

# Practice Anatomy Lab (PAL 4.0)

## Walkthrough

Welcome to PAL 4.0.

Upon entering PAL 4.0, you'll find that resources are now organized by body system with histology and the cat and fetal pig dissections in their own sections for ease. The top menu has links to PAL flash cards and help for quick access.

After choosing a body system choose a subsystem from the tabs across the top then a specimen type from the tiles below.

Show Gallery will drop down an index of all the regions and views of the subsystem so that you can quickly jump to the view of your choice.

Show Labels will toggle the labels on or off again. And a quick hover over a structure will highlight it. Click the structure or the label to hear the pronunciation.

If a video icon appears clicking it will launch an A&P Flix 3D animation describing the origin insertion innervation and action of the structure.

Many of the same models in your lab are pictured in PAL. Sometimes time and resources may be limited in the lab. You can jump to quiz or lab practical mode for more practice recognizing and even spelling lab structures.

New to PAL 4.0 is the 3D model. The model is fully rotatable in all planes and has a chapter walkthrough format to guide you. More about navigating the 3D model is in a separate video.

Histology is included in each body system and as its own system of study. Notice the new highlighting in PAL 4.0 is more sheer to allow viewing of details. In the quiz and lab practical modes, you can toggle the highlighting on and off.

There's more to explore in PAL 4.0 to add life to your lifetime of learning.