

ANATOMY AND PHYSIOLOGY

23 PAGES GUIDE

Visual learner Notes

Introduction to Anatomy and Physiology

Definition: The study of the structure and function of the human body.

Branches:

- Anatomy:** The study of the structure of the body.
- Physiology:** The study of the function of the body.

Levels of Organization:

1. Chemical level
2. Cellular level
3. Tissue level
4. Organ level
5. Organ system level
6. Organism level

Homeostasis

Definition: The process by which the body maintains a stable internal environment.

Components:

- Stimulus:** A change in the environment that triggers a response.
- Receptor:** A sensor that detects the stimulus.
- Control Center:** The brain or other part of the body that processes the information from the receptor.
- Effector:** A muscle or gland that carries out the response.

Cell Structure

Prokaryotic Cell: A simple cell without a nucleus.

- 1. Cell wall
- 2. Plasma membrane
- 3. Cytoplasm
- 4. Ribosomes

Eukaryotic Cell: A complex cell with a nucleus.

- 1. Nucleus
- 2. Nuclear envelope
- 3. Nuclear pores
- 4. Chromatin
- 5. Mitochondrion
- 6. Endoplasmic reticulum
- 7. Golgi apparatus
- 8. Lysosome
- 9. Peroxisome
- 10. Centrioles

Integumentary System

Functions:

- 1. Protection
- 2. Regulation of body temperature
- 3. Sensation
- 4. Excretion
- 5. Synthesis of vitamin D

Layers of the Skin:

1. Epidermis
2. Dermis
3. Hypodermis

Muscular System

Types of Muscles:

- 1. Skeletal muscle
- 2. Cardiac muscle
- 3. Smooth muscle

Properties of Skeletal Muscle:

- 1. Excitability
- 2. Contractility
- 3. Extensibility
- 4. Elasticity

Nervous System

Central Nervous System (CNS): The brain and spinal cord.

Peripheral Nervous System (PNS): The nerves that connect the CNS to the rest of the body.

Neurons: The basic units of the nervous system.

- 1. Dendrites
- 2. Cell body
- 3. Axon
- 4. Myelin sheath

Endocrine System

Functions:

- 1. Regulation of metabolism
- 2. Regulation of growth and development
- 3. Regulation of the immune system
- 4. Regulation of the reproductive system

Hormones: Chemical messengers that travel through the bloodstream to target organs.

Respiratory System

Functions:

- 1. Exchange of gases (oxygen and carbon dioxide)
- 2. Regulation of pH
- 3. Production of vocal sounds

Organs:

- 1. Trachea
- 2. Bronchi
- 3. Lungs

Cardiovascular System

Functions:

- 1. Transport of oxygen and nutrients
- 2. Removal of waste products
- 3. Regulation of body temperature

Heart: The pump that circulates blood.

- 1. Right atrium
- 2. Right ventricle
- 3. Left atrium
- 4. Left ventricle

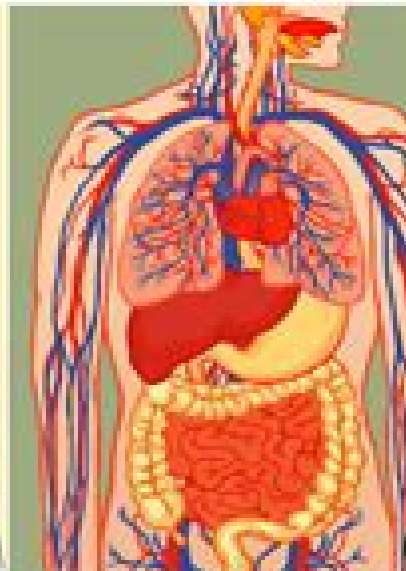
Digestive System

Functions:

- 1. Breakdown of food into nutrients
- 2. Absorption of nutrients
- 3. Elimination of waste

Organs:

- 1. Mouth
- 2. Esophagus
- 3. Stomach
- 4. Small intestine
- 5. Large intestine
- 6. Rectum
- 7. Anus



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Homeostasis: The process by which the body maintains a stable internal environment.

Components:

- 1. Stimulus
- 2. Receptor
- 3. Control Center
- 4. Effector

Cell Structure:

- 1. Prokaryotic Cell
- 2. Eukaryotic Cell

Integumentary System:

- 1. Functions
- 2. Layers of the Skin

Muscular System:

- 1. Types of Muscles
- 2. Properties of Skeletal Muscle

Nervous System:

- 1. Central Nervous System (CNS)
- 2. Peripheral Nervous System (PNS)
- 3. Neurons

Endocrine System:

- 1. Functions
- 2. Hormones

Respiratory System:

- 1. Functions
- 2. Organs

Cardiovascular System:

- 1. Functions
- 2. Heart

Digestive System:

- 1. Functions
- 2. Organs

Reproductive System

Male Reproductive System:

- 1. Testes
- 2. Epididymis
- 3. Vas deferens
- 4. Utricle
- 5. Seminal vesicle
- 6. Prostate gland
- 7. Penile urethra
- 8. Penis

Female Reproductive System:

- 1. Ovaries
- 2. Fallopian tubes
- 3. Uterus
- 4. Vagina
- 5. Vulva

Immune System

Functions:

- 1. Defense against pathogens
- 2. Regulation of the inflammatory response
- 3. Memory of past infections

Organs:

- 1. Thymus
- 2. Spleen
- 3. Tonsils
- 4. Adenoids

Skeletal System

Functions:

- 1. Support
- 2. Protection
- 3. Movement
- 4. Storage of minerals
- 5. Production of blood cells

Organs:

- 1. Bones
- 2. Cartilage
- 3. Ligaments
- 4. Tendons

Urinary System

Functions:

- 1. Excretion of waste products
- 2. Regulation of blood pressure
- 3. Regulation of electrolyte balance

Organs:

- 1. Kidneys
- 2. Ureters
- 3. Bladder
- 4. Urethra

Integumentary System

Layers of the Skin:

1. Epidermis
2. Dermis
3. Hypodermis

Types of Skin:

- 1. Thick skin
- 2. Thin skin

Endocrine System

Hormones: Chemical messengers that travel through the bloodstream to target organs.

- 1. Insulin
- 2. Glucagon
- 3. Thyroxine
- 4. Testosterone
- 5. Estrogen

Respiratory System

Organs:

- 1. Trachea
- 2. Bronchi
- 3. Lungs

Processes:

- 1. Ventilation
- 2. External respiration
- 3. Internal respiration

Cardiovascular System

Heart: The pump that circulates blood.

- 1. Right atrium
- 2. Right ventricle
- 3. Left atrium
- 4. Left ventricle

Blood Vessels:

- 1. Arteries
- 2. Veins
- 3. Capillaries

Anatomy Study Guide Module 1

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