

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:

- Receptor:** Detects changes in the environment.
- Control Center:** Processes information and sends out orders.
- Effector:** Carries out the response to return the body to its set point.

Cell Structure

Cell: The basic unit of life.

Parts of a Cell:

- Cell Membrane:** The boundary of the cell.
- Nucleus:** The control center of the cell.
- Mitochondria:** The powerhouses of the cell.
- Ribosomes:** Sites of protein synthesis.
- Endoplasmic Reticulum:** A network of membranes for transport.
- Golgi Apparatus:** A series of sacs for processing and transport.

Integumentary System

Parts: Skin, hair, nails, and glands.

Functions:

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

Muscular System

Parts: Skeletal muscles, smooth muscles, and cardiac muscles.

Functions:

- 1. Movement
- 2. Posture
- 3. Heat production

Nervous System

Parts: Brain, spinal cord, and nerves.

Functions:

- 1. Control and coordination
- 2. Sensation
- 3. Integration
- 4. Response

Endocrine System

Parts: Pituitary, thyroid, parathyroid, adrenal, and other glands.

Functions:

- 1. Regulation of metabolism
- 2. Growth and development
- 3. Reproduction

Immune System

Parts: White blood cells, antibodies, and lymphatic organs.

Functions:

- 1. Defense against pathogens
- 2. Removal of dead cells
- 3. Regulation of the immune response

Respiratory System

Parts: Lungs, trachea, bronchi, and bronchioles.

Functions:

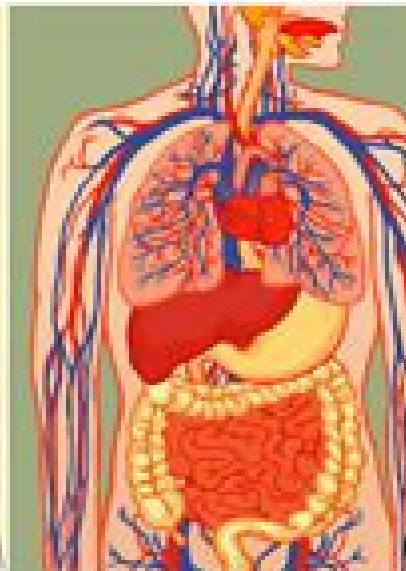
- 1. Exchange of gases
- 2. Regulation of pH

Circulatory System

Parts: Heart, arteries, veins, and capillaries.

Functions:

- 1. Transport of blood
- 2. Delivery of oxygen and nutrients
- 3. Removal of waste products



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- Endoplasmic Reticulum:** A network of membranes for transport.
- Golgi Apparatus:** A series of sacs for processing and transport.

Integumentary System: The body's outer covering.

Parts: Skin, hair, nails, and glands.

Functions:

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

Muscular System: The body's engine.

Parts: Skeletal muscles, smooth muscles, and cardiac muscles.

Functions:

- 1. Movement
- 2. Posture
- 3. Heat production

Nervous System: The body's control center.

Parts: Brain, spinal cord, and nerves.

Functions:

- 1. Control and coordination
- 2. Sensation
- 3. Integration
- 4. Response

Endocrine System: The body's chemical messengers.

Parts: Pituitary, thyroid, parathyroid, adrenal, and other glands.

Functions:

- 1. Regulation of metabolism
- 2. Growth and development
- 3. Reproduction

Immune System: The body's defense system.

Parts: White blood cells, antibodies, and lymphatic organs.

Functions:

- 1. Defense against pathogens
- 2. Removal of dead cells
- 3. Regulation of the immune response

Respiratory System

Parts: Lungs, trachea, bronchi, and bronchioles.

Functions:

- 1. Exchange of gases
- 2. Regulation of pH

Circulatory System

Parts: Heart, arteries, veins, and capillaries.

Functions:

- 1. Transport of blood
- 2. Delivery of oxygen and nutrients
- 3. Removal of waste products

Digestive System

Parts: Mouth, esophagus, stomach, small intestine, and large intestine.

Functions:

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

Urinary System

Parts: Kidneys, ureters, bladder, and urethra.

Functions:

- 1. Filtration of blood
- 2. Regulation of fluid balance
- 3. Excretion of waste

Reproductive System

Parts: Ovaries, uterus, fallopian tubes, and vagina in females; testes and vas deferens in males.

Functions:

- 1. Production of gametes
- 2. Fertilization
- 3. Development of offspring

Endocrine System

Parts: Pituitary, thyroid, parathyroid, adrenal, and other glands.

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Anatomy And Physiogly Study Guide

**Lee-Ellen C. Copstead-Kirkhorn, PhD,
RN, Jacquelyn L. Banasik, PhD, ARNP**

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