



Jupiter Medical Center Academy

Medical Academy Assignments

Anatomy & Physiology is the entry-level course in the Jupiter Medical Center Academy. It is an honors-level class, and it follows a rigorous science curriculum.

In order to better prepare the A & P student for the upcoming school year, two summer homework assignments must be completed. All assignments are expected to be completed by the freshman students.

These assignments involve some activities that will improve the student's knowledge of medical terminology and 50+ Summer Activities will create a better you!

All Medical Academy assignments should be completed and placed in 1-2 inch, 3-ring binder. The summer assignments should be turned in on the 1st day of school, August 10th, 2026. All assignments should be neat and well-organized. The assignments will be graded and count towards the 1st 9-week grade. Points can and will be subtracted for assignments that are not complete, neat, and well-organized.

The following is a list of the Anatomy and Physiology summer assignments:

- 1. Medical Terminology Memorization**
- 2. 50+ Ways to Spend Your Summer**



Jupiter Medical Center Academy

Medical Terminology

Summer Homework Assignment

Study and memorize the following medical terms. It is suggested that the academy student make “flash” cards of the terms listed and practice them before returning to school, but a quizlet is made for you to use if you would like to do that instead. This chart and the following diagrams should be included in the summer assignment binder and will later be added to the student’s anatomy and physiology class notebook.

Students may choose to visit the website [Summer Terms Quizlet Link](#)– This website provides a great way to study and includes: vocabulary lists, test options, flashcards, & games.

1. A/an-	Absence, without
2. Ab-	Away from
3. Abdomen/o-	Abdomen
4. Ac-	Pertaining to
5. Acou-	Hearing
6. Acr/o	Extremity, peak
7. Ad-	Toward
8. Aden/o-	Gland
9. Adip/o-	Fat
10. Adren/o-	Adrenal gland
11. -al	Like, similar, pertaining to
12. Alb-	White
13. -algia	Pain
14. Ambi-	Both sides
15. Andr/o-	Male
16. Angi/o-	Vessel (usually a blood vessel)
17. Ankyl/o-	Crooked
18. Ant/i-	Against
19. Ante-	Before, towards
20. Arteri/o-	Artery
21. Arteriole/o-	Arteriole (small artery)
22. Arthr/o-	Joint
23. Atri/o	Atrium (upper heart chamber)
24. Aut/o-	Self
25. Balan/o-	Glans penis
26. Bi-	Two
27. -blast	Embryonic cell, produces

28. Blephar/o-	Eyelid
29. Brachi/o-	Arm
30. Brachy-	Short
31. Brady-	Slow
32. Bronch/i-, bronch/o-	Bronchus (air tube in lungs)
33. Bronchiol/o-	Bronchiole (small air tube in lungs)
34. Bucc/o-	Cheek
35. Calc/o-	Heel
36. Capit/o-	Head
37. Carcin/o-	Cancer
38. Cardi/o-	Heart
39. Carp/o-	Wrist
40. Caud/o	Tail
41. -cele	Swelling, tumor
42. Cephal/o-	Head
43. Cereb/i-, cerebr/o-	Cerebrum (part of brain)
44. Cerebell/o-	Cerebellum (part of brain)
45. Cervic/o-	Neck
46. Cheil/o-	Lip
47. Cheir/o-	Hand
48. Chondr/i-, chondr/o-	Cartilage
49. Chrom/o-	Color
50. Cleid/o-	Clavicle
51. Col/i-, col/o-	Colon, large intestine
52. Colp/o-	Vagina
53. Cost/o-	Rib
54. -crine	Secrete
55. Cut-	Skin
56. Cyan/o-	Blue
57. Cyst/i-, cyst/o-	Bladder, cyst, sac
58. Cyt/o-	Cell
59. Dactyl/o-	Finger, toe
60. Dent/i-, dent/o-	Tooth or teeth
61. Derm/o-, -derm, dermat/o	Skin
62. Dextro-	Right
63. Dipl/o-	Double
64. Dors/o-	Back
65. Duoden/o-	Duodenum (1 st section of small intestine)
66. Dys-	Painful, difficult
67. -eal	Pertaining to
68. Ec-	Out of
69. -ectomy	Surgical removal
70. -emia	Blood
71. Encephal/o-	Brain
72. End/o-	Inward

73. Enter/o-	Small intestine
74. Epsi/o-	Vulva (external female genitalia)
75. Erythr/o-	Red
76. -esis	Condition of
77. Eu-	Normal, health
78. Ex-	Outside
79. Faci/o-	Face
80. Fibr/o-	Fibers
81. Galact/o-	Milk
82. Gastr/o-	Stomach
83. Genit/o-	Organs of reproduction
84. Ger/o-, geront/o-	Aging
85. Gest-	Carry
86. Gingiv/o-	Gums
87. Gloss/o-	Tongue
88. Gluc/o-	Sweet
89. Glyc/o-	Sugar
90. Gnath/o-	Jaw
91. Gyn/o-	Woman
92. Heme/o-, hemat/o-	Blood
93. Hepat/o-, hepar/o	Liver
94. Heter/o-	Other, different
95. Hist/o-	Tissue
96. Hydr/o-	Water
97. Hyper-	High, increased
98. Hypo-	Low, decreased
99. Hyster/o-	Uterus
100. -ia, -iasis	Condition, abnormal
101. -ic	Pertaining to
102. Ile/o-	Ileum (last section of small intestine)
103. Ili/o-	Ilium (upper part of hip bone)
104. Infra-	Beneath
105. Intra-	Within, into
106. Irid/o-	Iris
107. -itis	Inflammation
108. Jejun/o-	Jejunum (2 nd section of small intestine)
109. Juxta-	Near
110. Kerat/o-	Horny tissue and cornea of eye
111. Kine-	Movement
112. Labi/o-	Lips
113. Lacrima-	Tears
114. Lact/o-	Milk
115. Lapar/o-	Abdomen
116. Laryng/o-	Larynx (voice box)
117. Later/o-	Side

118.	–lepsy	Seizure, convulsion
119.	Leuk/o-	White
120.	Lien/o-	Spleen
121.	Lingu/o-	Tongue
122.	Lip/o-	Fat
123.	Lith/o-	Stone
124.	–logy	Study of
125.	Lymph/o-	Lymph or lymphatic vessel
126.	–lys	Breakdown
127.	Macr/o-	Large, long
128.	Mal-	Bad, abnormal
129.	Mamm/o-	Breast
130.	Mast/o	Breast
131.	Mega-	Great, large
132.	–megaly	Large, enlarged
133.	Mel/o-	Limb
134.	Mening/o-	Meninges (covering of brain & spinal cord)
135.	Ment-	Mind
136.	Meta-	Beyond, change
137.	Metr/a-, metr/o-	Uterus
138.	Micr/o-	Small
139.	Myring/o-	Eardrum
140.	Mon/o-	One
141.	Morph/o	Shape
142.	Multi-	Many
143.	My/o-	Muscle
144.	Myc/o-	Fungus
145.	Myel/o	Bone marrow, spinal cord
146.	Narc/o-	Sleep, numb, stupor
147.	Nas/o-	Nose
148.	–natal	Birth
149.	Necr/o-	Death
150.	Nephr/o-	Kidney
151.	Neur/o-	Nerve, nervous system
152.	Noct/i-	Night
153.	Occipit/o-	Back of head
154.	Ocul/o-	Eye
155.	Odont/o-	Tooth or teeth
156.	–oid	Shape, resembling
157.	Olig/o-	Few, little
158.	Om/o-	Shoulder
159.	-oma	Tumor
160.	Onc/o-	Mass, tumor
161.	Onych/o-	Nail
162.	Oophor/o-	Ovary

163.	Ophthalm/o-	Eye
164.	-opia	Vision
165.	Or/o-	Mouth
166.	Orchid/o-	Testes
167.	-osis	Condition
168.	Oss/o-, oste/o-	Bone
169.	Ot/o-	Ear
170.	Palat/o-	Palate (roof of mouth)
171.	Pan-	All, complete
172.	Par/a-	Near, beside, accessory to
173.	Path/o-	Disease
174.	Ped/o-	Child
175.	-penia	Lack of
176.	-pepsia	Digestion
177.	Peri-	Around
178.	Pharyng/o-	Pharynx, throat
179.	Phleb/o-	Vein
180.	Pil/o-	Hair
181.	-plasia	Growth
182.	-plasty	Surgical repair
183.	-plegia	Paralysis
184.	Pleur/o-	Pleura
185.	-pnea	Breathing
186.	Pneum/o-	Lung
187.	Pod/o-	Foot
188.	-poiesis	Production
189.	-poly	Many
190.	Poly-	Many
191.	Post-	Behind, after
192.	-praxia	Movement
193.	Pre-	Before, in front
194.	Pro-	Favoring, supporting
195.	Proct/o-	Rectum or anus
196.	Pseudo/o-	False
197.	Psych/o-	Mind
198.	Pulm/o-, pulmon/o-	Lung
199.	Pyel/o-	Pelvis of kidney
200.	Rachi/o-	Spine
201.	Re-	Back, contrary
202.	Rect/o-	Rectum
203.	Ren/o-, reno/i	Kidney
204.	Retr/o-	Backward
205.	Rhin/o-	Nose
206.	-rraphy	Suture, sewing
207.	-rrhagia	Sudden or excessive flow

208.	-rrhea	Flow, fluid discharge
209.	-rrhexis	Rupture or bursting
210.	Rub/o-	Red
211.	Sacr/o-	Sacrum
212.	Salping/o-	Fallopian tube or Eustachian tube
213.	Sangu/i	Blood
214.	Sarc/o-	Flesh, muscular substance
215.	Sclera/o-	Hard
216.	-sclerosis	Hardening
217.	Scoli/o-	Crooked
218.	-scope	Observe
219.	Semi-	Half
220.	Sinistro-	Left
221.	Som/a-, somat/o-	Body
222.	-spasm	Involuntary contraction
223.	Splen/o-	Spleen
224.	Spondyl/o-	Vertebra, spinal column
225.	Stern/o-	Sternum
226.	Steth/o-	Chest
227.	Stom-, stomat/o-	Mouth
228.	-stomy	Opening
229.	Sub-	Under
230.	Super-	Above
231.	Supra-	Above, upon
232.	Tachy-	Fast
233.	Tal/o-	Ankle
234.	Tars/o-	Instep of foot or eyelid edge
235.	-taxis	Movement
236.	Tend/o-, ten/o-, tenont/o-	Tendon
237.	Tetra-	Four
238.	Therm/o-	Heat
239.	Thorac/o-	Chest or thorax
240.	Thromb/o-	Clot
241.	Thym/o-	Thymus gland
242.	Thyr/o-	Thyroid gland
243.	-tomy	Incision
244.	Trache/o-	Trachea, windpipe
245.	Trans-	Across, through
246.	Trich/o-	Hair
247.	-tripsy	Crushing
248.	-trophy	Growth
249.	Ureter/o-	Ureter
250.	Urethr/o-	Urethra
251.	Vas/o-	Vessel or duct
252.	Ven/e-, ven/i-, ven/i-	Vein

253.	Vesic/o-	Bladder
254.	Viscer/o-	Organ

50+ Ways to Spend Your Summer

A couple of years ago, an **incredible teacher** came up with a **meaningful summer homework assignment** and the **Jupiter Medical Center Academy teachers were inspired** to come up with a similar summer assignment. We did some research and found a blog by **Kevin McMullin**, the founder and president of **Collegewise** and the author of **If the U Fits: Expert Advice on Finding the Right College and Getting Accepted**. Kevin has some great summer ideas for college-bound students.

Kevin McMullin states that: first, **you should sleep in!** Not every day, but more than you do during the school year. He says you should hang out with friends and do things that have nothing to do with college. But reminds you that colleges are not always looking for the “best” students. **Colleges are looking for motivated kids** who do other things! Here is a list of 50+ summer activities that you can do for free or almost free. All of these are positive, productive, and interesting. Many of these would be interesting to potential colleges.

Pick the five most enticing things on this list (or come up with an idea of your own) and do them! **Make a photo journal** of you completing the activities. This can be done on paper, handwritten or typed, or on a Google Slides show. Your photo journal should have a page devoted to each activity you do and a photo of the activity being done. On each page, write a **brief description** of the activity you complete. Include the **date and location** of when and where you did the activity, as well as how you felt doing the activity, or how you benefited from the activity. Please start this summer assignment as soon as possible – **don’t wait until the last five days** of the summer. The idea is to have fun and learn – if you don’t complete this assignment, it will be your loss! Add your 5-page photo journal to the Summer Homework assignment book.

50 Ways to Spend Your Summer options (remember, you can come up with your own)

1. **Take an interesting class** at your local community college.
2. **Get a part-time job** at the mall.
3. See how many books you can **read this summer**.
4. **Sometimes, in the morning, go take a walk along the seashore completely alone:** look at the way sunlight is reflected on the water and think about the things you love the most in your life; be happy.
5. **Work in your family's business.** Consider doing so for free.
6. Think of ten people—teachers, coaches, family members, relatives—who deserve your thanks. **Write them a hand-written letter of at least one page expressing your appreciation and detailing how they've impacted you.** Tell them what you're going to do to make them proud and spend the summer doing it.
7. Take **music** lessons.

8. **Try to use some of the new medical terminology terms from the summer list.** Talk to a medical professional and try to understand their language. Read from a medical journal and highlight medical terms.
9. **Coach** little league. Or basketball. Or soccer.
10. **Work at a summer camp.**
11. **Volunteer** at the local mobile health clinic, or the animal shelter, or the public library.
12. **Tutor** kids.
13. **Read as much as you possibly can.** But not because you have to. Read because summers inspire adventures and dreams. Read because it's the best form of rebellion you have (for advice on what to read, check the HOSA website for medical reading competition).
14. **Start a business** with your friends.
15. **Color** – buy a coloring book – some colored pencils or some pens – relax and let your imagination take over!
16. **Set a goal** that you are 99% certain you won't be able to achieve this summer. Then go all out and try to achieve it as though your life depended on it. You'll either get there or get much, much closer than you were at the beginning of the summer.
17. **Learn how to write computer programs.**
18. **Avoid things, situations and people who make you feel negative or empty:** seek out stimulating situations and the companionship of friends who enrich you, who understand you and appreciate you for who you are.
19. **Read to the blind.**
20. **Teach** something.
21. Learn to **paint**.
22. **If you feel sad or afraid, don't worry:** summer, like every marvelous thing in life, can throw the soul into confusion.
23. **Pick something that really interests you** and see how far you can go with it.
24. **Take classes to become an emergency medical technician.**
25. **Learn sign language.**
26. **Pick a cause in your community that you care about.** Find groups who care about it, too. Organize people.
27. **Offer to intern for free someplace** where the work seems interesting, like the city councilman's office, or an advertising agency, or the local newspaper.
28. **Dance, shamelessly.** On a dance floor near your house, or alone in your room. Summer is dance, and it's foolish not to take part.
29. **Play guitar** at coffee shops and see how much money you can make this summer.
30. **Learn CPR.**
31. **Climb a mountain** – take a picture at the summit!
32. **Cook dinner for your family once a week.** Each time, learn a new dish that you prepare. Write your recipes down and make your own family cookbook.
33. **Volunteer to lead tours** of local state parks.
34. **Learn to SCUBA dive** – see the beauty under the sea – go find Nemo – or Squirt.
35. **At least once, watch the sunrise.** Stay silent and breathe. Close your eyes, be thankful.
36. **Buy a college guidebook** and learn as much as you can about 20 colleges you know nothing about today.
37. **Raise money for someone or something that needs it.**

38. **Learn something that is pure fun**, like bongos or hip hop dance or how to make your own purses (check out your local community colleges' "community education" programs).
39. **Pick something you love and figure out how to use it to make contributions to others**, like playing piano in a jazz band, teaching residents at a retirement home how to use a computer, or helping run the lights for a play at the community theater.
40. **If you meet someone you find enchanting**, tell him or her as sincerely and gracefully as you can.
41. Work full time and **give all the money to a charity** of your choice at the end of the summer.
42. **Pick a subject that fascinates you and challenge yourself to learn as much as possible about it.**
43. Learn karate.
44. Teach karate.
45. **Go fly a kite** – literally buy or better yet, make a kite and go fly a kite – run with the wind!
46. **Join a book club.**
47. **Be as happy as sunlight**, as untamable as the sea.
48. Organize a book club.
49. **Go for a long walk** – more like a hike – maybe even set up a tent camp along the way.
50. **Go to your school principal and ask what you could do, for free, to improve the school.** You could paint a classroom, clean lockers, or refurbish the lunch benches. Better yet, enlist five friends to do it with you. Don't just tell colleges you want to make an impact. Make one.
51. **Set a goal to learn as many new things as possible this summer—facts, skills, concepts, etc.** Write a blog detailing what you've learned so you can share it with cyberspace.
52. **Build** an iPhone app.
53. If you're not good at programming, **build something else** – maybe a birdhouse!
54. **Watch films with heartbreaking dialogue** (in a foreign language if you can), in order to improve your language skills and your ability to dream.
55. **Master one subject** or skill you currently don't know anything about.
56. Hold informal soccer conditioning workouts, or barbecues for the new student council members so you can get to know each other better, or meetings at Starbucks with your co-editors to brainstorm story ideas for the paper this fall. **Show colleges you can organize people and lead them.**
57. **Have a neighborhood bake sale for the fun** of it and donate the money you make.
58. **Get a group of kids and do something silly** – like make a big slip-and-slide – and laugh.
59. **Pick a classic author and read one of his or her works.** Find out what all the fuss is about Twain or Hemingway or Plath or Dickinson.
60. **Take the hardest college class you can find and enroll in it "not-for-credit"** so you can challenge yourself with impunity.
61. **Travel to another country** – explore the local culture!
62. **Visit as many colleges** as you can in a 30-mile radius of your house. Take your friends with you. Write your own reviews of each school and share them with people.

63. **Learn a new skill** – knitting – and then knit a scarf.
64. **Vow not to watch any TV this summer.** Not one single second. Pick something cool and fun and productive to do instead.
65. **Find a class offered at a local college that looks fascinating.** Email the professor and ask if you can sit in on a session or two just to experience what the class is like.
66. **In sparkling sunlight or hot summer nights,** dream about how your life could and should be. During the summer, always do everything you can to avoid giving up, and everything you can to pursue your dream.
67. **Go on a road trip** – have someone else drive and get off the highways and take the scenic routes – see our country.
68. **Train to run a 5k, 10k, half-marathon, or a marathon, or to do a triathlon.** And get your friends to join and train with you. Consider raising money with your efforts and donating to a worthy cause.
69. **Don't swear.** Always be well-mannered and kind.
70. **Be good.**