

ANATOMY AND PHYSIOLOGY

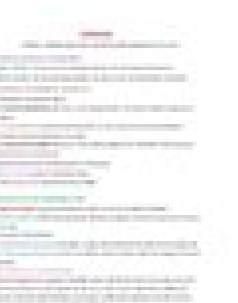
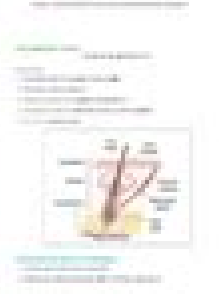
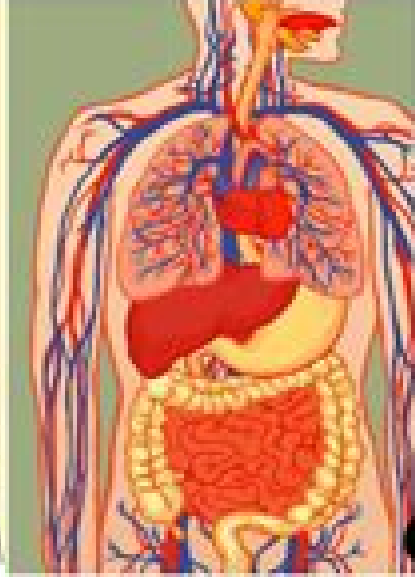
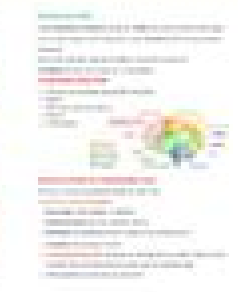
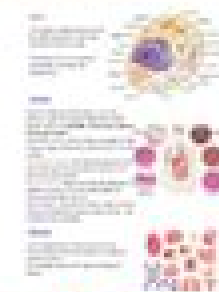
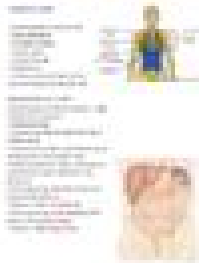
23 PAGES GUIDE

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 fingers and toes.
	Sweat glands	Helps regulate body temperature.
Skeletal	Bones	Support the body and protect internal organs.
	Joints	Allow movement of the body.
	Ligaments	Connect bones to bones.
	Tendons	Connect muscles to bones.

System	Structure	Function
Muscular	Myofibrils	Contract to produce movement.
	Sarcomeres	Basic unit of muscle contraction.
	Actin	Thick filament protein.
	Myosin	Thin filament protein.
Cardiovascular	Heart	Pumps blood throughout the body.
	Arteries	Carry oxygenated blood away from the heart.
	Venae cavae	Carry deoxygenated blood to the heart.
	Capillaries	Exchange oxygen and nutrients with tissues.

System	Structure	Function
Respiratory	Lungs	Exchange oxygen and carbon dioxide.
	Trachea	Carry air into and out of the lungs.
	Diaphragm	Contract to draw air into the lungs.
	Alveoli	Site of gas exchange.
Digestive	Mouth	Chewing and initial digestion.
	Stomach	Breaks down food into smaller pieces.
	Small intestine	Absorbs nutrients from food.
	Large intestine	Eliminates waste from the body.



Anatomy Study Guide Personal Trainer

Mark Steyvers



Anatomy Study Guide Personal Trainer:

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