

Step-by-Step

Analyzing Body Structures With A.D.A.M. The Inside Story

A.D.A.M. The Inside Story allows you to explore the human body, particularly its inner workings. This Step-by-Step Card explains the features of this program and offers some tips for using it.

Opening A.D.A.M. The Inside Story

- 1** To use A.D.A.M., you first need to make sure that File Sharing is turned off on your computer. For instructions on how to turn File Sharing off, read the text file on the CD or the Getting Started Guide.
- 2** Open the A.D.A.M. The Inside Story application.
- 3** Click Anatomy in the main screen.

Viewing the full anatomy

To view the full anatomy, follow these steps:

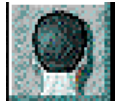
- 1** Choose Full Anatomy from the View menu.
- 2** To change the orientation of the body, position the pointer on the orientation button and hold down the mouse button:



Then choose one of the following views:



Front view



Back view

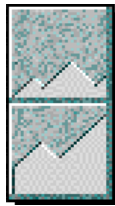


Side view

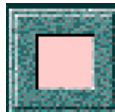


Cross-sectional view

- 3** A few other options are available to configure the perspective:



Change the scale to small or large

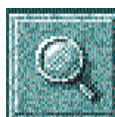


Choose between four different skin tones

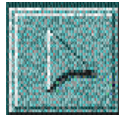


Choose between Adam and Eve

- 4** To see features in more detail, you can use zoom mode. When in zoom mode, move over the body to see the magnified view. Click these buttons to turn zoom mode on or off:




Turn on zoom mode



Turn off zoom mode

- 5 To see information about an element of the body, click the element. The name is displayed, you can hear the name pronounced, and often you can go “inside” the associated body system. If you choose to go inside a body system, you will be viewing “by system.” (See the next section “Viewing by System” in this Step-by-Step Card for more information.)
- 6 The default perspective is Skin. To view a different perspective, click the long bar at the bottom of the window and drag up or down to select a particular view. Release the mouse button to select the desired view.



- 7 To search for a particular body part or system to view by, click the eyeglasses button at the bottom-left corner of the window. Type the name you want to find. If one or more names are found, click the name and click Go To.
- 8 There are two ways to view the inside of the body. By default, the entire layout of the body is in color. To view only the selected part in color so that it is clearly distinguished from the rest of the body, click the light bulb . Click it once more to turn off this feature.

Viewing by system

To view the body by system, follow these steps:

- 1 Choose a system from the View menu. You can also view by system by choosing to go “inside” a system after clicking a body part in Full Anatomy view.

Several options are the same as viewing the full anatomy, but many options are not available. When viewing a system, you cannot change the orientation, perspective, or skin type. Also, only selected systems allow you to change gender.

The following additional buttons are available when you view by system:



Turn labels on or off



In the Cardiovascular System view, switch between veins (blue), arteries (red), or both



In the Skeletal System view, turn ribs on or off

- 2** To return to the Full Anatomy view, click the segmented left arrow at the bottom-left corner of the window.

Viewing the scrapbook

The scrapbook shows the inner workings of each body system in a multimedia presentation incorporating pictures, sounds, and videos. Each chapter of the scrapbook is a series of slides and animations.

- 1** Click the Scrapbook button at the left of the window near the bottom to view the scrapbook.
- 2** When the scrapbook appears, click the picture of Adam and Eve to see an introduction.
- 3** To see a chapter of the scrapbook, click the desired body system under the table of contents.
- 4** The slides proceed automatically. When an animation is available, the voice pauses, and you can click the picture frame to view the animation. To close an animation, click the close box.
- 5** While viewing the scrapbook, you may want to return to the table of contents or to go back and forth between pages. These options are available by using the toolbar at the bottom of the screen. Click Help to see what each button on the toolbar does.

Using activities

Activities test your knowledge of the body systems and give you a hands-on approach to learning. Several puzzles quiz your knowledge of the locations of organs and tissues in the body. You can also experiment with blood pressure. To use the activities, follow these steps:

- 1** Choose Activities from the Explore menu.
- 2** Select the activity you want; then click Open.

- 3** To solve a puzzle, drag the parts to their appropriate area on the screen. They make a popping noise when you drop them in the correct location. Click the middle button at the bottom of the window to see additional information about the selected part. Click Answer to show the solution. Click Done to test your solution.
- 4** When you're finished, click the close box to quit the activity.

Viewing animations

There are several animations available for viewing.

- 1** To view animations, choose Animations from the Explore menu.
- 2** To view animations of a particular body system, choose the system from the pop-up menu at the top of the dialog box that appears. The available animations appear in a list view below the pop-up menu from which you can select and then click Play.
- 3** Select the animation you want from the list and click Play. Once you click Play, a window appears to play the animation. To close the animation before it finishes, click the close box.

Viewing images

Many two-dimensional images are available for viewing.

- 1** To view images, choose Images from the Explore menu.
- 2** To view images of a particular body system, choose the system from the pop-up menu at the top of the dialog box that appears.
- 3** Select the image you want from the list and click View.
- 4** Click Show Labels at the top of the window to display labels pertaining to each part of the image.
- 5** Click Done in the upper-left corner of the window when you are finished.

Viewing 3D images

You can see three-dimensional views of the heart, the lungs, and the skull. To view three-dimensional images, follow these steps:

- 1** Click the 3D button at the left of the window near the bottom.
- 2** Click one of the three rotating images at the left of the window.
- 3** Choose the desired view from the menu at the upper-left of the window.
- 4** Click any of the arrows on the compass at the lower-left of the screen to rotate the image.
- 5** Click either of the magnifying glasses at the bottom of the screen to zoom in or out.
- 6** Click SEE AN ANIMATION to watch a video about the selected body part.
- 7** Click the left arrow at the bottom of the screen to quit viewing the currently selected body part.

- 8 Click Done at the bottom of your screen when you are finished.

Using the glossary

The glossary contains definitions for hundreds of terms relating to the body. To use the glossary, follow these steps:

- 1 Choose Glossary from the Explore menu.
- 2 Browse definitions by clicking the letter buttons at the top of the glossary window.
- 3 To search for a particular word, click Search, type the word you are looking for, then click Search.

Listening to pronunciations

You can listen to the pronunciations of hundreds of terms relating to the body. To do so, follow these steps:

- 1 Choose Pronunciation from the Explore menu.
- 2 To listen to pronunciations of terms relating to a particular body system, select the system from the pop-up menu, then select options from the dialog box that appears.
- 3 Select the term you want to hear from the list; then click Pronounce.
- 4 Click Done when you are finished.

Taking quizzes

Quizzes test your knowledge of the body systems by guiding you through a series of ten questions. Some questions are multiple-choice, while others involve matching. You can also access quizzes from end of each chapter of the scrapbook.

- 1 To take a quiz, choose Quizzes from the Explore menu.
- 2 Select a quiz from the list and click Open.
- 3 Answer each question. You can browse questions by clicking the left and right arrows or the numbered buttons at the bottom of the window.
- 4 Click the arrow in the lower-left corner of the window to stop the test.

Viewing reference material

- 1 To view reference material, choose Reference Text from the Explore menu. Select the body system you want to learn more about.
- 2 Click an underlined term to view a particular section of the document.
- 3 Click Search at the top of the window to find a particular word.

- 4** Click Print to print the current topic. It is recommended that you click Printing Tip first to get additional information about printing.
- 5** Click Close at the top of the window when you are finished.

Downloading additional material

- 1** To download additional material, click this button at the left of the window:



- 2** Follow these instructions to use downloaded material for each of these categories:
 - **Animations** – Select Downloaded Content from the list of systems.
 - **Images** – Select Downloaded Content from the list of systems.
 - **Reference Text** – Select Downloaded Content where you would normally choose a system.