

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:

- Sensors:** Detect changes in the environment.
- Integrating Centers:** Process information and initiate a response.
- Effectors:** Carry out the response.

Types of Homeostasis:

- Thermoregulation:** Maintaining body temperature.
- Fluid Balance:** Maintaining fluid levels.
- Glucose Regulation:** Maintaining blood sugar levels.

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:** The site of protein and lipid synthesis.

Integumentary System

Definition: The system of the body that covers the outside.

Components:

- Skin:** The largest organ of the body.
- Hair:** Filaments of keratin that grow from the skin.
- Nails:** Hard, dead tissue that grows from the skin.

Functions:

- 1. Protection
- 2. Regulation of body temperature
- 3. Sensation

Muscular System

Definition: The system of the body that allows movement.

Components:

- Muscles:** Tissues that contract to produce movement.
- Tendons:** Connective tissue that attaches muscles to bones.

Types of Muscles:

- Skeletal:** Attached to bones.
- Cardiac:** Found in the heart.
- Smooth:** Found in internal organs.

Skeletal System

Definition: The system of the body that provides support and protection.

Components:

- Bones:** Hard, rigid structures that provide support.
- Joints:** Where two bones meet.

Functions:

- 1. Support
- 2. Protection
- 3. Movement

Respiratory System

Definition: The system of the body that takes in oxygen and removes carbon dioxide.

Components:

- Lungs:** Organs that exchange gases.
- Trachea:** The windpipe.
- Diaphragm:** The muscle that contracts to breathe.

Process:

1. Inhalation
2. Exhalation

Circulatory System

Definition: The system of the body that transports blood.

Components:

- Heart:** The pump that moves blood.
- Blood Vessels:** Tubes that carry blood.

Types of Blood:

- Oxygenated:** Carries oxygen to the body.
- Deoxygenated:** Carries carbon dioxide to the lungs.

Digestive System

Definition: The system of the body that breaks down food.

Components:

- Mouth:** Where food enters.
- Esophagus:** The tube that carries food to the stomach.
- Stomach:** Where food is broken down.
- Small Intestine:** Where nutrients are absorbed.
- Large Intestine:** Where water is absorbed.

Process:

1. Ingestion
2. Digestion
3. Absorption

Excretory System

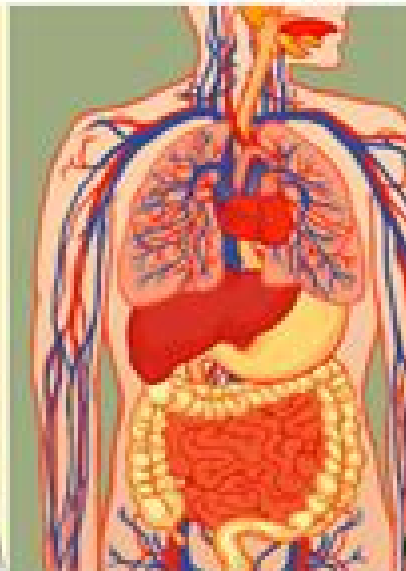
Definition: The system of the body that removes waste.

Components:

- Kidneys:** Organs that filter blood.
- Ureters:** Tubes that carry urine.
- Bladder:** Where urine is stored.
- Uthra:** The opening where urine leaves the body.

Process:

1. Filtration
2. Reabsorption
3. Secretion



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Endocrine System

Definition: The system of the body that regulates metabolism.

Components:

- Pituitary Gland:** The master gland.
- Thyroid Gland:** Regulates metabolism.
- Adrenal Gland:** Produces hormones.
- Pancreas:** Produces insulin.

Process:

1. Hormone release
2. Hormone action

Reproductive System

Definition: The system of the body that produces offspring.

Components:

- Ovaries:** Produce eggs.
- Uterus:** Where the fetus develops.
- Vagina:** The birth canal.

Process:

1. Fertilization
2. Pregnancy
3. Birth

Immune System

Definition: The system of the body that defends against disease.

Components:

- White Blood Cells:** Fight infection.
- Antibodies:** Proteins that destroy pathogens.

Process:

1. Pathogen entry
2. Immune response
3. Pathogen destruction

Nervous System

Definition: The system of the body that controls the body.

Components:

- Brain:** The control center.
- Spinal Cord:** The pathway for signals.
- Nerves:** Carry signals to and from the body.

Process:

1. Signal reception
2. Signal processing
3. Signal transmission

Sensory System

Definition: The system of the body that detects changes in the environment.

Components:

- Eyes:** Detect light.
- Ears:** Detect sound.
- Nose:** Detect smell.
- Tongue:** Detect taste.

Process:

1. Stimulus detection
2. Signal transmission
3. Response

Cardiovascular System

Definition: The system of the body that transports blood.

Components:

- Heart:** The pump.
- Blood Vessels:** Carry blood.

Process:

1. Blood flow
2. Gas exchange

Respiratory System

Definition: The system of the body that takes in oxygen and removes carbon dioxide.

Components:

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- Diaphragm:** Breathing muscle.

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Judd E. Hollander



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past to the 21st century based on the premise that understanding the works of scientists like Hooke Hofmeister Caspary
Strasburger Sachs Schleiden Schwann Mendel Nemec McClintock etc in the context of the latest advances in plant cell
biology will help provide valuable new insights Plants have been an object of study since the roots of the Greek Chinese and
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