

ANATOMY AND PHYSIOLOGY

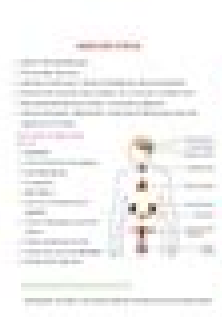
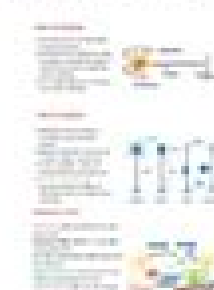
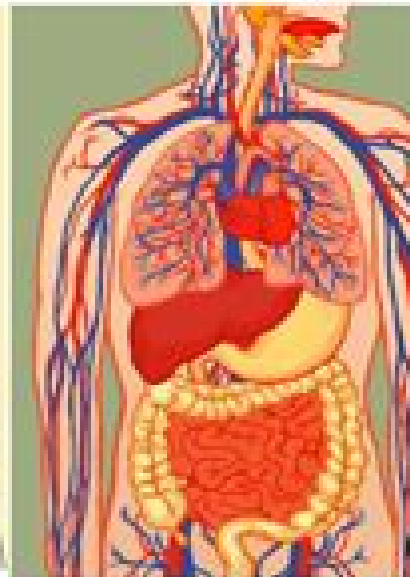
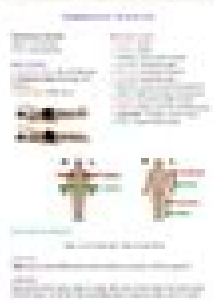
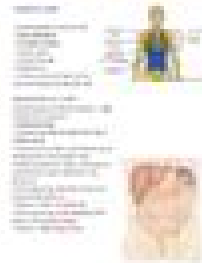
23 PAGES GUIDE

Visual learner Notes

System	Structure	Function
Integumentary	Skin	Protects the body from external damage and infection.
	Hair	Helps regulate body temperature.
	Nails	Protects the tips of the fingers and toes.
	Sweat glands	Helps regulate body temperature.
Skeletal	Bones	Support the body and protect internal organs.
	Joints	Allow movement of the body.
	Muscles	Move the body.
	Ligaments	Connect bones to bones.

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	Intervertebral discs	Support the spine and absorb shock.

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Anatomy Study Guide Personal Trainer

Morc Coulson



Anatomy Study Guide Personal Trainer:

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