

ANATOMY & PHYSIOLOGY

DIGITAL STUDY GUIDE

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HUMAN ANATOMY AND PHYSIOLOGY

Study of the structure and function of the human body



Anatomy

The scientific study of the structure of the human body

Physiology

The scientific study of the function of the human body

Structural levels

Also known as the levels of organization of the human body

- 1. Chemical level - study of the chemical composition of the body
- 2. Cellular level - study of the structure and function of cells
- 3. Tissue level - study of the structure and function of tissues
- 4. Organ level - study of the structure and function of organs
- 5. System level - study of the structure and function of body systems
- 6. Organism level - study of the structure and function of the whole body

CELLS AND TISSUES

Cells are the basic units of structure and function of the body



Composition of cellular fluids

Cells are composed of various fluids

Extracellular fluid - fluid outside the cell

Intracellular fluid - fluid inside the cell

Interstitial fluid - fluid between cells

Blood plasma - fluid part of blood

Organic fluids - fluids containing organic molecules

Inorganic fluids - fluids containing inorganic molecules

Electrolytes - substances that conduct electricity

Non-electrolytes - substances that do not conduct electricity

Acids - substances that release hydrogen ions

Bases - substances that accept hydrogen ions

Salts - substances that dissociate into ions

Sugars - simple carbohydrates

Proteins - complex organic molecules

Lipids - fatty acids and other organic molecules

Nucleic acids - DNA and RNA

Enzymes - proteins that catalyze chemical reactions

Hormones - chemical messengers

Antibodies - proteins that fight infection

Antigens - substances that trigger an immune response

Antibiotics - drugs that kill or inhibit bacteria

Antivirals - drugs that inhibit viruses

Antifungals - drugs that inhibit fungi

Antiparasitics - drugs that inhibit parasites

Anticancer drugs - drugs that kill or inhibit cancer cells

Anticoagulants - drugs that prevent blood clotting

Analgesics - drugs that relieve pain

Anesthetics - drugs that induce unconsciousness

Antipsychotics - drugs that treat mental illness

Antidepressants - drugs that treat depression

Anticonvulsants - drugs that prevent seizures

Antiepileptics - drugs that treat epilepsy

Anticholinergics - drugs that block acetylcholine

Antispasmodics - drugs that relieve muscle spasms

Antidiarrheals - drugs that stop diarrhea

Antiemetics - drugs that prevent nausea and vomiting

Antisecretorys - drugs that reduce secretions

Antacids - drugs that neutralize stomach acid

Proton pump inhibitors - drugs that block stomach acid production

H2 blockers - drugs that block stomach acid production

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Cellular components

1. Nucleus - contains genetic material

2. Cytoplasm - fluid inside the cell

3. Mitochondria - organelles that produce energy

4. Golgi apparatus - organelle that processes and packages proteins

5. Endoplasmic reticulum - organelle that synthesizes proteins and lipids

6. Lysosomes - organelles that break down waste

7. Peroxisomes - organelles that break down fatty acids

8. Centrioles - organelles that organize microtubules

9. Cilia and flagella - organelles that move the cell

10. Cell membrane - boundary of the cell

11. Cell wall - boundary of plant cells

12. Plasmids - small circular DNA molecules

13. Chromosomes - structures that carry genetic information

14. Ribosomes - organelles that synthesize proteins

15. Vacuoles - organelles that store materials

16. Tonoplast - membrane of vacuoles

17. Chloroplasts - organelles that perform photosynthesis

18. Stroma - fluid inside chloroplasts

19. Thylakoids - structures that capture light energy

20. Granum - stack of thylakoids

21. Stroma lamellae - structures that connect grana

22. Photosystem - complex of proteins and pigments

23. Reaction center - part of photosystem

24. Primary donor - part of reaction center

25. Accessory pigments - part of photosystem

26. Carotenoids - pigments that absorb light

27. Xanthophylls - pigments that absorb light

28. Chlorophyll a - primary photosynthetic pigment

29. Chlorophyll b - accessory photosynthetic pigment

30. Carotenes - accessory photosynthetic pigments

31. Xanthophylls - accessory photosynthetic pigments

32. Zeaxanthin - accessory photosynthetic pigment

33. Lutein - accessory photosynthetic pigment

34. Violaxanthin - accessory photosynthetic pigment

35. Antheraxanthin - accessory photosynthetic pigment

36. Zeaxanthin - accessory photosynthetic pigment

37. Lutein - accessory photosynthetic pigment

38. Violaxanthin - accessory photosynthetic pigment

39. Antheraxanthin - accessory photosynthetic pigment

40. Zeaxanthin - accessory photosynthetic pigment

41. Lutein - accessory photosynthetic pigment

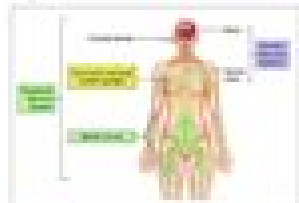
42. Violaxanthin - accessory photosynthetic pigment

43. Antheraxanthin - accessory photosynthetic pigment

RESPIRATORY SYSTEM

Functions

- 1. Ventilation - moving air in and out of the lungs
- 2. Diffusion - exchanging oxygen and carbon dioxide between the lungs and the blood
- 3. Gas exchange - exchanging oxygen and carbon dioxide between the blood and the cells
- 4. Regulation of blood pH
- 5. Regulation of blood temperature
- 6. Regulation of blood volume
- 7. Regulation of blood pressure
- 8. Regulation of blood flow
- 9. Regulation of blood composition
- 10. Regulation of blood volume
- 11. Regulation of blood pressure
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- 100. Regulation of blood flow



Structure

- 1. Trachea - windpipe
- 2. Bronchi - main airways
- 3. Bronchioles - smaller airways
- 4. Alveoli - air sacs where gas exchange occurs
- 5. Diaphragm - muscle that contracts and relaxes to move air in and out of the lungs
- 6. Pleural cavity - space between the lungs and the chest wall
- 7. Pleural fluid - fluid that lubricates the lungs
- 8. Surfactant - substance that reduces surface tension
- 9. Capillaries - small blood vessels
- 10. Arteries - blood vessels that carry oxygenated blood
- 11. Veins - blood vessels that carry deoxygenated blood
- 12. Aorta - main artery that carries oxygenated blood to the rest of the body
- 13. Ventricle - part of the heart that pumps blood
- 14. Atrium - part of the heart that receives blood
- 15. Septum - wall between the left and right sides of the heart
- 16. Foramen - opening in the heart wall
- 17. Valve - structure that allows blood to flow in one direction
- 18. Conduction system - system that controls the heart's rhythm
- 19. SA node - sinoatrial node
- 20. AV node - atrioventricular node
- 21. Bundle of His - part of the conduction system
- 22. Purkinje fibers - part of the conduction system
- 23. Myocardium - muscle layer of the heart
- 24. Endocardium - inner layer of the heart
- 25. Epicardium - outer layer of the heart
- 26. Pericardium - sac that surrounds the heart
- 27. Pericardial fluid - fluid that lubricates the heart
- 28. Coronary arteries - blood vessels that supply the heart with oxygen
- 29. Coronary veins - blood vessels that carry deoxygenated blood from the heart
- 30. Coronary sinus - vein that carries deoxygenated blood from the heart
- 31. Aortic valve - valve between the left ventricle and the aorta
- 32. Mitral valve - valve between the left atrium and the left ventricle
- 33. Tricuspid valve - valve between the right atrium and the right ventricle
- 34. Pulmonary valve - valve between the right ventricle and the pulmonary artery
- 35. Pulmonary artery - blood vessel that carries deoxygenated blood to the lungs
- 36. Pulmonary vein - blood vessel that carries oxygenated blood from the lungs
- 37. Ductus arteriosus - blood vessel that carries blood from the pulmonary artery to the aorta
- 38. Foramen ovale - opening in the septum between the right and left atria
- 39. Ductus venosus - blood vessel that carries blood from the umbilical vein to the inferior vena cava
- 40. Foramen secundum - opening in the septum between the right and left atria
- 41. Septum secundum - wall between the right and left atria
- 42. Septum primum - wall between the right and left atria
- 43. Septum transversum - wall between the foregut and the midgut
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- 53. Septum transversum - wall between the foregut and the midgut
- 54. Septum

Anatomy And Physiology Exercises Review

G Psacharopoulos



Anatomy And Physiology Exercises Review:

Laboratory Investigations in Anatomy and Physiology Stephen N. Sarikas, 2007 This concise lab manual is designed for instructors who wish to avoid cookbook style lab instruction for Anatomy Physiology Through the use of an engaging connective learning methodology author Stephen Sarikas builds each lab exercise step on the previous one helping readers to understand complex ideas and make connections between concepts KEY TOPICS Introduction to Anatomy Physiology Body Organization and Terminology Care and Use of the Compound Light Microscope The Cell Cell Structure and Cell Division Membrane Transport Tissues Epithelial and Connective Tissues The Integumentary System The Skeletal System The Axial Skeleton The Appendicular Skeleton Articulations The Muscular System Histology of Muscle Tissue Gross Anatomy of the Muscular System Physiology of the Muscular System The Nervous System Histology of Nervous Tissue The Brain and Cranial Nerves The Spinal Cord and Spinal Nerves Human Reflex Physiology Special Senses The Endocrine System The Cardiovascular System Blood Cells Gross Anatomy of the Heart Anatomy of Blood Vessels Cardiovascular Physiology The Lymphatic System The Respiratory System Anatomy of the Respiratory System Respiratory Physiology The Digestive System Anatomy of the Digestive System Actions of a Digestive Enzyme The Urinary System Urinary Physiology The Reproductive Systems Introduction to the Cat and Removal of the Skin Dissection of the Cat Muscular System Dissection of the Cat Nervous System Dissection of the Cat Ventral Body Cavities and Endocrine System Dissection of the Cat Cardiovascular System Dissection of the Cat Lymphatic System Dissection of the Cat Respiratory System Dissection of the Cat Digestive System Dissection of the Cat Urinary System Dissection of the Cat Reproductive System KEY MARKET For all readers interested in anatomy physiology labs **Mosby's® Massage Therapy Exam Review - E-Book** Sandy Fritz, Luke Allen Fritz, 2023-09-11 Written by massage therapy experts Sandy Fritz and Luke Fritz this unique review resource uses a variety of methods to help you prepare for the MBLEx Massage and Bodywork Licensing Exam and the Board Certification in Therapeutic Massage and Bodywork BCTMB The comprehensive review features updated content and questions based on the most current exam blueprints The practice exams are written in a five part process not just as sample questions Plus a companion Evolve website comes loaded with practice exams and a variety of review activities such as labeling exercises flashcards electronic coloring book games and much more No other massage review gives you such well rounded exam preparation Focused content review including 125 full color illustrations showing various massage techniques as well as anatomy physiology 1800 practice questions 500 new questions in the text that provide students the opportunity to assess readiness for exams 5 practice exams with 100 questions each will be available in text as well as on Evolve Over 40 labeling exercises to help kinesthetic learners retain information Rationales for all correct and incorrect responses NEW More than 1 400 questions in a mock exam are based on the MBLEx blueprint EXPANDED and UPDATED Content matches the current MBLEx blueprint to prepare you for success NEW Scenario based multiple choice questions are based on the MBLEx content

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Long, Jeannean Hall Rollins, Barbara J. Smith, Tammy Curtis, 2015-01-08 Get the most out of your Merrill's Radiographic Atlas with the Workbook for Merrill's Atlas of Radiographic Positioning and Procedures 13th Edition Providing plenty of review and practice of the concepts found in the atlas this workbook contains a wide variety of exercises including labeling anatomy identification short answer multiple choice matching true and false fill in the blank error identification and more that focus on the essential terminology anatomy and positioning information you need to pass the ARRT exam and thrive in the clinical environment Correlation with main Merrill's Radiographic Atlas features exercises that support the digital positioning content in the atlas Wide variety of exercises holds user's interest and provides a variety of interaction with the content Exercises on identifying errors on radiographs prepare users to evaluate radiographs in clinical situations Anatomy and positioning exercises provide balanced coverage of both topics Abundance of labeling exercises ensures users recognize anatomical structures on actual radiographs Comprehensive self test at the end of each chapter enable users to accurately gauge their comprehension of the material and measure their own progress Pathology exercises helps users understand which projections will best demonstrate various pathologies NEW New images reflect all the content updates in the main Merrill's text NEW Detailed review exercises that cover osteology anatomy physiology arthrology and radiographic examinations NEW Additional images for identifying essential projections *Human Physiology* Stuart Ira Fox, 1998-07

The Sounds of Language Elizabeth C. Zsiga, 2013-01-29 The Sounds of Language is an introductory guide to the linguistic study of speech sounds which provides uniquely balanced coverage of both phonology and phonetics Features exercises and problem sets as well as supporting online resources at www.wiley.com/go/zsiga including additional discussion questions and exercises as well as links to further resources such as sound files video files and useful websites Creates opportunities for students to practice data analysis and hypothesis testing Integrates data on sociolinguistic variation first language acquisition and second language learning Explores diverse topics ranging from the practical such as how to make good digital recordings make a palatogram solve a phoneme allophone problem or read a spectrogram to the theoretical including the role of markedness in linguistic theory the necessity of abstraction features and formal notation issues in speech perception as distinct from hearing and modelling sociolinguistic and other variations Organized specifically to fit the needs of undergraduate students of phonetics and phonology and is structured in a way which enables instructors to use the text both for a single semester phonetics and phonology course or for a two course sequence *Stedman's Medical Terminology* Charlotte Creason, 2010-11-04 Lead your students to success with the name you trust Stedman's Medical

Terminology Steps to Success in Medical Language is a mid level medical terminology text perfect for instructors looking for minimal coverage of anatomy and physiology and plenty of hands on exercises to reinforce learning Each chapter alternates between term presentation and exercises to ensure that students can apply what they have learned immediately Throughout the text exercises progress in a meaningful way from recall and review to word building to comprehension and finally to application and analysis through the use of real world case study and medical record exercises This approach allows the student to actively see their knowledge building and to connect what they are learning to real life context A robust realistic and relevant art program enhances the text especially for visual learners A full suite of ancillaries including videos and animations is available for both students and instructors

Exercis and Sport Sciences Review ,2007 *Clinical Pathology for Athletic Trainers* Daniel P. O'Connor,A. Louise Fincher,2008 Written specifically for athletic trainers the updated second edition of *Clinical Pathology for Athletic Trainers Recognizing Systemic Disease* emphasizes practical knowledge development of clinical skills including evaluation and treatment and development of clinical decision making abilities Inside *Clinical Pathology for Athletic Trainers Second Edition* you will find an expanded discussion of the pathophysiology associated with general medical conditions as well as case studies which facilitate the student s ability to formulate a differential diagnosis and make clinical decisions Dr Daniel P O Connor and Dr A Louise Fincher have incorporated all of the didactic and psychomotor competencies listed within the General Medical Conditions and Pathology of Injuries and Illness domains from the Fourth Edition of the NATA Educational Competencies into this unique text Competencies that are addressed throughout the text are conveniently listed at the beginning of each chapter in which they are referenced Individual lab activities are included within some chapters to aid in the development of the psychomotor skills related to evaluating general medical illnesses Instructors will enjoy new ancillary materials such as test bank questions and PowerPoint slides What s New in the Second Edition New chapters on pharmacology dermatology and eyes ears nose throat and mouth Integration of NATA Position Statements and Consensus Statements Expanded discussion on the physical exam including detailed instructions for evaluation procedures New illustrations and a color atlas New icons throughout the text to represent action to be taken by the athletic trainer during an evaluation such as physician referral or activation of emergency action plan Lab Activities Inside the Second Edition Use of Pharmacology Resources Assessment of Temperature Assessment of Vital Signs heart rate blood pressure and respiration rate Cardiac Auscultation Pulmonary Auscultation and Percussion Peak Flow Expiratory Rate Abdominal Auscultation Percussion and Palpation Urinalysis Assessment of Blood Glucose Levels Use of the Otoscope Use of the Ophthalmoscope Sensory Function Motor Function Reflex Function Cranial Nerve Assessment With expanded discussions and case studies new chapters and lab activities and an emphasis on the development of clinical skills the Second Edition of *Clinical Pathology for Athletic Trainers Recognizing Systemic Disease* is a must have for today s athletic training students and clinicians

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Medical Terminology, Enhanced Edition Judi L. Nath, 2020-05-22 Medical Terminology Enhanced Second Edition uses a proven work text approach that helps students master the information they need to communicate successfully in the health care world

Introduction to Exercise Science Duane V. Knudson, 2024 This book provides readers with an overview of the major subdisciplines of exercise science introduces readers to the basics of quantitative research in these subdisciplines and illustrates how interdisciplinary collaboration and applied research in exercise science related professions contributes to the performance and health of all people

Exercise Physiology for Health Fitness and Performance Denise L. Smith, Sharon A. Plowman, Michael J. Ormsbee, 2022-10-18 With the new 6th Edition this book only version of Exercise Physiology for Health Fitness and Performance continues to provide an authoritative resource for mastering exercise physiology This engaging accessible and approachable resource integrates theoretical and research based basic exercise physiology with real world application to prepare students for exciting positions in exercise science fitness physical education athletic training rehabilitation coaching and or allied health professions Updated throughout the

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Combining Exercise and Psychotherapy to Treat Mental Health Carneiro, Lara,Schuch, Felipe,2023-11-28 The last decade has seen a renewed recognition of the interconnection of the mental and physical wellbeing of people living with mental diseases Research has assessed the impact of exercise and psychological interventions as monotherapy and complementary treatments to usual care and found considerable benefits to reduce psychiatric symptoms and improve quality of life Questions remain on the effectiveness and on the best practices to deliver such interventions Combining Exercise and Psychotherapy to Treat Mental Health evaluates the effects of psychotherapy and exercise interventions in individuals with mental health diseases The book also addresses psychotherapy and exercise interventions for mental health followed by combined psychotherapy and exercise interventions and provides strategies for maintaining exercise involvement Covering key topics such as anxiety disorders psychology exercise and mood disorders this premier reference source is ideal for therapists mental health specialists psychologists industry professionals researchers academicians scholars practitioners instructors and students **Annual Catalogue** University of Chicago,1877 *Stanfield's Introduction to Health Professions* Cross,Dana McWay,2016-07-29 The Seventh Edition of the text outlines more than 75 careers and touches on every major facet of the field including a description of the profession typical work setting educational licensure and certification requirements salary and growth projections and internet resources on educational programs and requirements for licensure and or certification In addition this resource provides a thorough review of the U S healthcare delivery system managed care health care financing reimbursement insurance coverage Medicare Medicaid and the impact of new technology on healthcare services All chapters are updated to reflect current demographics and new policies **ACSM's Introduction to Exercise Science** Jeff Poteiger,2023-04-23 Presenting an engaging up to date overview of exercise science and its related fields ACSM s Introduction to Exercise Science 4th Edition guides students to success throughout their courses and delivers a robust exploration of potential careers for today s exercise science professionals This full color resource combines a succinct accessible approach with the proven expertise of the American College of Sports Medicine the leading authority in exercise science and sports medicine to establish a practical understanding of how human movement assists individuals in their pursuit of good health appropriate levels of physical activity and exercise and successful sport and athletic performance Each chapter illustrates the importance and practical relevance of key topics and provides an insider s view of the profession through fascinating interviews and online video profiles and field trips Updated to meet the needs of

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