

During this lesson, you will identify basic human anatomy. Under this Terminal Learning Objective, you will learn one task. At the end of this lesson, you will be able to:

Identify Parts of the Body

- Name the main parts of the human body
- Talk about the motor and sensorial organ functions
- Identify internal and external organs

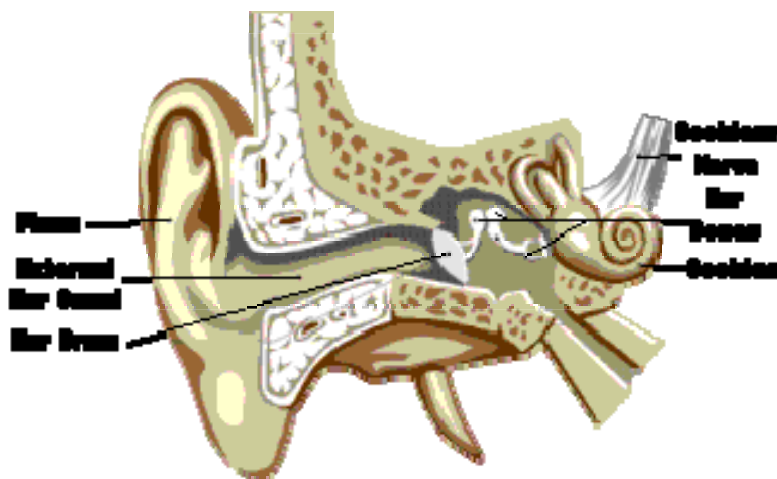
+Tip of the day

العقل السليم في الجسم السليم

This Arabic proverb reflects the importance Arabs stress on the health of the body even before any medical progress took place. The proverb means that you cannot have a healthy mind without a healthy body. This is a relationship that the medical community now talks about often. When you exercise, you will have a more energetic, clearer, and more powerful mind.

Importance of Anatomy

As a Special Forces soldier, you may run into a situation requiring that you use your first aid training. It is very important that you know how to identify the parts of the body and know what each part is called in the target language. Throughout the course of this lesson, you will learn the names of the main parts of the body, discuss basic motor and sensory functions, and learn to identify internal and external body parts.



Scenario: Physical exercises using body parts

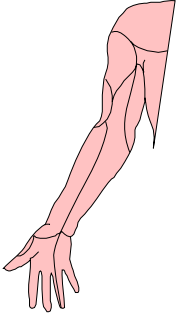
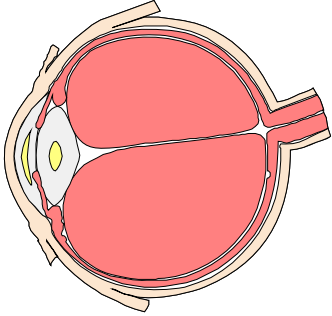

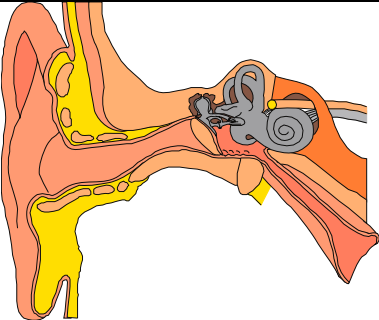
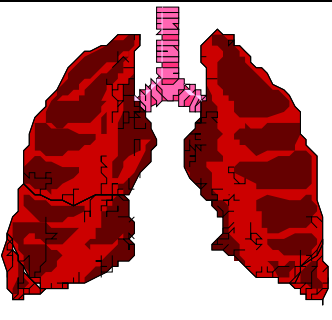
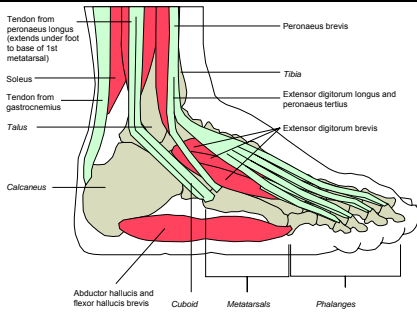
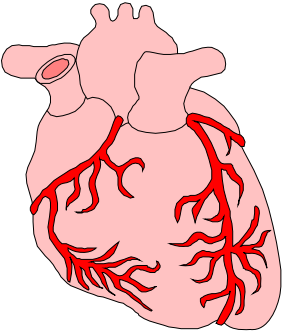
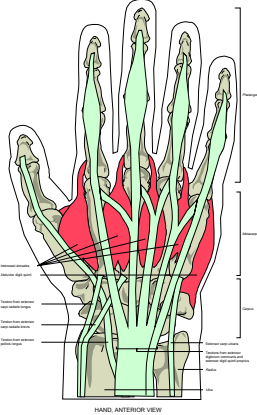
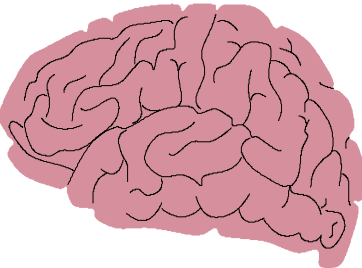
This is a dialogue between a physical therapist and a patient who is preparing to follow certain procedures. The doctor is giving directions to the patient on which body parts to move and how to move them. Read the text, paying special attention to the expressions used:

- الطبيب: هذه التمارين مفيدة جداً لك. يجب أن تمارسها في البيت.
المريض: حسناً
الطبيب: ارفع يدك اليمنى.
المريض: ها أنا قد رفعتها. وماذا بعد؟
الطبيب: ارفع قدمك اليسرى وحاول الوقوف على قدمك اليمنى فقط لبضعة ثواني.
المريض: هذا صعب.
الطبيب: قم بهذا التمرين لعدة مرات. التمرين الثاني: استلقي على ظهرك على الأرض. ضع يديك تحت عنقك. ثم ارفع ظهرك وحاول أن تجلس.
المريض: هذا أسهل من التمرين الأول.
الطبيب: نم على جنبك الأيمن. أطوي قدمك ، ثم ادفع بـفخذك باتجاه صدرك.



Exercise 2

The following pictures refer to different parts of the body. Study each picture as your instructor reads their names aloud. Repeat them aloud and familiarize yourself with their pronunciations. Next, go to the vocabulary list and look up the words that represent the parts of the body pictured, writing the names below each picture:

		
		 <p> Tendon from peroneus longus (extends under foot to base of 1st metatarsal) Soleus Tendon from gastrocnemius Talus Calcaneus Abductor hallucis and flexor hallucis brevis Cuboid Metatarsals Phalanges Peroneus brevis Tibia Extensor digitorum longus and peroneus tertius Extensor digitorum brevis </p>
	 <p>HAND, ANTERIOR VIEW</p>	

Exercise 3 (Pair Work)

The class will be divided into pairs. Create a list of as many parts of the body as you and your partner can think of. List functions for each body part in Arabic. See which pair can come up with the longest list. Write your answers in the box below. Be ready to defend your answers.

Example:

ضخ الدم	العيون	الرؤية	قلب
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Body Part	Function

Exercise 4 (Group Work)

The class will be divided into two groups. Watch your instructor as he/she points to the different parts of the body. Each group will pronounce the Arabic names of each body part as it is pointed to. The group that names the most body parts in the fastest time allotted will win.

Notes:

Exercise 5 (Pair Work)

The class will be divided into pairs. Review the following expressions for facial features with a partner. Take turns asking and responding to questions concerning the parts of a human face (or head) and the related senses in Arabic. Write the English equivalent in the box provided below:

English	Arabic
	الشم
	الفم
	العيون
	الرأس
	الأنف
	اللمس
	السمع
	البصر

Exercise 6 (Group Work)

The class will be divided into groups. Learn the following expressions in Arabic and comply with the commands of the instructor as he/she provides directions. Try to determine what you are told to do by watching your instructor.

raise	إرفع
lower	إخفض
lower one's head	أطئ الرأس
close	إقفل
open one's eyes	إفتح عين واحدة
close one's eyes	إقفل عين واحدة
open one's mouth	إفتح فمك
close one's mouth	إقفل فمك

Exercise 7

The following sentences refer to specific parts of the body. Read each sentence and write the part of the body to which they refer in the space provided and then create your own sentences:

Example:

You will read:

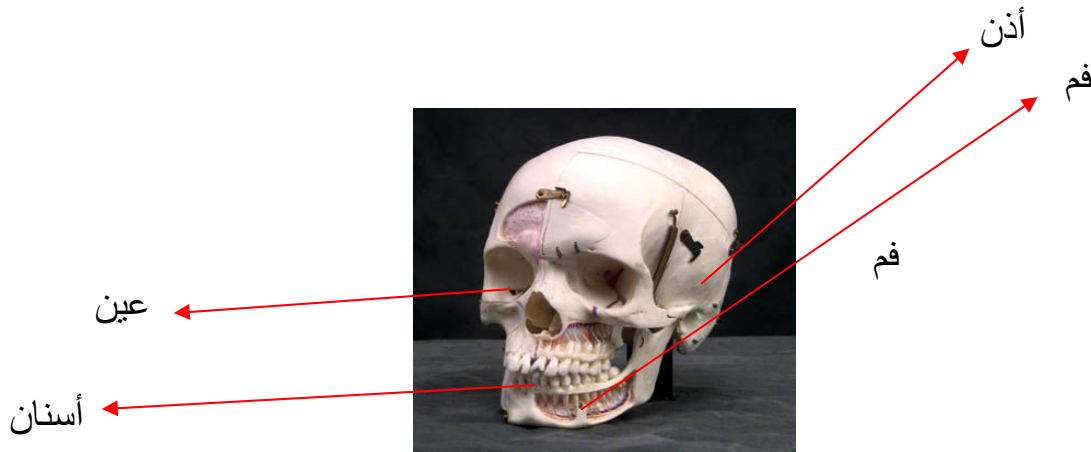
إمس هذا الثوب وقل لي ما رأيك بالقماشة؟

You will write

يد

Write	Read
	هو رأى الرجل من بعيد.
	هي سمعتهم يتكلمون.
	إنني أشم رائحة كريهة.
	الطفل يشرب العصير.
	نجوى تعض على إصبعها.
	إحمل المفتاح.
	سر على الأرض.

Notes:



In this lesson, no new grammar will be presented. Instead, you will review the past and the present tenses.

Exercise 1

The following dialogue takes place in a hospital. A patient who broke his leg came in and the nurse is asking him questions. Read the dialogue and write down the verbs that are in the present tense and the verbs that are in the past tense. Write your answers in the table below:

الممرضة:	ما إسمك؟
سمير:	إسمي سمير علوان
الممرضة:	هل تؤلمك قدمك كثيراً؟
سمير:	نعم.
الممرضة:	كيف كسرت قدمك؟
سمير:	كنت ألعب كرة القدم. فسقطت على الأرض.
الممرضة:	هل يمكن أن تستلقي على السرير هنا؟
سمير:	بالتأكيد
الممرضة:	من أتى بك إلى هنا؟
سمير:	أصدقائي إتصلوا بالهلال الأحمر فجاء بعض الشباب إلى الملعب ووضعوني على حمالة وجاءوا بي إلى هنا.
الممرضة:	سيراك الطبيب الآن بعد أن نصور قدمك.
سمير:	شكراً.

Past tense	Present tense

Nouns

ankle	كاحل
appendix	الزائدة الدودية
arm	ذراع
artery	شريان
back	ظهر
brain	مخ
bones	عظام
chest	صدر
chin	ذقن
ear	أذن
extremities	الأطراف
eye	عين
eyebrow	حاجب
eyelash	هدب
face	وجه
finger	إصبع
hair	شعر
foot	قدم
forehead	جبين
gall bladder	المرارة
head	رأس
heart	قلب
intestine	أمعاء
kidney	كلية
knee	ركبة
larynx	الحنجرة
leg	ساق
liver	كبد
lung	رئة
mouth	فم
muscles	العضلات
nail	إظفر
neck	عنق

nose	أنف
palm	كف
pharynx	البلعوم
shoulder	كتف
stomach	معدة
skull	جمجمة
thigh	فخذ
throat	حلق
tongue	لسان
tooth	سن
underarm	إبط
urinary bladder	المثانة
vein	الوريد
waist	خصر
wrist	معصم

Verbs

to carry	حملَ
to dislocate	خلعَ
to see	رأى
to hear	سمعَ
to smell	شمَّ
to taste	تذوقَ
to touch	لمسَ

+Tip of the day

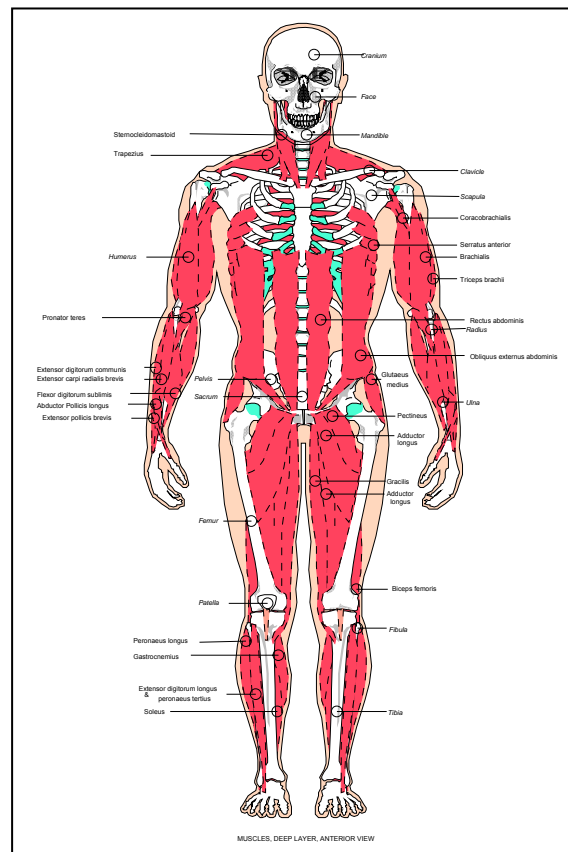
One of the activities Arabs enjoyed doing in the past was riding horses. They also used to go hunting and fencing. These activities are fun and beneficial activities for the body. Arabs enjoyed spending their leisure time doing these and other activities. Although fencing is no longer a popular activity in the Arab world, Arabs still enjoy hunting. People of the Arabian Gulf countries and in places such as the United Arab Emirates love riding camels as well.

Science and Medicine in the Arab World

During the Islamic reign, science flourished in the Arab world. Many scientists did research and wrote books about anatomy, physiology, medicine, math, astronomy, and other fields. Among these scientists were Iben Seena, Arrazi, Aljahez, and many others.

Today, many Arabs rely on the medicinal use of plants or natural medicines found in their environment. These people are generally located in rural and extreme locations away from mainstream centers of medicine.

Many city markets will have shops that provide these plants and will even whip-up a batch of medicinal plant medicines, once they know what the ailment is and the degree of suffering experienced. These medicines are used daily and the use has become a significant part of the culture.



Activity 1

The following text contains an advertisement about sports equipment that helps exercise most of the body. Read the advertisement and answer the following questions:

هل تريد أن تقوم بتمارين رياضية لكل جسمك؟ ماكسوال هي الآلة المناسبة لك. آلة ماكسوال تعمل كدراجة كهربائية لتمارين الأقدام والأفخاذ. والدراجة الكهربائية تساعد على تمرين الخواصر أيضاً. ماكسوال تتحول أيضاً إلى آلة لتمارين عضلات ظهرك حيث يمكن أن تصبح بشكل سرير مناسب لتمارين الظهر. ومع هذه الآلة، تجد أدوات كمال الأجسام التي تساعدك على القيام بتمارين لليدين والأكتاف. وفي الآلة جهاز تدليك يدلك لك عنقك وظهرك. في آلة ماكسوال أيضاً قسم لتمارين أصابع اليدين.

Answer the following questions:

1. How does this sports equipment help the legs and the thighs?
2. Which parts of the body does the stationary bicycle help, in addition to the legs?
3. Which parts of the body does the Maxwell massager help?
4. How can the Maxwell massager help the hands and shoulders?
5. Which part of the body does the Maxwell massager help, other than those mentioned in the questions?
6. Have you practiced any sports that would help you to become familiar with your anatomy?

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Activity 2 (Pair Work)

The class will be divided into pairs. One partner is training the other on how to perform certain exercises. Choose any exercise you want and give your classmate directions on how to perform it. Choose an exercise that requires your classmate to move most of his body parts. Switch roles so that each of you take turn in training.

Example:

إستلقي على ظهرك على الأرض. ضع يديك تحت عنقك. إطوي ساقيك وضعهما على الأرض بشكل عامودي. إرفع عنقك قدر المستطاع. كرر الحركة أربع مرات.

Activity 3 (Pair Work)

Remain in the same pair groupings as in the previous activity. Each student assumes a role in the following dialogue between a doctor and a patient. Read it aloud and answer the questions on the next page.

The listening dialogue:

أين تشعر بالألم؟	الطبيب:
في كل مكان في جسدي.	المريض:
هل يؤلمك ظهرك؟	الطبيب:
نعم	المريض:
نم على بطنك إرفع قدمك اليمنى. هل يوجد ألم الآن؟	الطبيب:
نعم نعم، في أعلى ظهري من جهة اليمين.	المريض:
قلت أن قدمك تؤلمك أيضاً. أي قدم؟	الطبيب:
قدمي اليسرى.	المريض:
قف، ضع ثقلك على قدمك اليسرى. أين هو الألم؟	الطبيب:
فوق الركبة بقليل.	المريض:
أين تشعر بالألم أيضاً؟	الطبيب:
أشعر بالألم في كتفي.	المريض:
كتفك اليمنى؟	الطبيب:
نعم.	المريض:
ستبقى في قسم الطوارئ حتى نجري الفحوصات اللازمة ثم بعد أن نحدد الحالة، سننقلك إلى المستشفى.	الطبيب:

Activity 3 (Continued)

Answer the following questions:

1. What did the patient feel when the doctor asked him to lie on his stomach and raise his leg?
2. Which leg hurts the patient?
3. Where did the patient feel pain when the doctor asked him to stand up?
4. Which shoulder hurts the patient?
5. Have you had a similar experience? Elaborate.

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- ٤
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Activity 4 (Pair Work)

The class will be divided into pairs. One student will be a paramedic and the other will be the attending doctor at a hospital. The paramedic brought an accident victim into the hospital. He/she is reporting the case to the doctor. The accident victim has multiple injuries. Report the injuries to the attending doctor. Take turns playing out the scenario.

Example:

أصيب الرجل في حادث سيارة. يبدو أن وضعه صعب قليلاً. يعاني من ألم في يده اليمنى. في وجهه جرح كبير. هو لم يستطع أن يقف على قدمه اليسرى. يقول أنه يشعر بالألم شديد في ظهره. هناك جرح صغير تحت عينه اليسرى. كتفه الأيمن غير مستوي.

Activity 5 (Pair Work)

The class will be divided into pairs. Your instructor will give each student a picture. This picture is of an alien who came to earth from another planet. This alien has a different shape than a human. The other student is interested in knowing about this creature. Ask and respond to questions about the different body parts of this creature. Does this creature have legs, hands, nose, mouth, and head? Ask and respond to each other's questions about how these body parts look, their sizes, their shapes, etc...

Activity 2 (Pair Work)

The class will be divided into pairs. One student will be a nurse and the other will be a doctor. The doctor asked the nurse to brief him about Ali's case. The nurse will prepare a report and brief the doctor about the case. Switch roles so each one of you will have the opportunity to create a report. Write down your report, in Arabic, on the lines provided below.

Report:

Activity 3 (Group Work)

The class will be divided into groups. Each group will choose a person who has had a car accident and whom he/she knows. This person will then describe to his/her classmates the body parts that were injured in the accident. If you don't know such a person in real life, imagine a person who has had a car accident and talk about him/her.

Example:

أصيب الرقيب في حادث سيارة. يبدو أن وضعه صعب قليلاً. يعاني من ألم في يده اليمنى. في وجهه جرح كبير. هو لم يستطع أن يقف على قدمه اليسرى. يقول أنه يشعر بالألم الشديد في ظهره. هناك جرح صغير تحت عينه اليسرى. كتفه الأيمن غير مستوي.



Activity 4 (Pair Work)

The class will be divided into pairs. One student will be a nurse at a hospital and the other will be his/her supervisor. The nurse is reporting to the supervisor about a patient's complaints of pain in certain parts of his/her body. On the following table, there are the names of patients and the body parts which each patient has complained about. Explain to your supervisor about the complaints of these patients. Follow the example below.

Example:

المرضة: علي يعاني من ألم في معدته.
رئيسة الممرضات: ألم في معدته؟ سأخبر الطبيب محمود بذلك.

Body Part	Names
قدم	عماد سروج
رأس	جورج نسيب
ظهر	فاطمة علي
كتف	نورة أبو صالح
أنف	سعيد جابر
أذن	خليل حاوي
خاصرة	كريم نجار
عين	باسم عانوتي
جنب	صفوان راضي

Activity 5 (Group Work)

The class will be divided into groups. The following list contains different body parts. Use this list to write instructions on how to do an exercise for each body part. Your goal is to strengthen the muscles of each body part. Each group will present their exercises to their classmates. Write your answers in the table below.

Instructions	Body Part
	ظهر
	يدين
	قدمان
	عنق
	بطن

Activity 5 (Continued)

Notes:

Activity 6 (Pair Work)

Create a short text explaining the functions of some internal organs of the body and present it orally to the class. Your classmate will ask you questions related to the presentation. Elaborate. You may write your text on the lines provided below before you orally present it.

Text:

Activity 7 (Pair Work)

Listen as your classmate reads the text below and answer the following questions in Arabic.

Transcript:

لكل عضو في جسد الإنسان وظيفة معينة. هذه بعض الوظائف الأولية لبعض الأعضاء في جسم الإنسان. المعدة تطحن الطعام وتحوله إلى غذاء. الرئة تساعد عملية التنفس. الكبد يفرز مواد مختلفة. الكلية تشكل المعبر الذي تعبر فيه السوائل التي نشربها. الأمعاء هي الأوعية لعبور المواد التي لا يريد الجسم إلى المخرج. هذه وظائف أولية لبعض أعضاء الجسم ولكن هذه الأعضاء تؤدي وظائف أخرى كثيرة.

Answer the following questions in Arabic:

1. According to the text, what does the stomach do?
2. Where does the liquid we drink pass through?
3. What is the function of the liver?
4. Through which channel does the material that our body does not need go?

Activity 7 (Continued)

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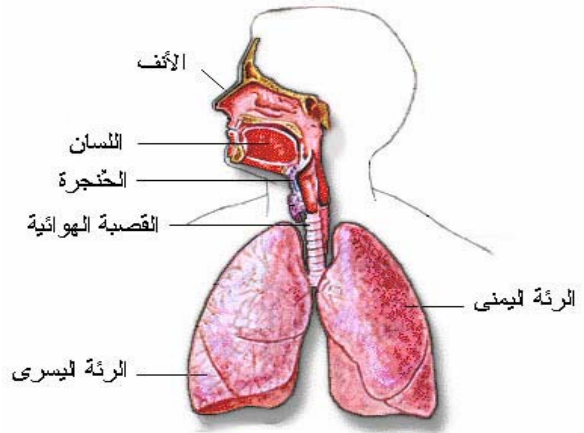
- ٣

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Activity 8 (Group Work)

The class will be divided into groups of three. Each group will choose one interpreter who will have to guess what is being described, while the other members of the group will become the describers. Each of the describers will select their own role as a part of the human body and explain the function or importance of this part in Arabic, without using the exact word for the part (words of the same origin are allowed). The person whose part is identified will sit down in his chair and the team with no one left standing wins the game. Do not use gestures to indicate the part being described.

- 1st part: respiratory system
- 2nd part: head
- 3rd part: digestive system
- 4th part: skeletal system
- 5th part: circulatory system



Homework 2

The following are instructions on how to do back exercises. You have a back problem and these exercises are required. Listen to your Homework CD (Track 27) and take notes on how to do each exercise:

تمارين للظهر

هذه التمارين مهمة جداً لتجنب آلام الظهر أو معالجة الظهر. فهي تقوي عضلات الظهر.

التمرين الأول:

إستلقي على ظهرك. ضع قدميك على الأرض بشكل عامودي مع جسمك. إسحب بطنك إلى الداخل. ثم إرجع أسفل ظهرك إلى الوراء قليلاً. قم بهذه الحركة أربع مرات على الأقل.

التمرين الثاني:

نم على بطنك ثم إرفع رأسك قليلاً عن الأرض. مد يدك اليمنى إلى الأمام ثم إرفعها إلى مستوى رأسك. إفعل نفس الشيء مع اليد اليسرى. قم بهذه الحركة أربع مرات على الأقل يومياً.

Notes:



