

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.

System	Structure	Function
Muscular	Muscles	Move the body.
	Tendons	Connect muscles to bones.
	Ligaments	Connect bones to bones.
	Cartilage	Supports the body.
Cardiovascular	Heart	Pumps blood throughout the body.
	Arteries	Carry oxygenated blood away from the heart.
	Venues	Carry deoxygenated blood back to the heart.
	Capillaries	Exchange oxygen and nutrients with the body.

System	Structure	Function
Respiratory	Lungs	Exchange oxygen and carbon dioxide.
	Trachea	Carry air into and out of the lungs.
	Diaphragm	Helps with breathing.
	Alveoli	Exchange oxygen and carbon dioxide.
Digestive	Mouth	Chews food and begins digestion.
	Esophagus	Carries food from the mouth to the stomach.
	Stomach	Breaks down food into smaller pieces.
	Intestines	Absorb nutrients from food.

System	Structure	Function
Excretory	Kidneys	Filter waste from the blood.
	Ureters	Carry urine from the kidneys to the bladder.
	Bladder	Stores urine.
	Uthra	Removes urine from the body.
Reproductive	Ovaries	Produce eggs.
	Uterus	Where a fetus develops.
	Vagina	Passage for childbirth.
	Penis	Delivers sperm into the body.

System	Structure	Function
Endocrine	Hypothalamus	Controls the body's internal clock.
	Pituitary gland	Controls the growth and development of the body.
	Thyroid gland	Controls the body's metabolism.
	Adrenal glands	Produce hormones that control the body's response to stress.

System	Structure	Function
Immune	White blood cells	Fight off infection.
	Antibodies	Attack and destroy pathogens.
	Macrophages	Engulf and destroy pathogens.
	Neutrophils	Kill bacteria and other pathogens.

System	Structure	Function
Nervous	Brain	Controls the body's actions.
	Spinal cord	Carries messages between the brain and the rest of the body.
	Nerves	Transmit signals throughout the body.
	Receptors	Detect changes in the environment.

System	Structure	Function
Sensory	Eyes	See.
	Ears	Hear.
	Nose	Smell.
	Tongue	Taste.

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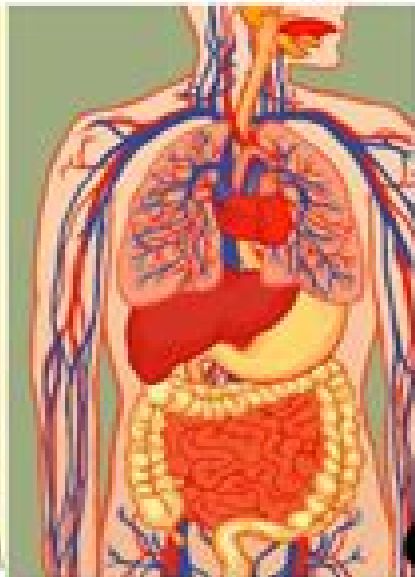
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ANATOMY AND PHYSIOLOGY

Understanding the structure and function of the human body is essential for understanding health and disease. This guide provides a comprehensive overview of the human body, from the cellular level to the whole organism.

Structure of the Human Body

- Cells:** The basic unit of life. Cells are made of various organelles that perform different functions.
- Tissues:** Groups of cells that work together to perform a specific function.
- Organs:** Structures made of different tissues that perform a specific function.
- Systems:** Groups of organs that work together to perform a specific function.

Major Systems of the Human Body

- Integumentary System:** The skin, hair, and nails.
- Skeletal System:** The bones and cartilage.
- Muscular System:** The muscles.
- Cardiovascular System:** The heart and blood vessels.
- Respiratory System:** The lungs and trachea.
- Digestive System:** The mouth, stomach, and intestines.
- Excretory System:** The kidneys and bladder.
- Reproductive System:** The ovaries and uterus in females, and the testes and penis in males.
- Endocrine System:** The glands that produce hormones.
- Immune System:** The system that fights off infection.
- Nervous System:** The brain, spinal cord, and nerves.
- Sensory System:** The eyes, ears, nose, and tongue.

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Anatomy Study Guide Personal Trainer

**Rosemary Marchese, Julie
Taylor, Kirsten Fagan**



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The Essential Guide to Fitness Rosemary Marchese, Julie Taylor, Kirsten Fagan, 2019-04-30 *Essential Guide to Fitness* for the Fitness Instructor addresses SIS30315 Certificate III in Fitness The text is mapped to all core units and 12 electives of the

qualification and contains rich foundation content on Anatomy Physiology and Nutrition as well as Fitness orientation programming WHS and equipment The structure of the text highlights learning outcomes and contains an abundance of application cases activities and quizzes Strong content on fitness for specific markets and populations supports the volume of learning for the core unit Recognise and apply exercise considerations for specific populations including chapters on older populations a NEW chapter on children and adolescents community fitness and facilitating groups Coverage on gym programs group exercise water based fitness and endurance training introduces students to the instruction of these varied types of fitness training Premium online teaching and learning tools are available on the MindTap platform Learn more about the online tools cengage.com/au/mindtap

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