

# 7 organizational approaches to studying the human body

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There are seven organizational approaches to studying the human body. The first would be body planes and body directions. The body can be divided up into three sections, front and back, top to bottom, and left to right. The names of those three planes are the coronal, the transverse, and the sagittal planes.

When you are studying organs or tissues you could use this approach to make sure the job gets done to the most accurate degree. Looking at the lungs, brains, and joints can be difficult sometimes so in that case you would use the body and planes approach.

The body can be studied also according to the body cavity approach and by looking at the major internal organs. Most of the time that you see this approach being used the reasoning is to look deeper into the body and find disease. When conducting a physical exam on someone they may use an approach to identify where your internal organs are placed called the quadrants and regions approach. There are four quadrants, URQ, ULQ, LLQ, and LRQ.

There are also nine regions.

The nine regions are the right and left hypochondriac, the epigastric region, the right and left lumbar regions and the umbilical region; finally there is the right and left inguinal regions along with the hypogastric regions. This approach works the best when being given a physical exam for school sports or whatever. The next approach that may be used to study the human body would be the anatomy and physiology approach.

This approach can be used for studying the structures in the body and how they react to certain things that you may or may not do on a daily basis.

This approach is also good for examining and studying cells or the nervous system. Microscopic and macroscopic may sound similar but they are far different. This approach can be best exercised in looking to see how cells combine to make a larger cell. Next on the list is the body systems approach.

In this approach you can easily study the circulatory system as well as the respiratory system. The last and final approach that you can study the human body with is the medical specialty approach. In this approach you are able to study the human body for medical use.