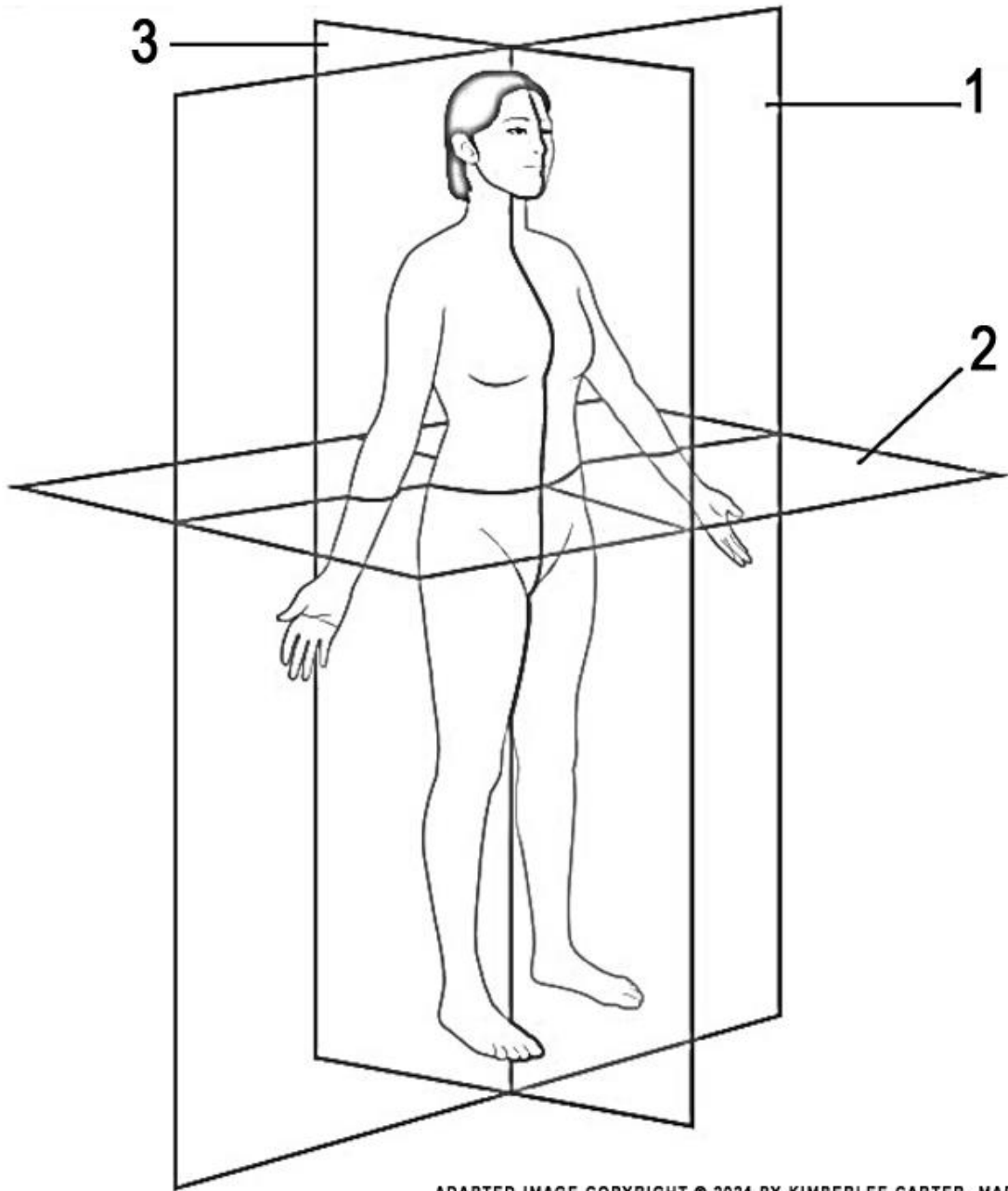
Outline Activity

The content in this activity aligns with [Chapter 2: Medical Language Within the Context of Anatomy and Physiology](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. Three body planes are shown on the illustration and represented by a number.

Task: Review the compiled list of the plane names that accompany this illustration. Each anatomical plane name in the list is highlighted with a colour. Outline each plane in its correct location in the illustration using the colour indicated:

1. frontal (yellow)
2. transverse (green)
3. sagittal (pink)



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Activity 2 – Ventral Body Cavities



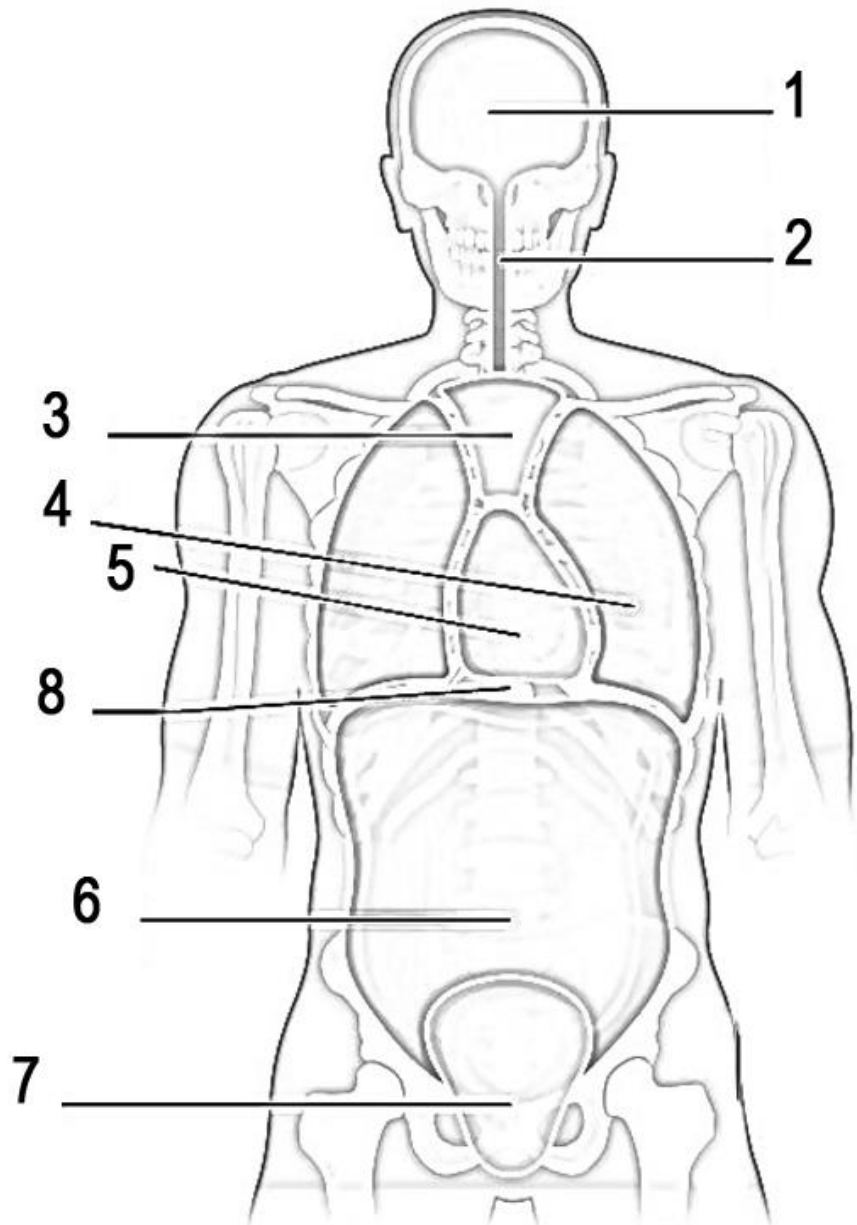
Colour by Numbers Activity

The content in this activity aligns with [Chapter 2: Medical Language Within the Context of Anatomy and Physiology](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. An anterior (ventral) view of body cavities is shown. Located on the illustration are numbers indicating the positioning of several body cavities.

Task: Colour each numbered body cavity using the colour indicated in the list below:

1. cranial cavity (orange)
2. vertebral cavity (light blue)
3. superior mediastinum (green)
4. pleural cavity (red)
5. pericardial cavity within the mediastinum (purple)
6. abdominal cavity (pink)
7. pelvic cavity (yellow)
8. diaphragm (grey)



Anterior view

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Integumentary System



Activity 3 – Accessory Structure of Skin – Hair



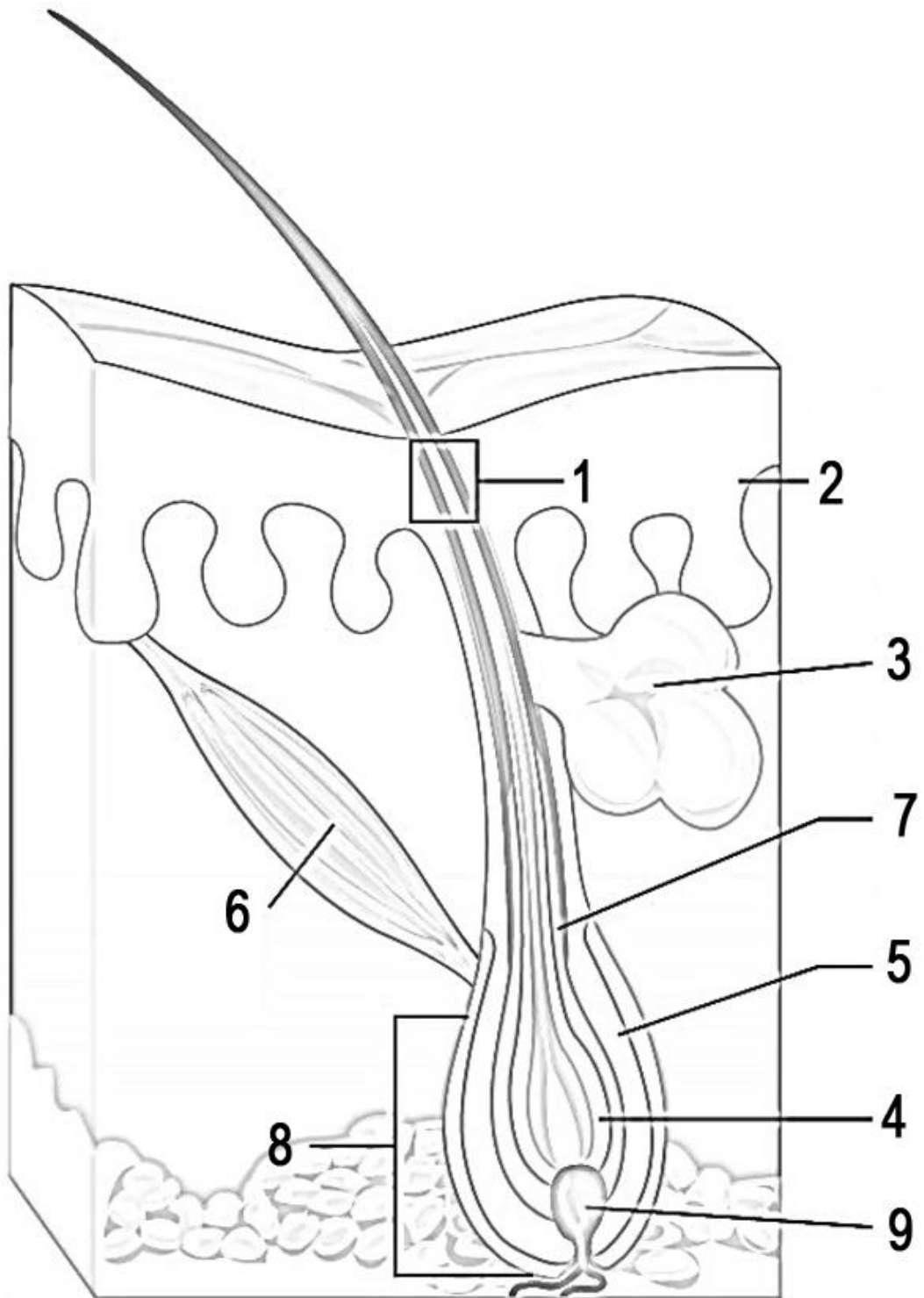
Colour by Numbers Activity

The content in this activity aligns with [Chapter 3: Integumentary System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the structures making up a hair follicle.

Task: Colour each numbered structure using the colour indicated in the list below:

1. hair shaft (green)
2. medulla, cortex, cuticle (red)
3. sebaceous gland (dark blue)
4. hair matrix (brown)
5. outer root sheath (orange)
6. arrector pili muscle (purple)
7. inner root sheath (pink)
8. hair bulb (grey)
9. hair papilla (light blue)



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Activity 4 – Nail Structure



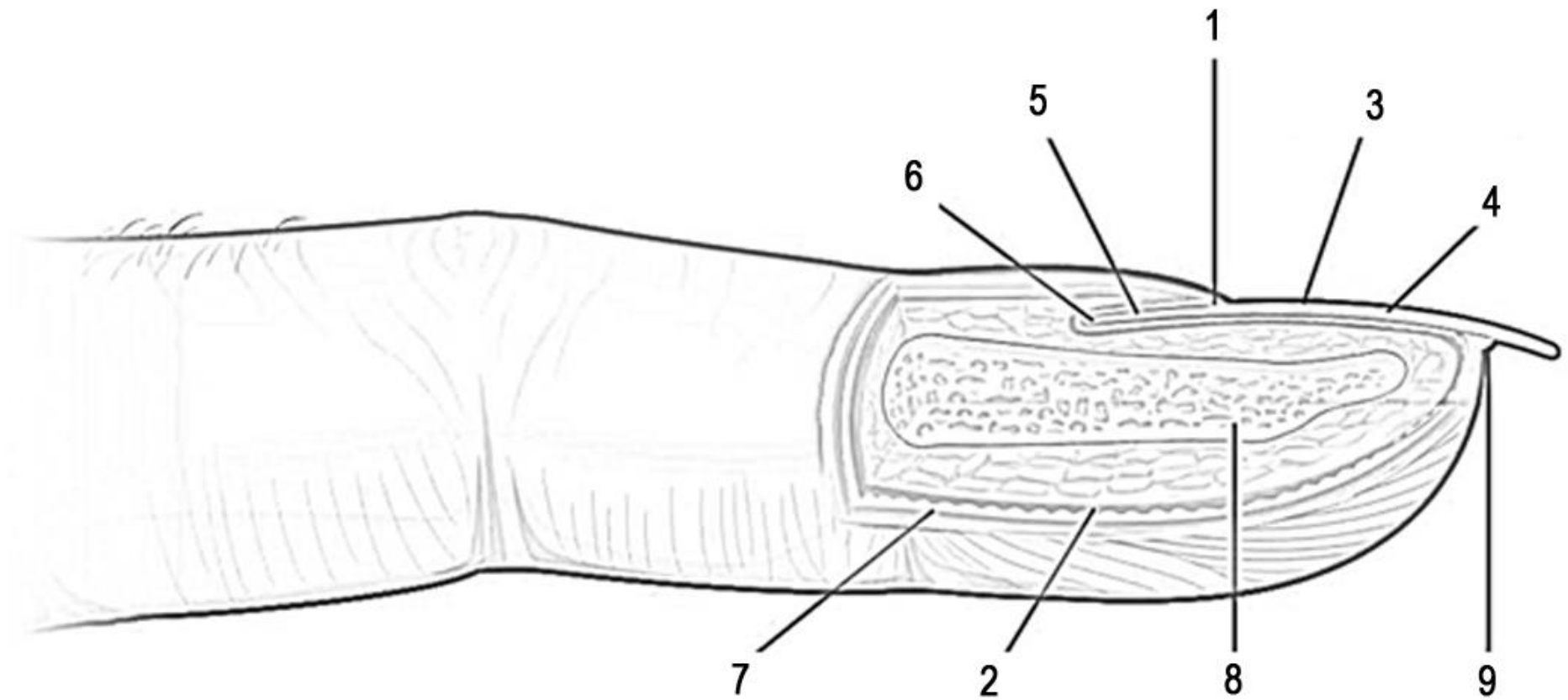
Colour by Numbers Activity

The content in this activity aligns with [Chapter 3: Integumentary System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the structures making up the nail.

Task: Colour each numbered structure using the colour indicated in the list below:

1. **eponychium (green)**
2. **dermis (red)**
3. **lunula (dark blue)**
4. **nail body (brown)**
5. **proximal nail fold (orange)**
6. **nail root (purple)**
7. **epidermis (pink)**
8. **phalanx (grey)**
9. **hyponychium (light blue)**



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Respiratory System



Activity 5 – Lung Anatomy and Structure



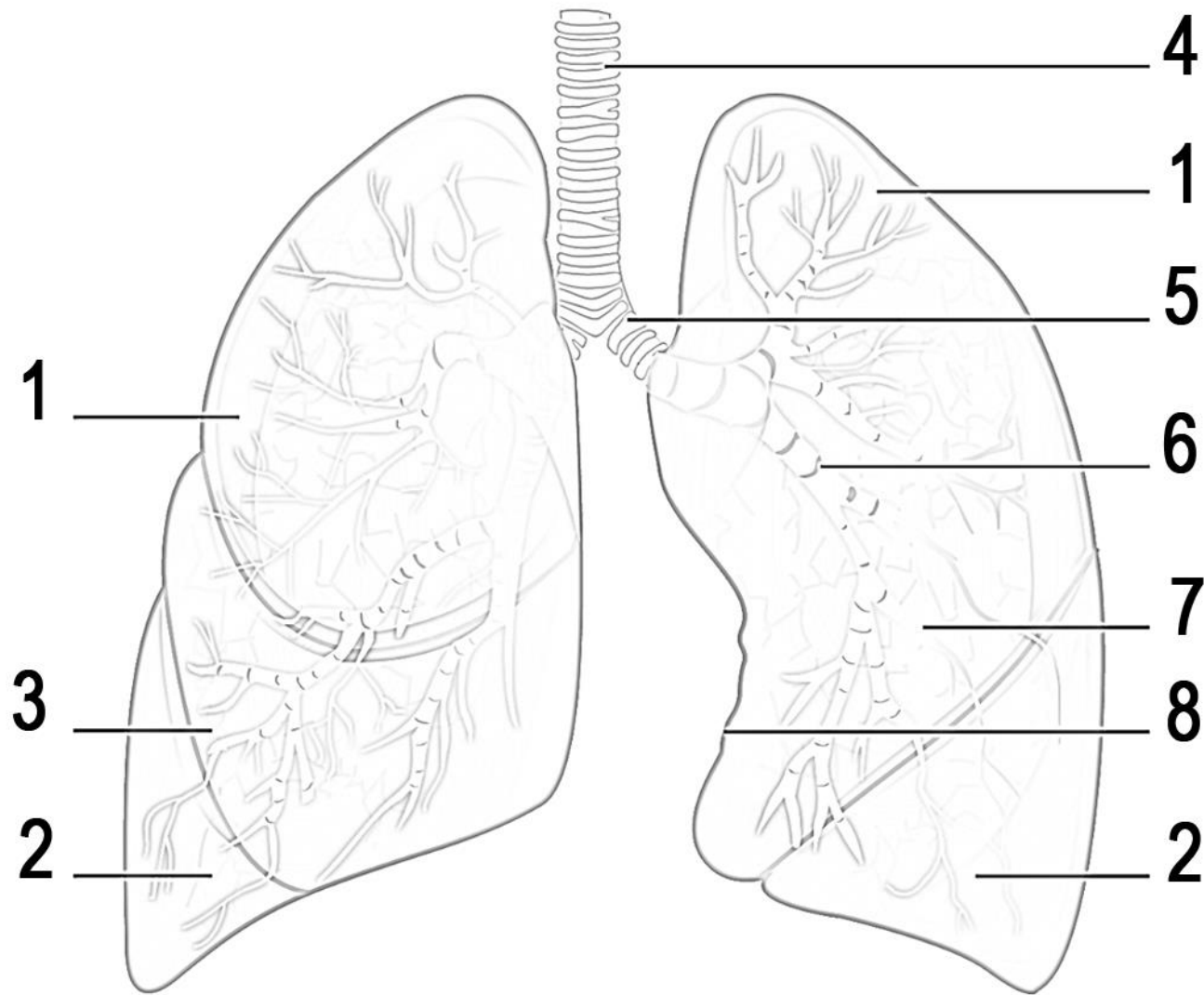
Colour by Numbers Activity

The content in this activity aligns with [Chapter 4: Respiratory System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the anatomy and structures comprising the lungs, both right and left.

Task: Colour each numbered lung structure using the colour indicated in the list below:

1. superior lobe -left lung and right lung (green)
2. inferior lobe – left lung and right lung (red)
3. middle lobe – right lung (dark blue)
4. trachea (brown)
5. main bronchus (orange)
6. lobar (secondary) bronchus (purple)
7. segmental (tertiary) bronchus (pink)
8. cardiac notch (grey)



Right lung

Left lung

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Activity 6 – Divisions of the Pharynx



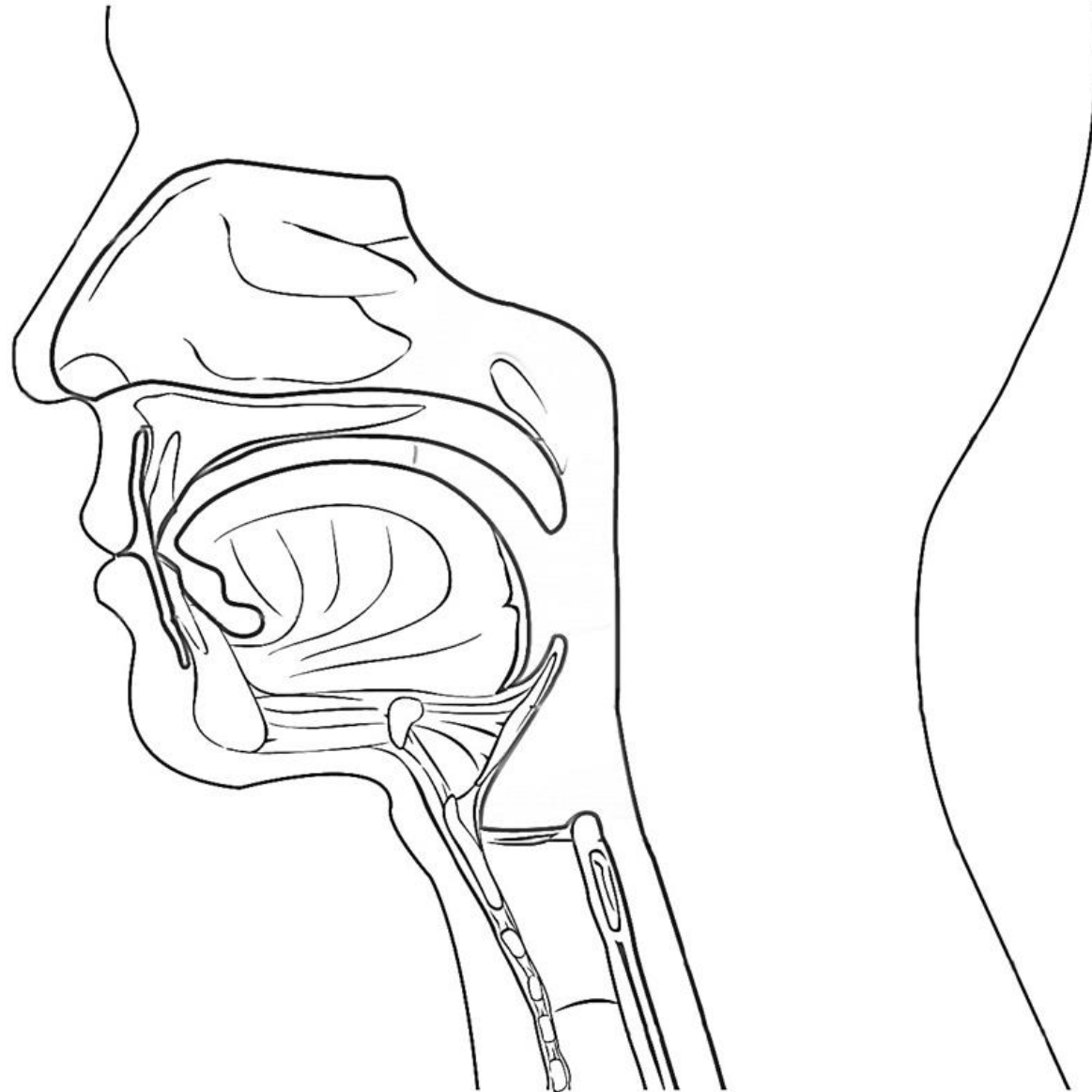
Highlighting/Shading Activity

The content in this activity aligns with [Chapter 4: Respiratory System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. The pharynx has three divisions, as displayed in the accompanying list.

Task: Outline the divisions of the pharynx by shading or highlighting them in the colour shown in the list:

1. **oropharynx (dark blue)**
2. **nasopharynx (green)**
3. **laryngopharynx (purple)**



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Urinary System



Activity 7 – Location of the Kidneys



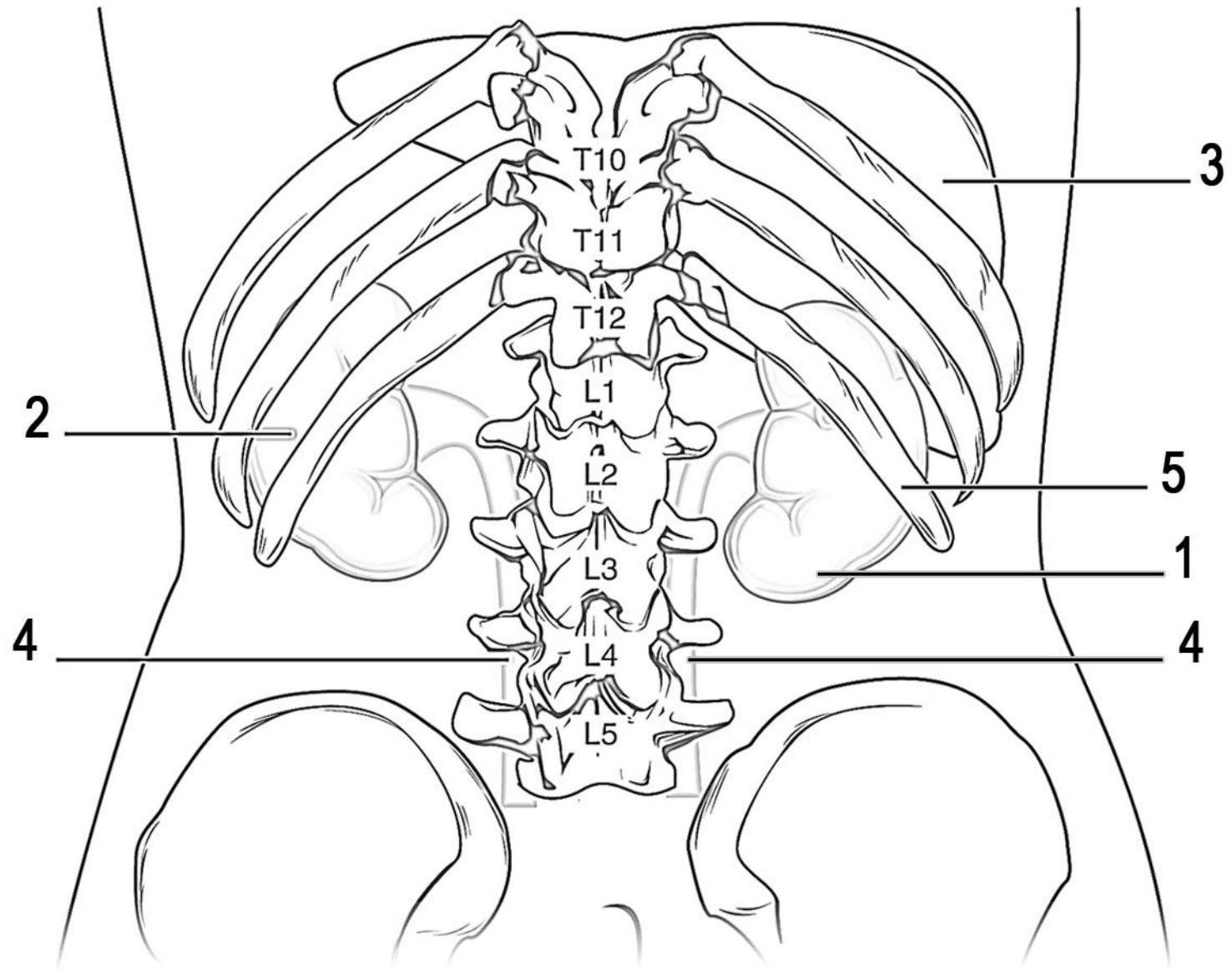
Colour by Numbers Activity

The content in this activity aligns with [Chapter 5: Urinary System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This is an anterior view of the abdominal region showing the left and right kidney, liver, right and left ureter, and the 12th rib.

Task: Colour each numbered structure using the colour indicated in the list below:

1. left kidney (brown)
2. right kidney (brown)
3. liver (orange)
4. right and left ureter (yellow)
5. 12th rib of the rib cage (purple)



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Activity 8 – Left Kidney



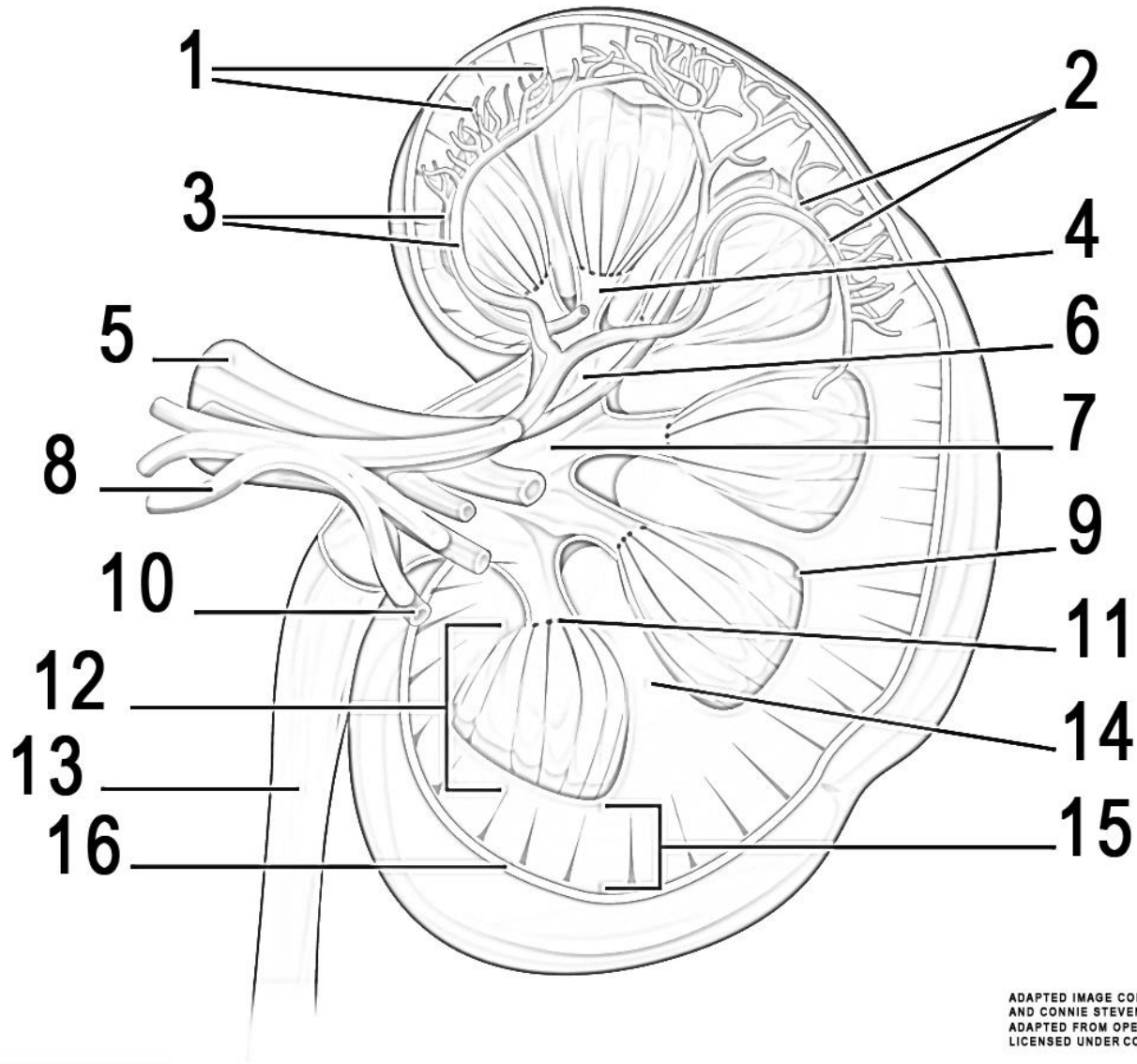
Colour by Numbers Activity

The content in this activity aligns with [Chapter 5: Urinary System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the anatomy and structures comprising the kidney.

Task: Colour each numbered kidney structure using the colour indicated in the list below:

1. cortical blood vessels (orange)
2. arcuate blood vessels (red)
3. interlobular blood vessels (brown)
4. minor calyx (green)
5. renal vein (dark blue)
6. major calyx (grey)
7. renal pelvis (yellow)
8. renal hilum and renal nerve (light blue)
9. pyramid (purple)
10. renal artery (red)
11. papilla (pink)
12. medulla (brown)
13. ureter (yellow)
14. renal column (grey)
15. outer root sheath (orange)
16. cortex (green)
17. capsule (purple)



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Male Reproductive System



Activity 9 – Structure of Sperm



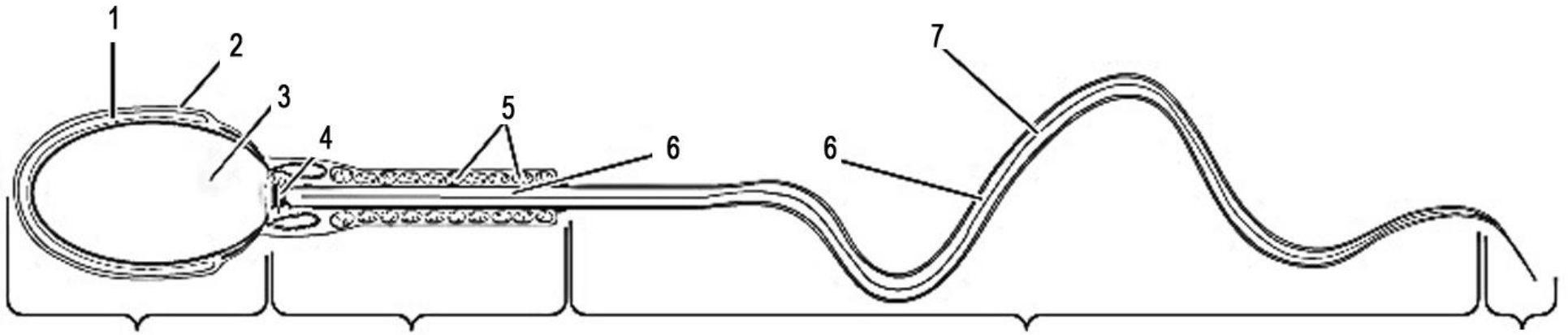
Colour by Numbers Activity

The content in this activity aligns with [Chapter 6: Male Reproductive System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the anatomy and structures comprising a single sperm cell.

Task: Colour each numbered sperm cell structure using the colour indicated in the list below:

1. acrosome (green)
2. plasma membrane (red)
3. nucleus (dark blue)
4. centriole (grey)
5. mitochondria (brown)
6. flagellum (orange)
7. axial filament (purple)



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Activity 10 – Lateral View Male Reproductive Anatomy



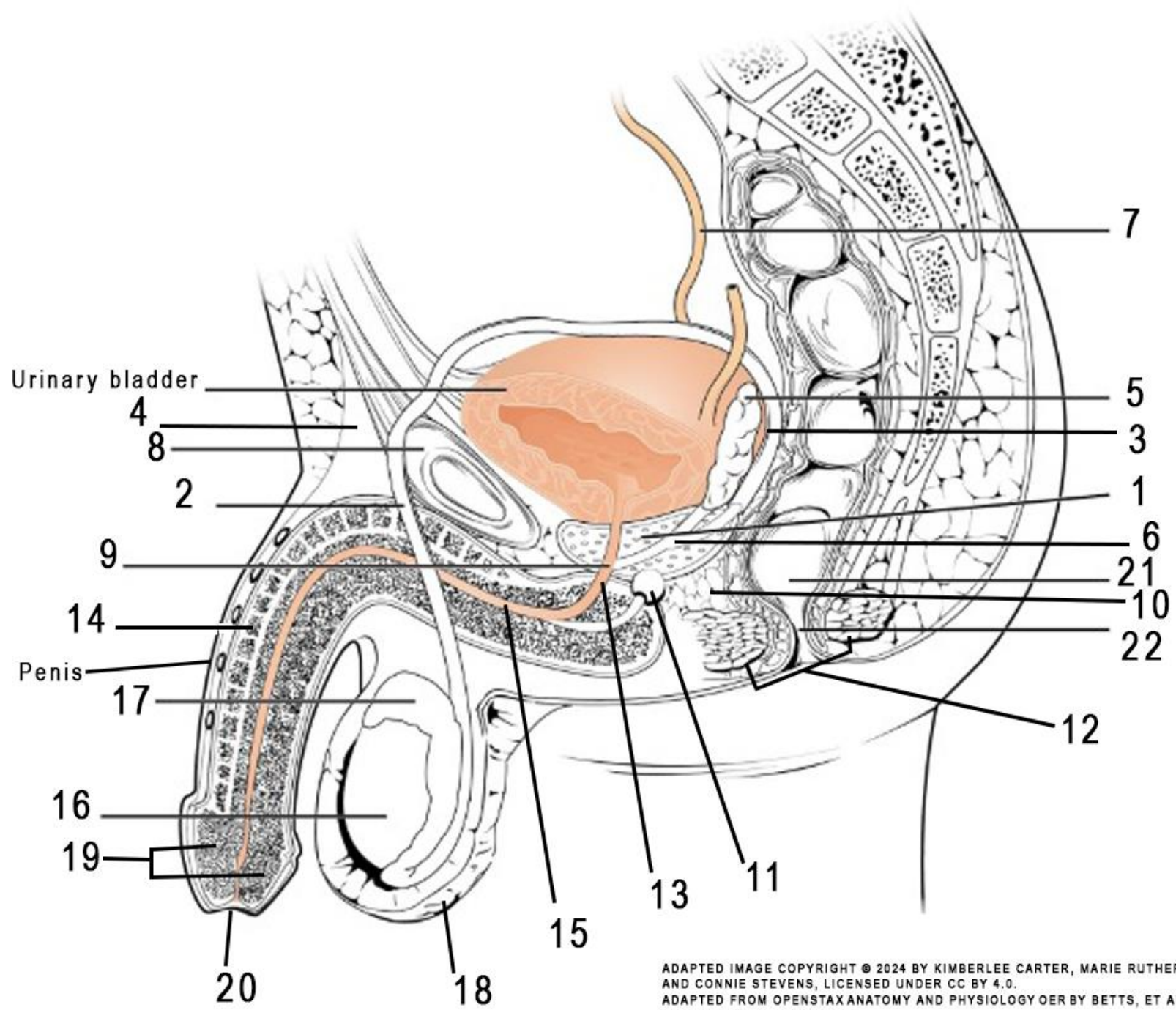
Colour by Numbers Activity

The content in this activity aligns with [Chapter 6: Male Reproductive System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays a lateral view of the anatomy and structures comprising the male reproductive system.

Task: Colour each numbered structure using the colour indicated in the list below:

1. prostate gland (purple)
2. ductus vas deferens (red)
3. ampulla of the ductus deferens (brown)
4. suspensory ligament of the penis (green)
5. seminal vesicle (dark blue)
6. ejaculatory duct (grey)
7. flagellum (orange)
8. ureter (yellow)
9. pubic symphysis (light blue)
10. prostrate urethra (purple)
11. deep muscles of the perineum (red)
12. bulbourethral gland (pink)
13. muscles of the perineum surrounding the anus (brown)
14. membrane of the urethra (yellow)
15. corpus cavernosum (grey)
16. spongy urethra (green)
17. testis (red)
18. epididymis (brown)
19. scrotum (dark blue)
20. corpus spongiosum (purple)
21. external urethra opening (green)
22. rectum (pink)
23. anus (light blue)



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Female Reproductive System



Activity 11 – Female Reproductive System Anterior View



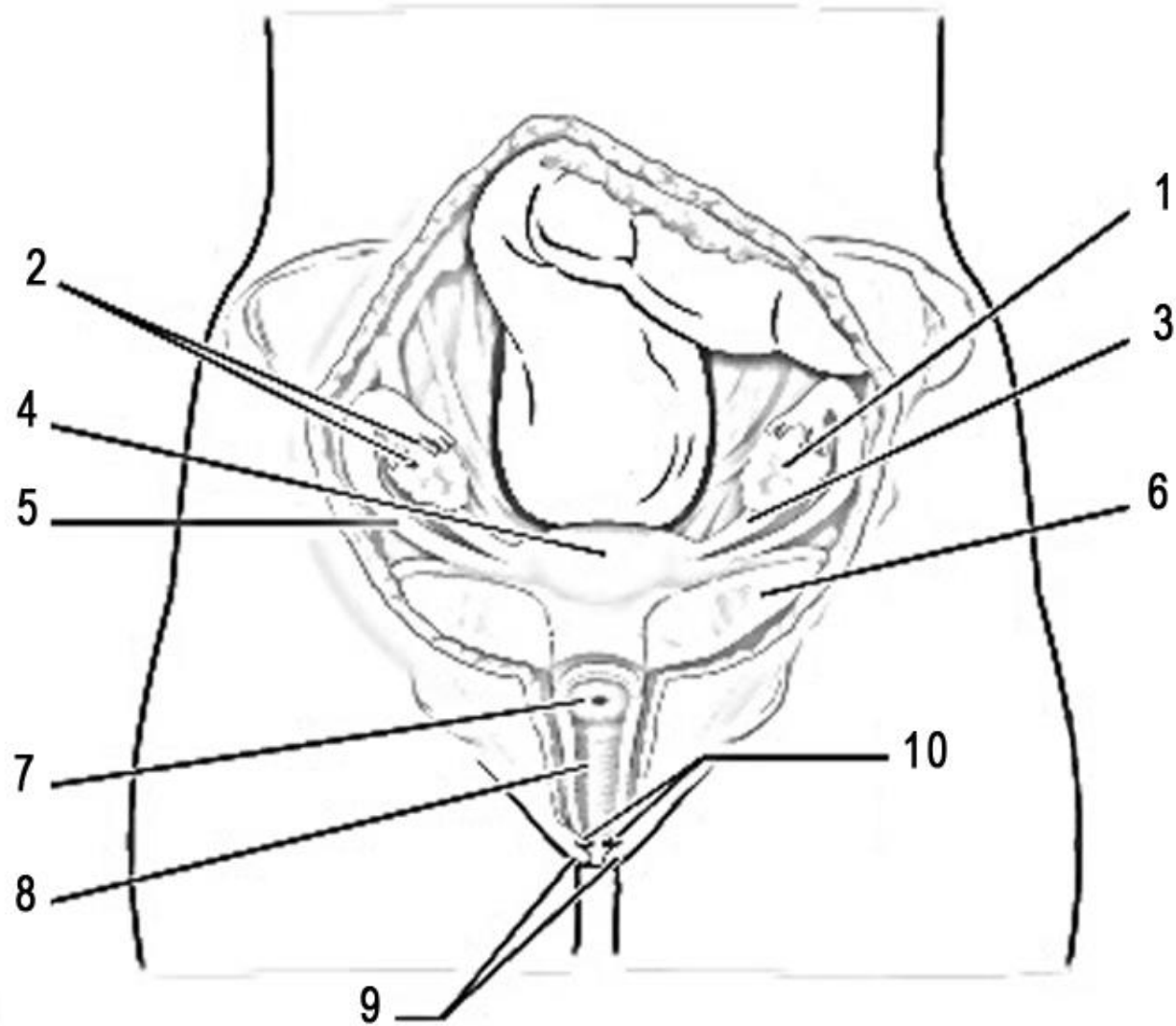
Colour by Numbers Activity

The content in this activity aligns with [Chapter 7: Female Reproductive System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays an anterior view of the anatomy and structures comprising the female reproductive system.

Task: Colour each numbered structure using the colour indicated in the list below:

1. ovary (purple)
2. fimbriae (red)
3. ovarian ligament (brown)
4. uterus (green)
5. uterine tube (dark blue)
6. broad ligament (grey)
7. cervix (yellow)
8. vagina (light blue)
9. labia majora (orange)
10. labia minora (pink)



Human female reproductive system: anterior view

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Cardiovascular System – Heart



Activity 12 – Position of the Heart in the Thoracic Region



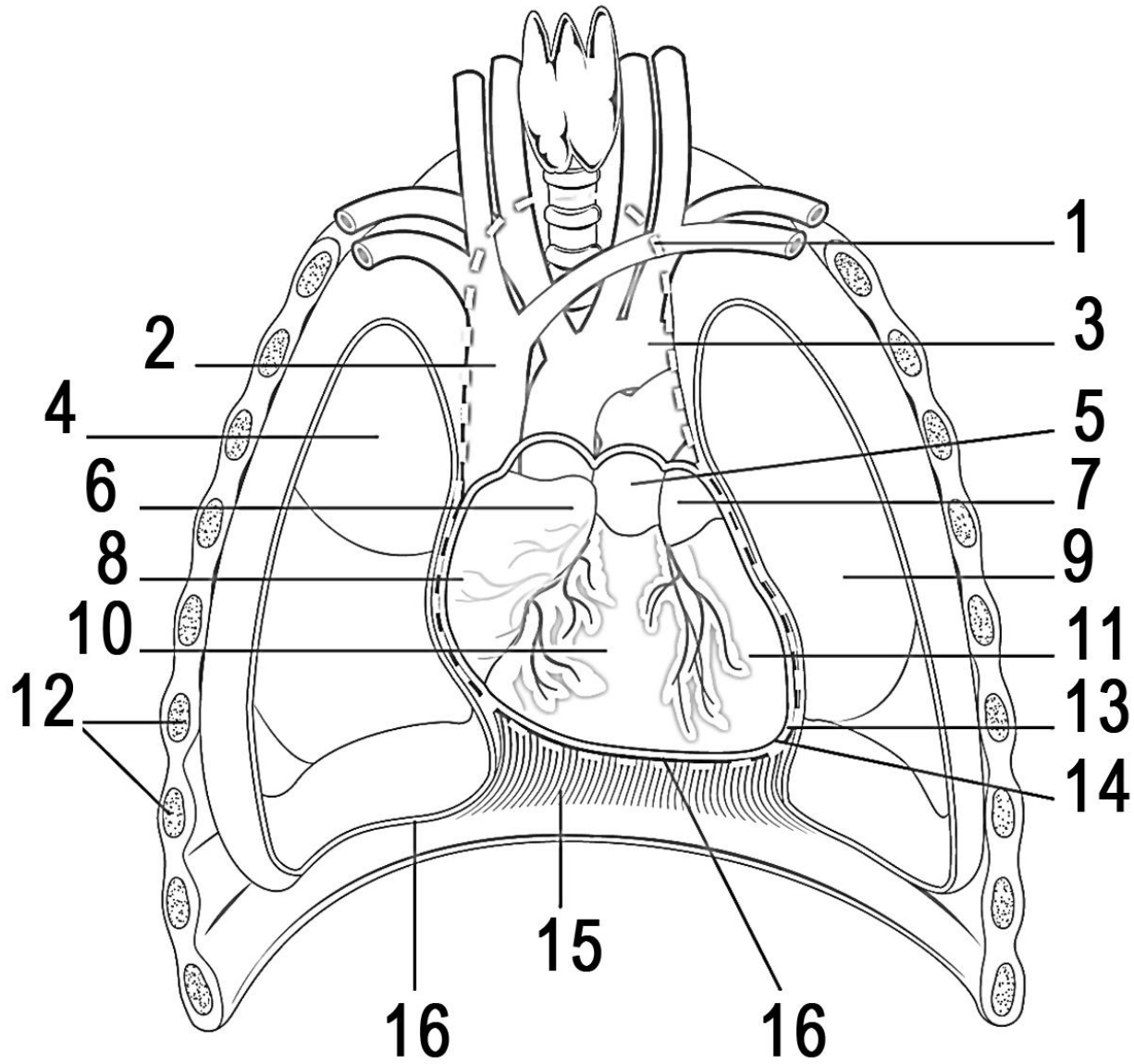
Colour by Numbers Activity

The content in this activity aligns with [Chapter 9: Cardiovascular System – Heart](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays an anterior view of the anatomy and positioning of the heart.

Task: Colour each numbered structure using the colour indicated in the list below:

1. mediastinum (orange)
2. superior vena cava (dark blue)
3. arch of aorta (red)
4. right lung (green)
5. pulmonary trunk (light blue)
6. right auricle (grey)
7. left auricle (yellow)
8. right atrium (purple)
9. left lung (red)
10. right ventricle (pink)
11. left ventricle (brown)
12. ribs (yellow)
13. pericardial cavity (grey)
14. apex of the heart (pink)
15. diaphragm (green)
16. edge of the parietal pleura/pericardium – both sides (purple)



Activity 13 – Pericardial Membranes and Layers of the Heart



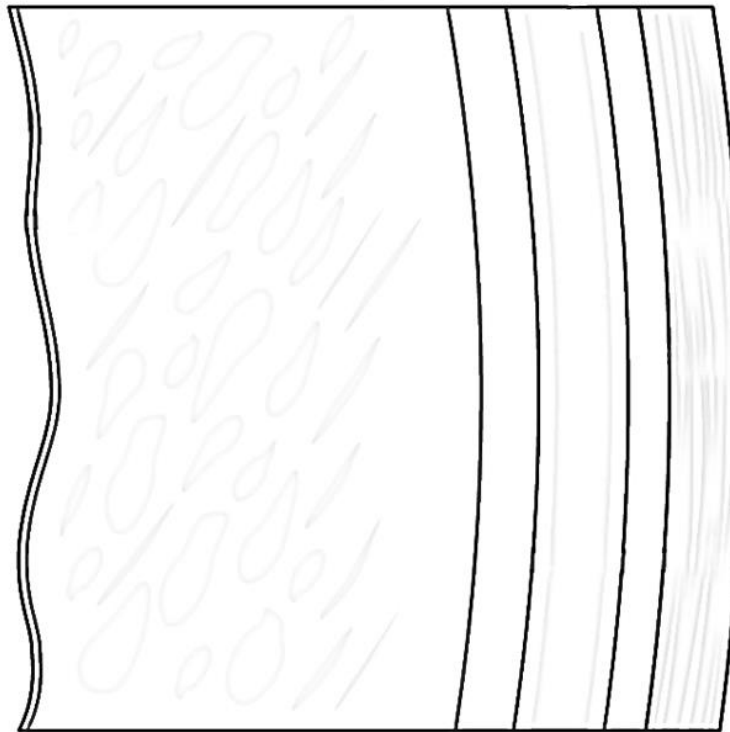
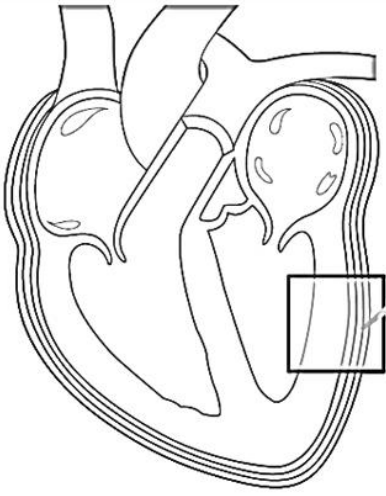
Highlight/Shading Activity

The content in this activity aligns with [Chapter 9: Cardiovascular System – Heart](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. The structural layers of the heart are identified.

Task: Outline the layers of the heart by shading it or highlighting them in the colour shown in the list:

1. pericardial cavity (dark blue)
2. fibrous pericardium (green)
3. parietal layers of serous pericardium (pink)
4. epicardium visceral layer (yellow)
5. endocardium and myocardium (red)



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Cardiovascular System – Blood Vessels and Blood



Activity 14 – Artery Composition



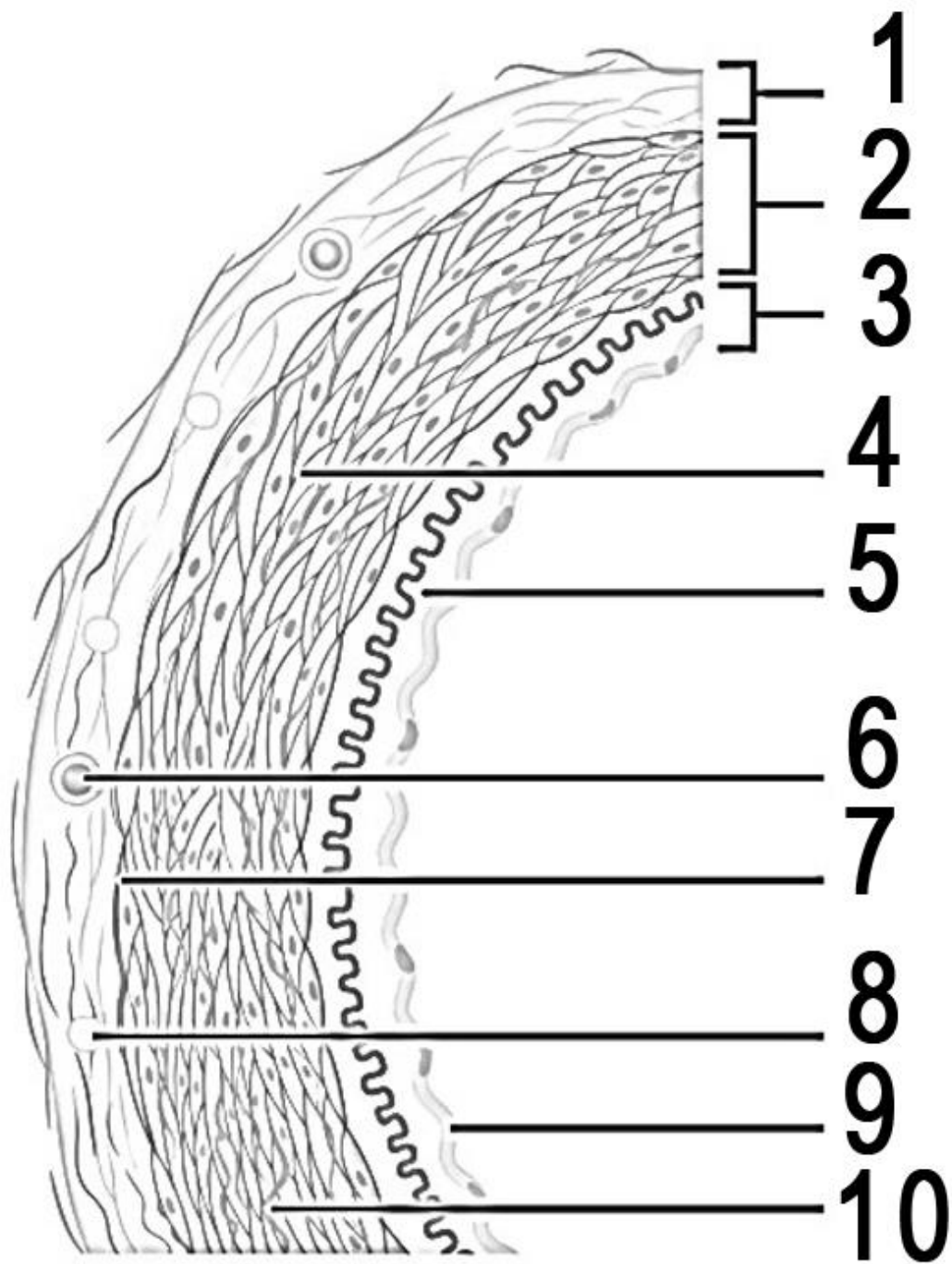
Colour by Numbers Activity

The content in this activity aligns with [Chapter 10: Cardiovascular System – Blood Vessels and Blood](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the structures comprising an artery.

Task: Colour each numbered structure using the colour indicated in the list below:

1. tunica externa (orange)
2. tunica media (dark blue)
3. tunica intima (red)
4. smooth muscle (green)
5. internal elastic membrane (purple)
6. vasa vasorum (dark blue)
7. external elastic membrane (grey)
8. nervi vasorum (yellow)
9. endothelium (light blue)
10. elastic fibers (purple)



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Activity 15 – Vein Composition



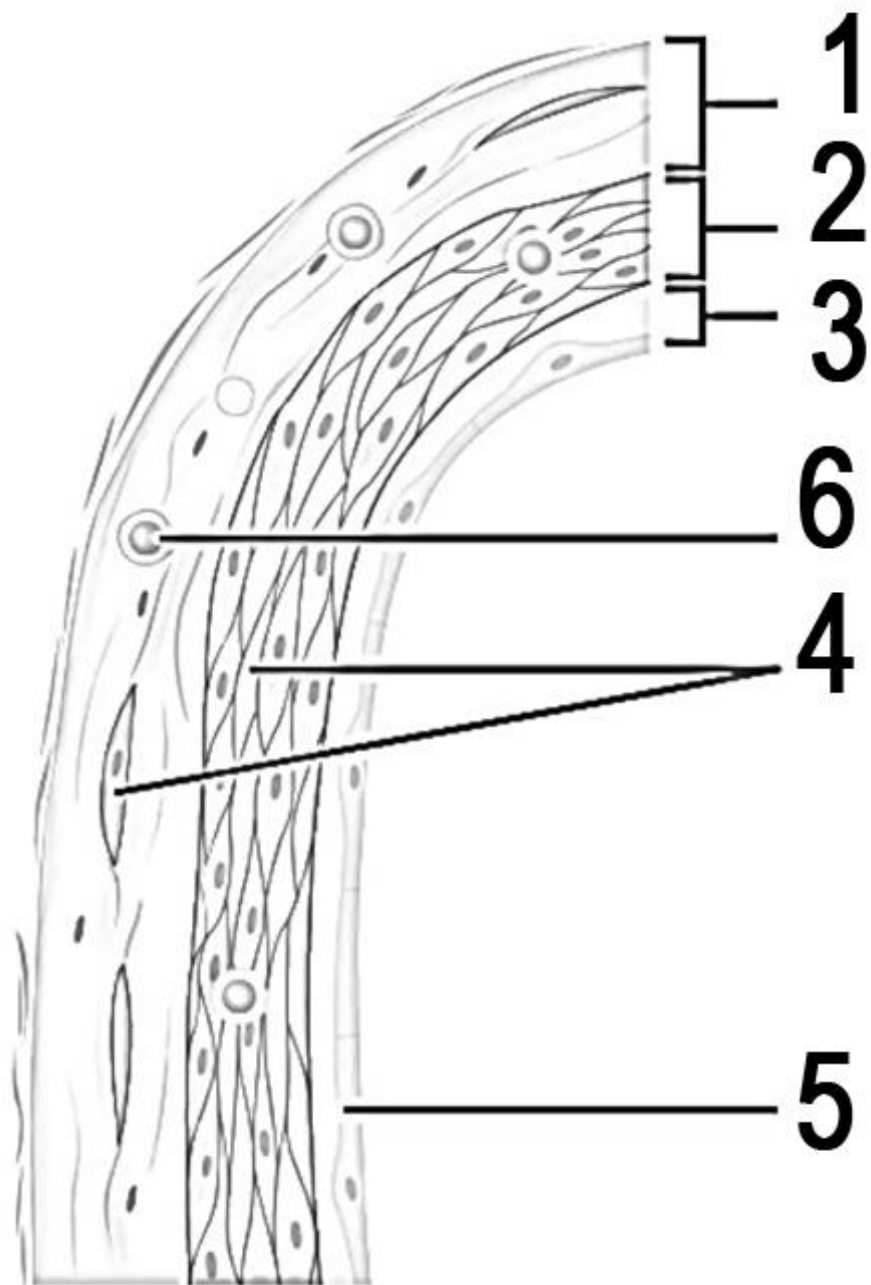
Colour by Numbers Activity

The content in this activity aligns with [Chapter 10: Cardiovascular System – Blood Vessels and Blood](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the structures comprising a vein.

Task: Colour each numbered structure using the colour indicated in the list below:

1. tunica externa (orange)
2. tunica media (dark blue)
3. tunica intima (red)
4. smooth muscle (green)
5. endothelium (purple)
6. vasa vasorum (pink)



Lymphatic and Immune Systems



Activity 16 – Lymphatic Trunk



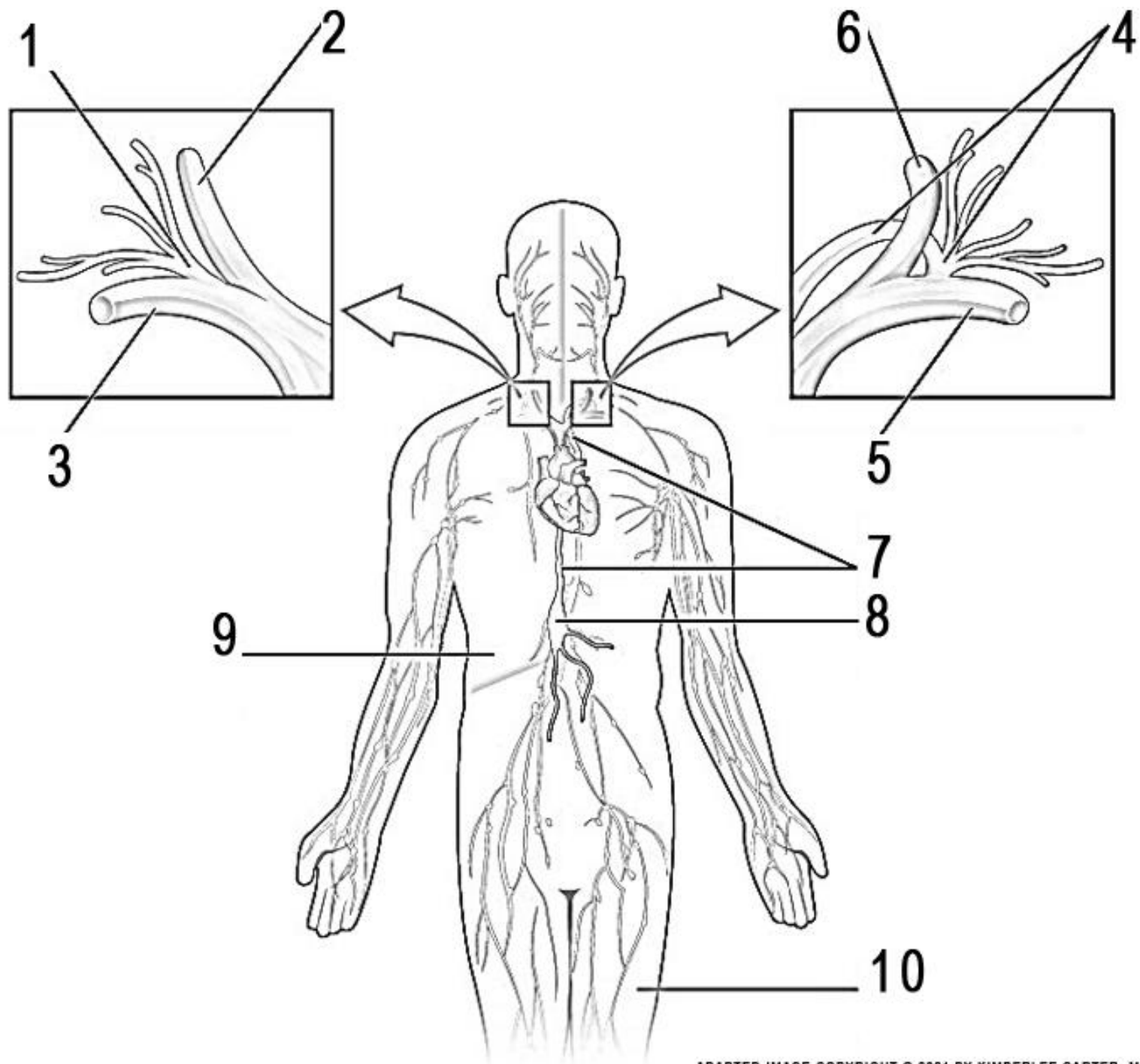
Colour by Numbers Activity

The content in this activity aligns with [Chapter 11: Lymphatic and Immune Systems](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the structures comprising the lymphatic trunk of the lymphatic system.

Task: Colour each numbered structure using the colour indicated in the list below:

1. right lymphatic duct (orange)
2. right internal jugular vein (dark blue)
3. right subclavian vein (light blue)
4. thoracic duct draining into the subclavian vein (purple)
5. left subclavian vein (dark blue)
6. left internal jugular vein (green)
7. thoracic duct (yellow)
8. cisterna chyli of thoracic duct (light blue)
9. drained by right lymphatic duct (purple)
10. drained by thoracic duct (orange)



Digestive System (Gastrointestinal)



Activity 17 – Digestive System Structure



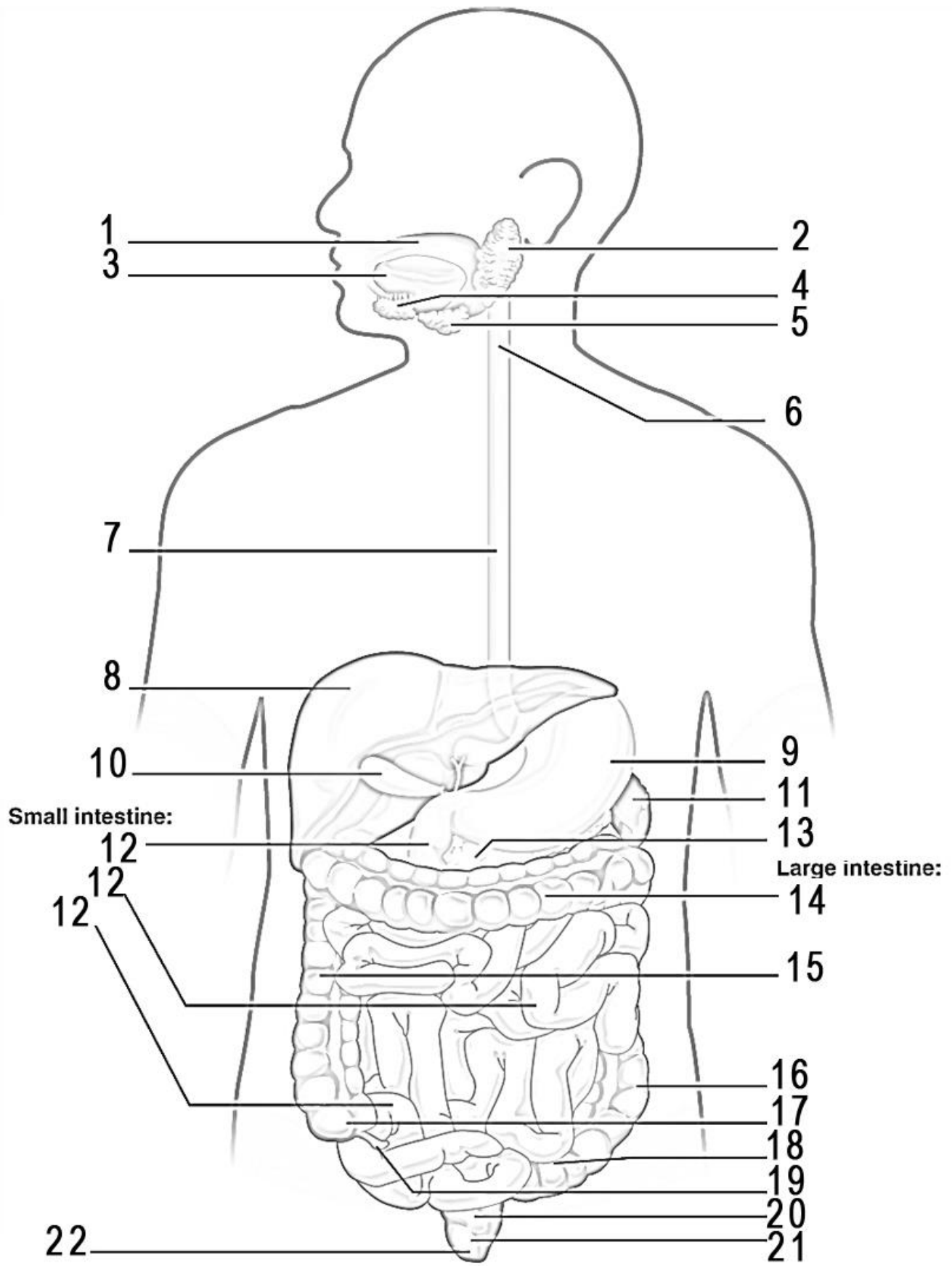
Colour by Numbers Activity

The content in this activity aligns with [Chapter 12: Digestive System \(Gastrointestinal\)](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the structures and organs comprising the digestive system.

Task: Colour each numbered structure using the colour indicated in the list below:

1. mouth (orange)
2. salivary glands (red)
3. tongue (brown)
4. sublingual gland (green)
5. submandibular gland (dark blue)
6. pharynx (grey)
7. esophagus (yellow)
8. liver (brown)
9. stomach (purple)
10. gallbladder (green)
11. spleen (brown)
12. duodenum, jejunum, ileum (yellow)
13. pancreas (grey)
14. transverse colon (pink)
15. ascending colon (green)
16. descending colon (red)
17. cecum (orange)
18. sigmoid colon (brown)
19. appendix (dark blue)
20. rectum (purple)
21. anal canal (green)
22. anus (light blue)



Skeletal System



Activity 18 – Vertebral Column



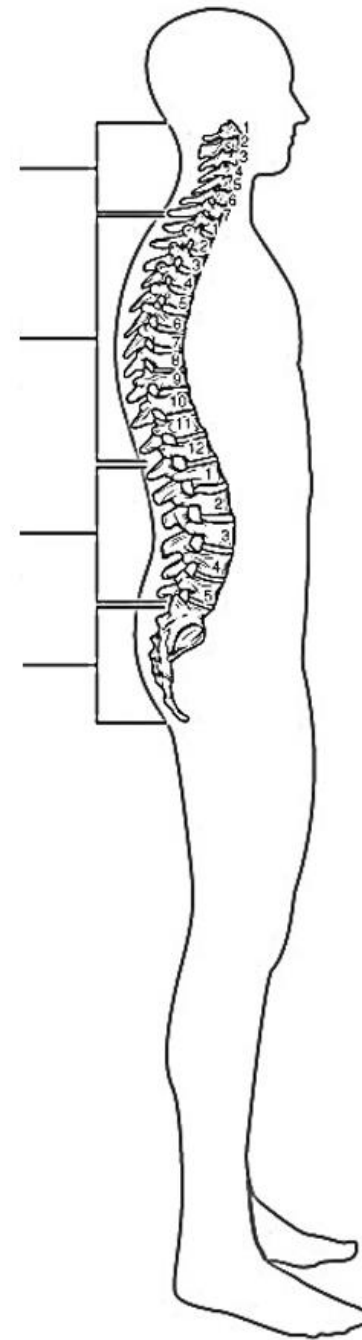
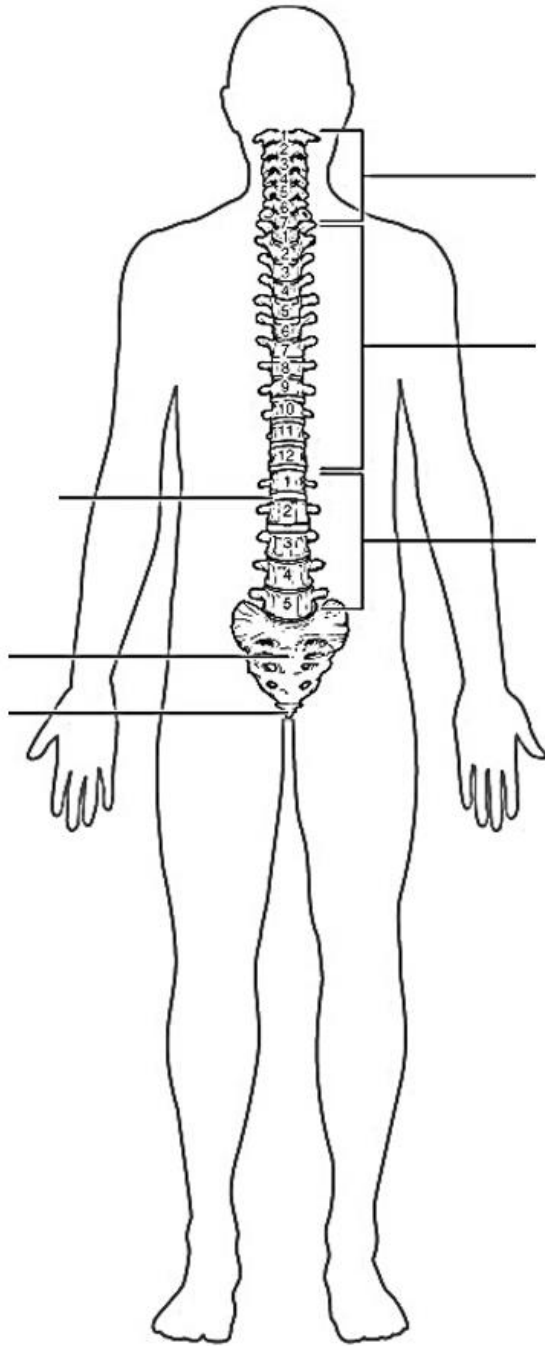
Highlight/Shading Activity

The content in this activity aligns with [Chapter 13: Skeletal System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the division of the vertebral column.

Task: Outline each division of the vertebral column by shading or highlighting it in the colour shown in the list:

1. **cervical vertebrae, c1-c7 (orange)**
2. **thoracic vertebrae, t1-t12 (red)**
3. **lumbar vertebrae, l1-l5 (purple)**
4. **intervertebral disc (green)**
5. **fused vertebrae sacrum – both illustration views (dark blue)**
6. **coccyx (grey)**



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Activity 19 – Bones of the Skeleton



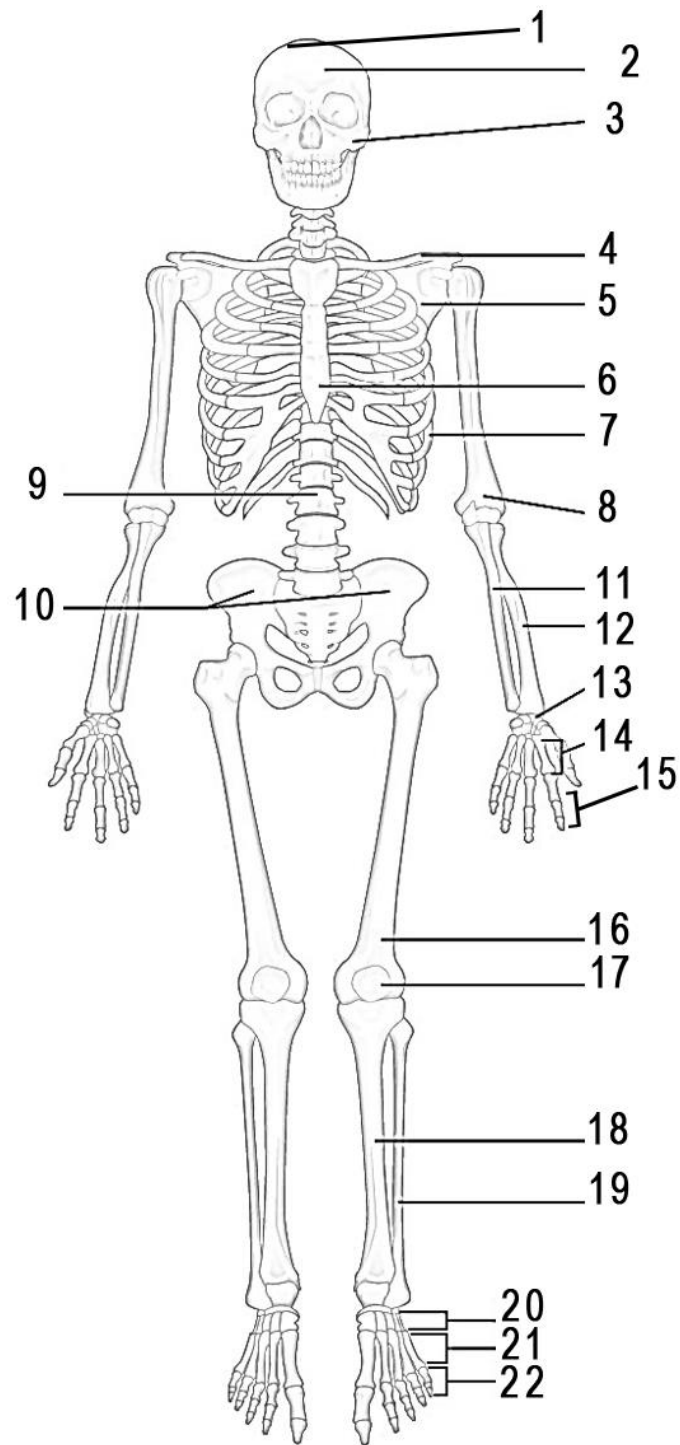
Colour by Numbers Activity

The content in this activity aligns with [Chapter 13: Skeletal System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays an anterior view of the skeleton bones.

Task: Colour each numbered structure using the colour indicated in the list below:

1. skull (orange)
2. cranial portion (red)
3. facial portion (brown)
4. clavicle (green)
5. scapula (dark blue)
6. sternum (grey)
7. ribs (yellow)
8. humerus (brown)
9. vertebral column (purple)
10. pelvic girdle (green)
11. ulna (pink)
12. radius (brown)
13. carpals (yellow)
14. metacarpals (grey)
15. phalanges (green)
16. femur (red)
17. patella (brown)
18. tibia (light blue)
19. fibula (purple)
20. tarsals (orange)
21. metatarsals (grey)
22. phalanges (green)



Anterior view

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Muscular System



Activity 20 – Muscular System Composition



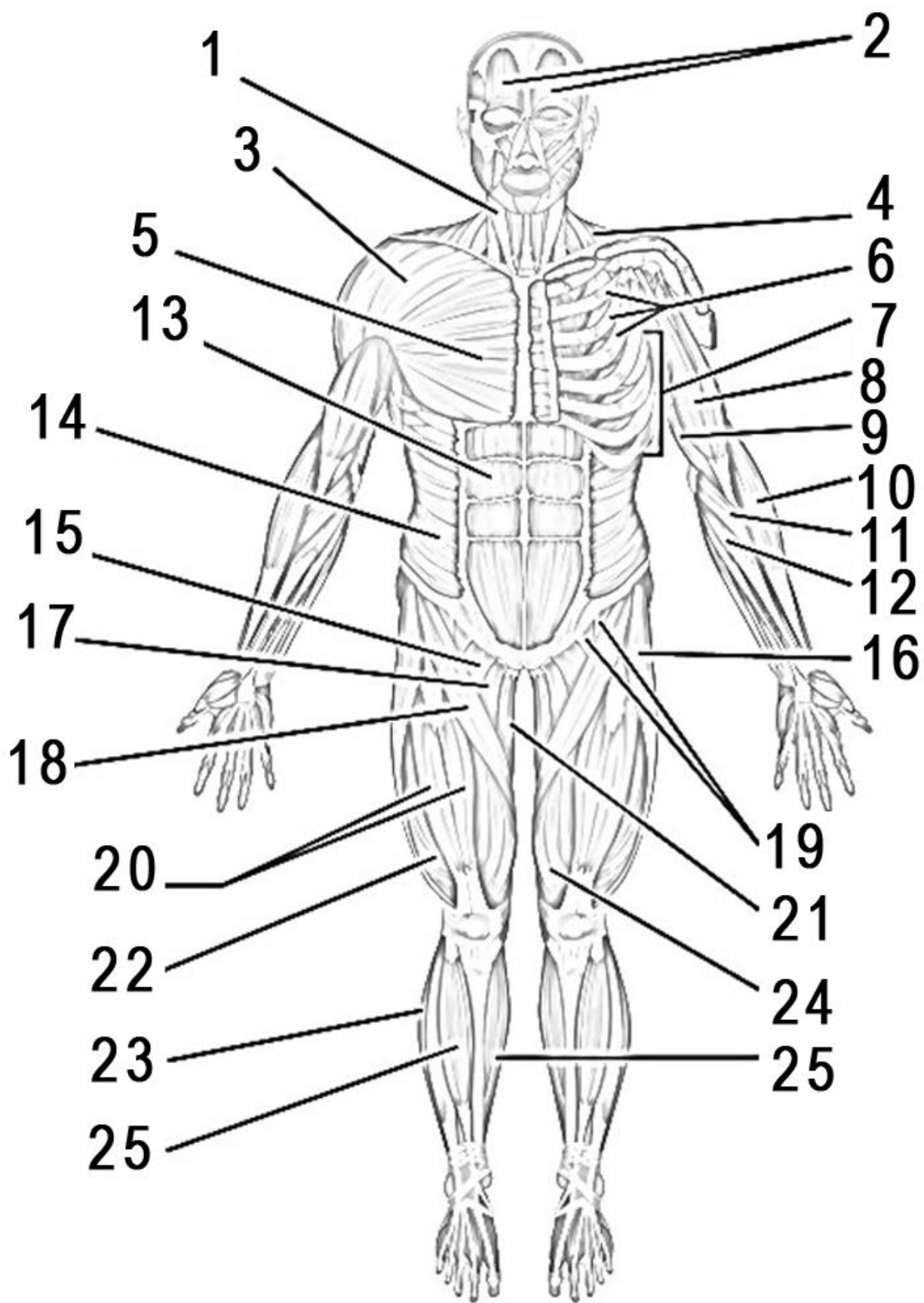
Colour by Numbers Activity

The content in this activity aligns with [Chapter 14: Muscular System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays an anterior view of the major muscles of the body.

Task: Colour each numbered structure using the colour indicated in the list below:

1. **sternocleidomastoid (orange)**
2. **occipitofrontalis (red)**
3. **deltoid (brown)**
4. **trapezius (green)**
5. **pectoralis major (dark blue)**
6. **pectoralis minor (pink)**
7. **serratus anterior (grey)**
8. **biceps brachii (yellow)**
9. **brachialis (light blue)**
10. **brachioradialis (purple)**
11. **pronator teres (red)**
12. **flexor carpi radialis (pink)**
13. **rectus abdominis (brown)**
14. **abdominal external oblique (yellow)**
15. **pectineus (grey)**
16. **tensor fasciae latae (green)**
17. **adductor longus (red)**
18. **sartorius (brown)**
19. **iliopsoas (dark blue)**
20. **rectus femoris (purple)**
21. **gracilis (green)**
22. **vastus lateralis (pink)**
23. **fibularis longus (dark blue)**
24. **vastus medialis (brown)**
25. **tibialis anterior (green)**
26. **soleus and gastrocnemius (yellow)**



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Sensory Systems



Activity 21 – Eye Orbit



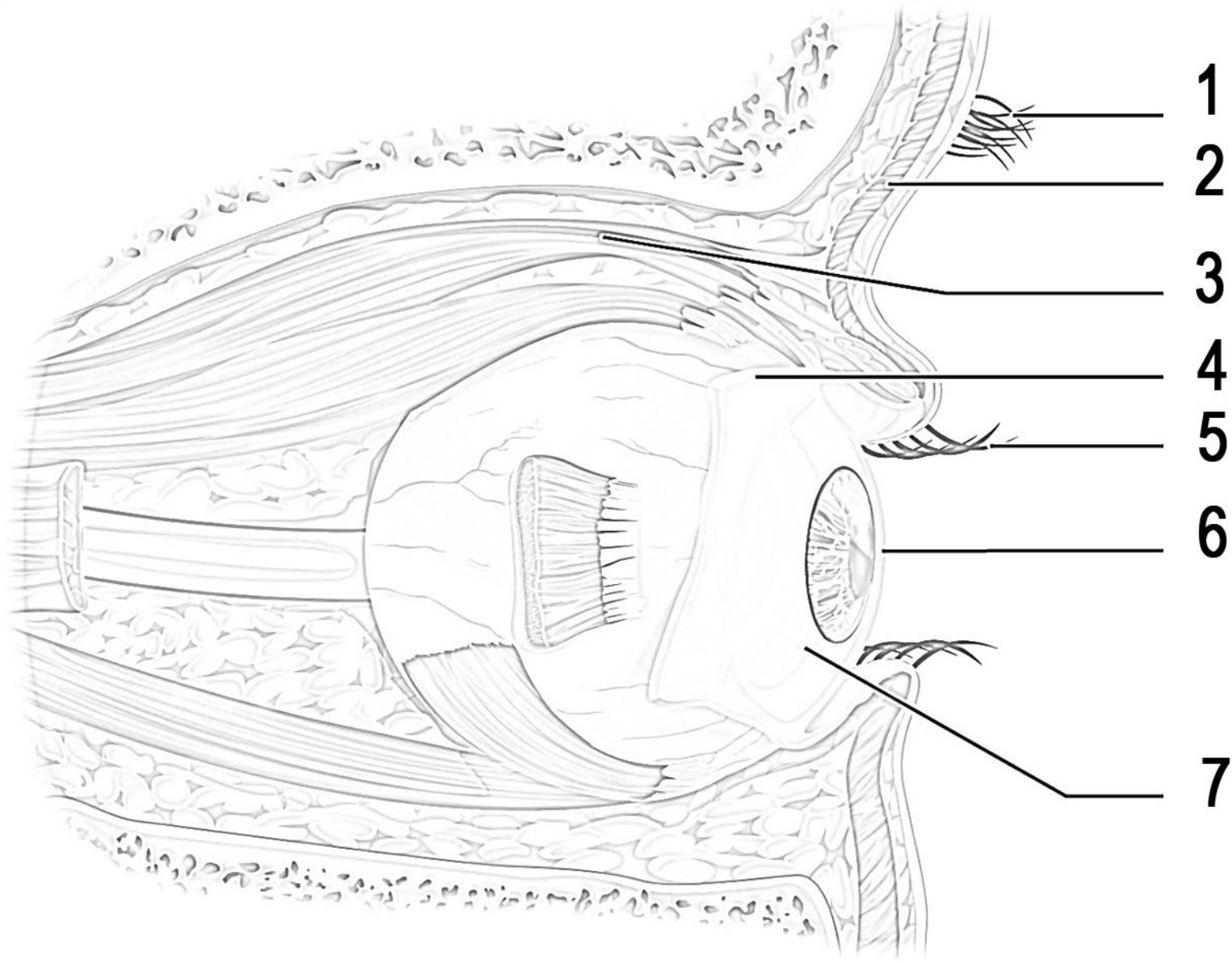
Colour by Numbers Activity

The content in this activity aligns with [Chapter 15: Sensory Systems](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays a lateral view of the eye orbit.

Task: Colour each numbered structure using the colour indicated in the list below:

1. **eyebrow (orange)**
2. **orbicularis oculi muscle (red)**
3. **levator palpebrae superioris muscle (brown)**
4. **palpebral conjunctiva (green)**
5. **eyelashes (dark blue)**
6. **cornea (grey)**
7. **conjunctiva (yellow)**



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Activity 22 – Ear Composition



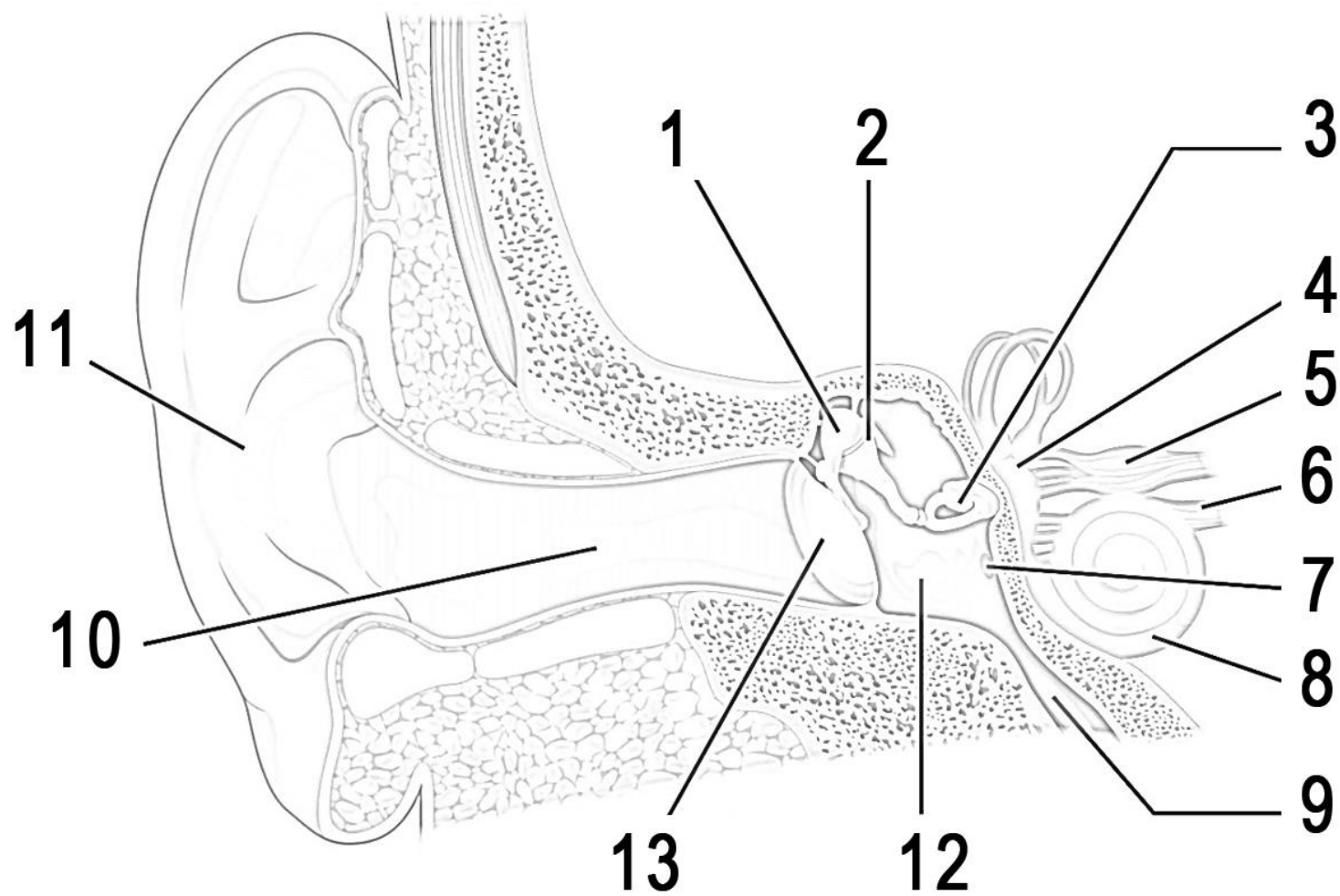
Colour by Numbers Activity

The content in this activity aligns with [Chapter 15: Sensory Systems](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the structures of the ear.

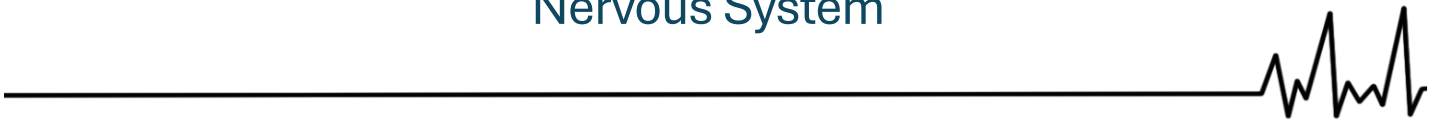
Task: Colour each numbered structure using the colour indicated in the list below:

1. malleus (orange)
2. incus (red)
3. stapes (brown)
4. vestibule (green)
5. vestibular nerve (dark blue)
6. cochlear nerve (grey)
7. round window (yellow)
8. cochlea (light blue)
9. eustachian tube (brown)
10. ear canal (green)
11. auricle (yellow)
12. timpanic cavity (purple)
13. timpanic membrane (pink)



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Nervous System



Activity 23 – Structures of the Cerebrum



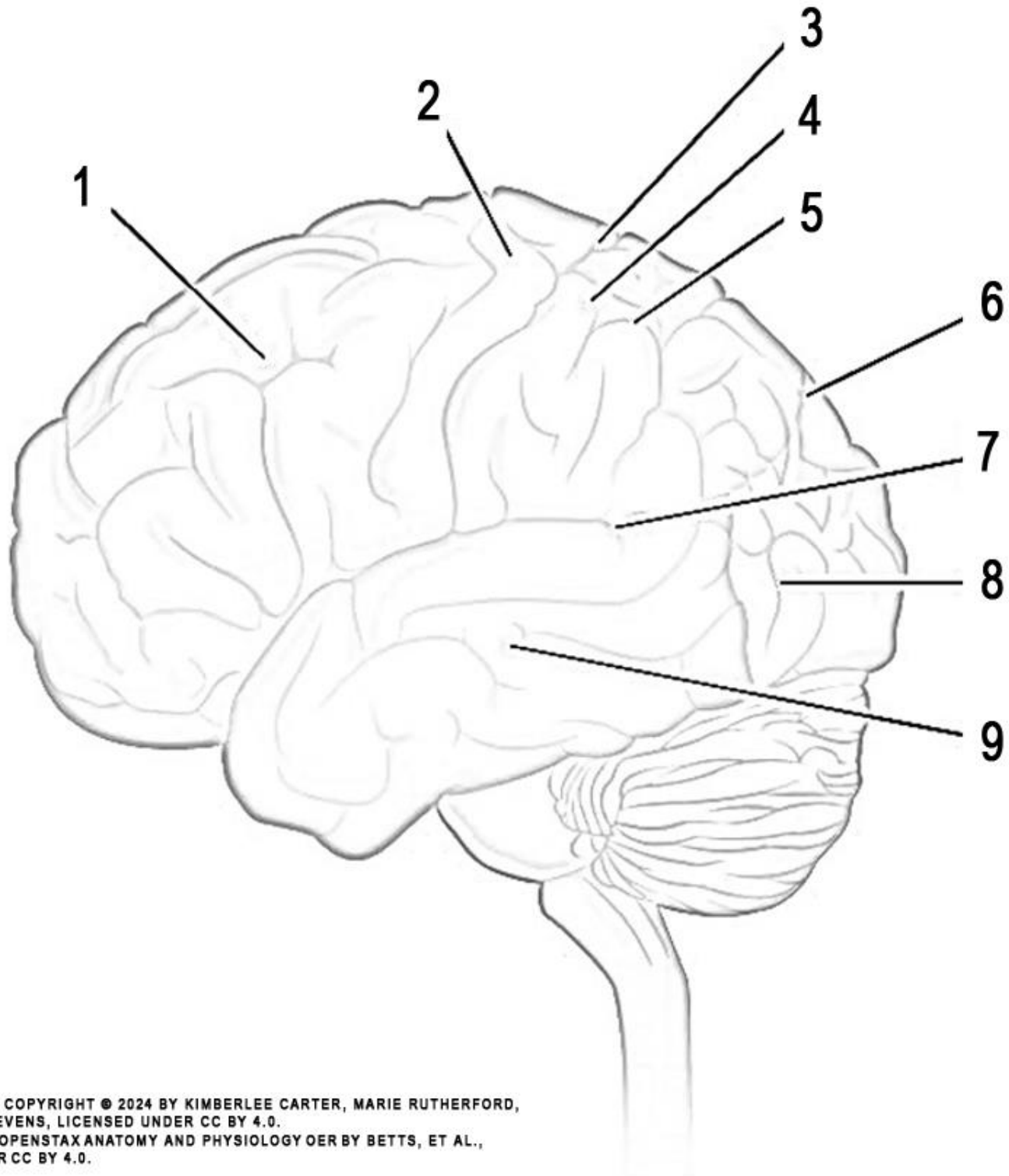
Colour by Numbers Activity

The content in this activity aligns with [Chapter 16: Nervous System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the lobes of the cerebrum.

Task: Colour each numbered structure using the colour indicated in the list below:

1. **frontal lobe (green)**
2. **precentral gyrus (dark blue)**
3. **central sulcus (grey)**
4. **postcentral gyrus (yellow)**
5. **parietal lobe (brown)**
6. **parieto-occipital sulcus (purple)**
7. **lateral sulcus (green)**
8. **occipital lobe (pink)**
9. **temporal lobe (brown)**



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Endocrine System



Activity 24 – Anterior Pituitary



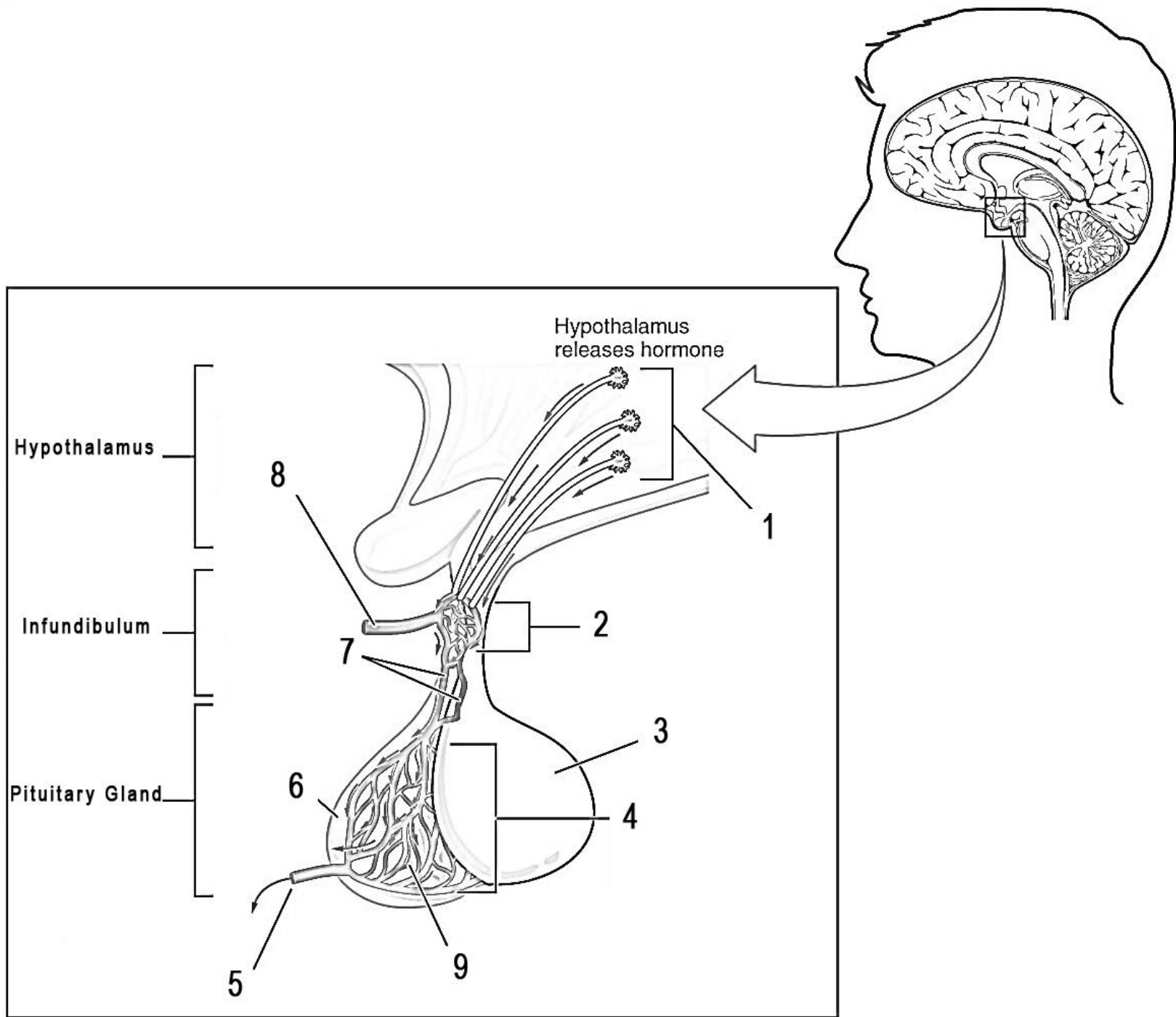
Colour by Numbers Activity

The content in this activity aligns with [Chapter 17: Endocrine System](#) in [Building a Medical Terminology Foundation 2e](#).

Instructions: Review the illustration. This illustration displays the anterior pituitary gland.

Task: Colour each numbered structure using the colour indicated in the list below:

1. neurosecretory cells (orange)
2. primary capillary (red)
3. posterior pituitary (yellow)
4. secondary capillary plexus (brown)
5. anterior pituitary hormone (purple)
6. anterior pituitary (green)
7. hypophyseal portal vein (dark blue)
8. superior hypophyseal artery (red)
9. hypothalamus hormone (pink)



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Activity 25 – Posterior Pituitary



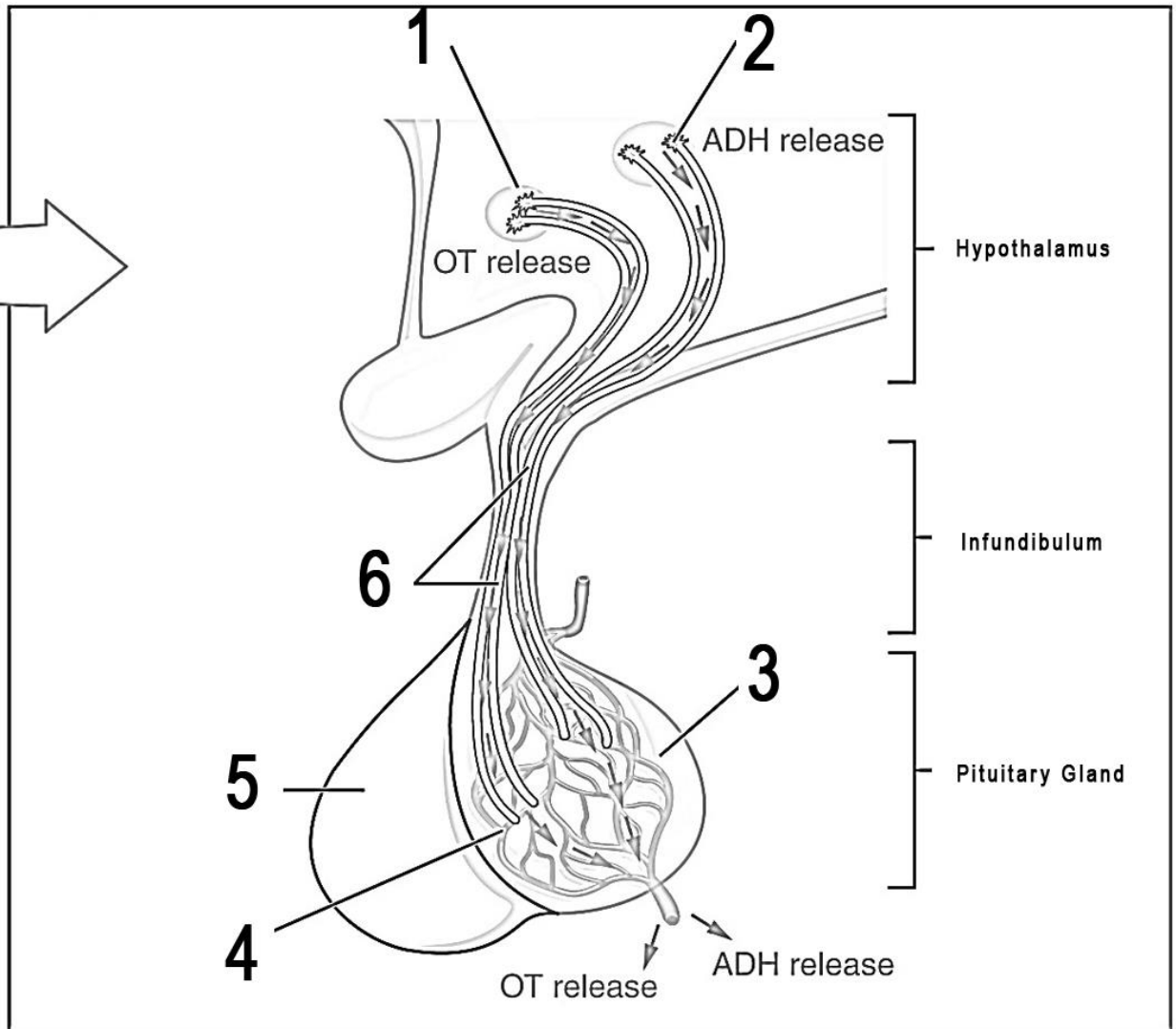
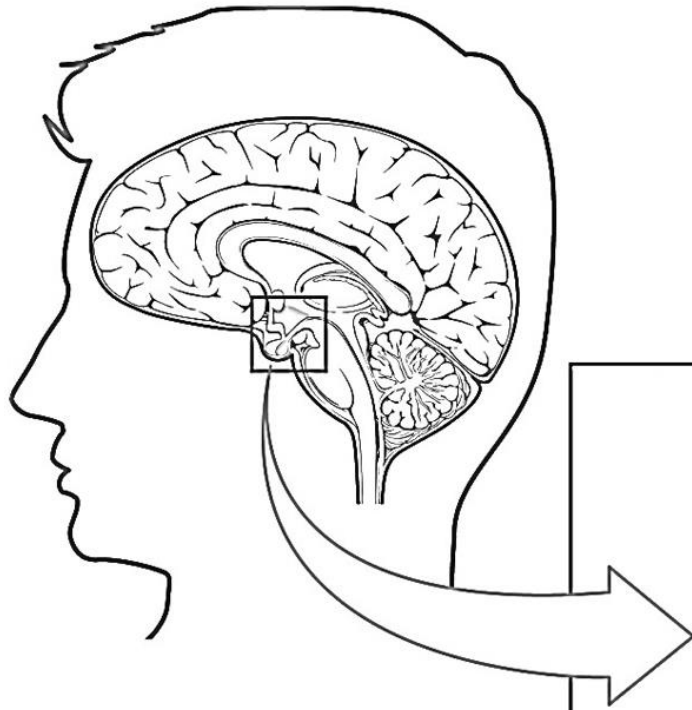
Colour by Numbers Activity

The content in this activity aligns with [Chapter 17: Endocrine System](#) in [Building a Medical Terminology Foundation 2e](#).

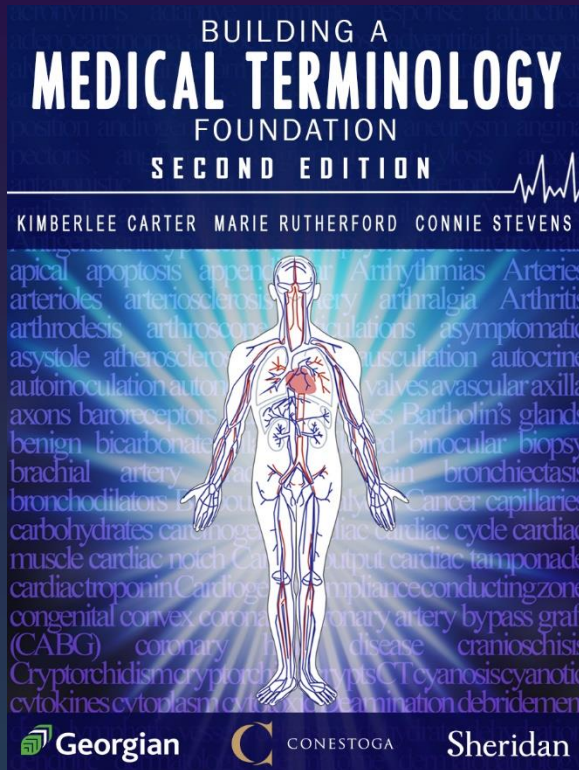
Instructions: Review the illustration. This illustration displays the posterior pituitary gland.

Task: Colour each numbered structure using the colour indicated in the list below:

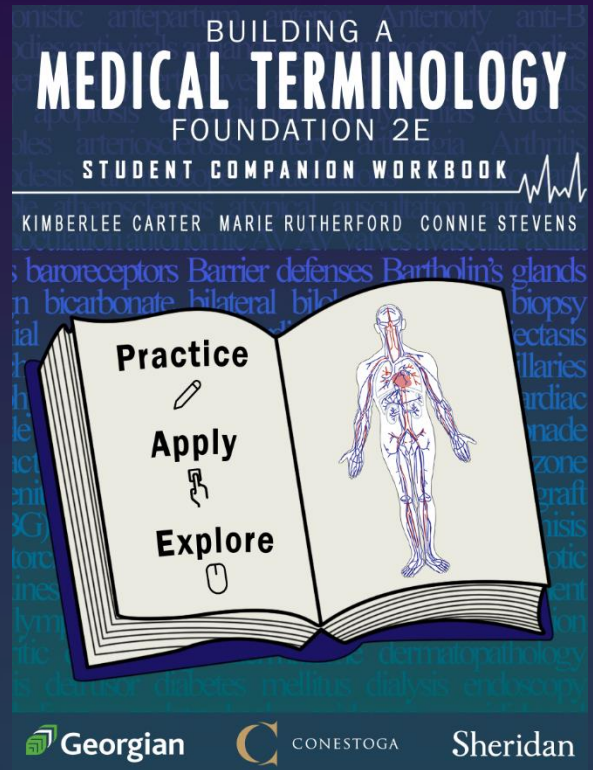
1. neurosecretory cell of supraoptic nucleus (green)
2. neurosecretory cell of supraoptic nucleus (orange)
3. posterior pituitary (yellow)
4. capillary plexus (grey)
5. anterior pituitary (purple)
6. hypothalamohypophyseal tract (green)



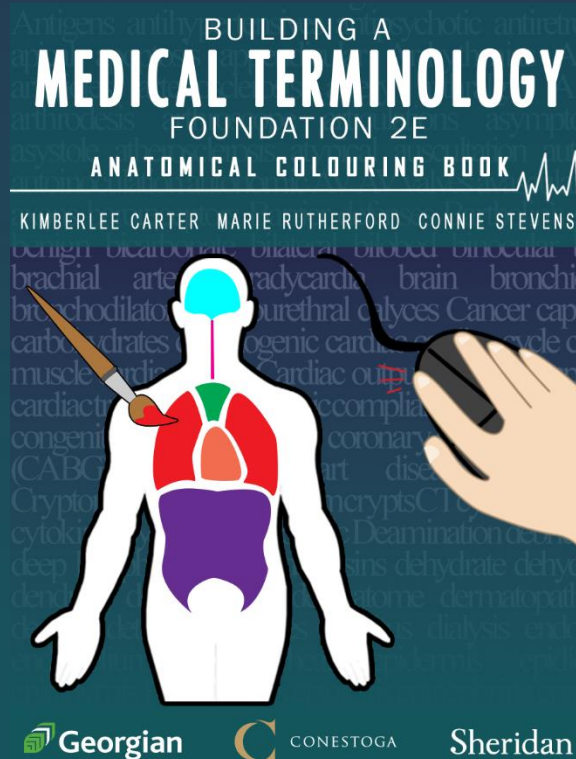
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