

# ANATOMY AND PHYSIOLOGY

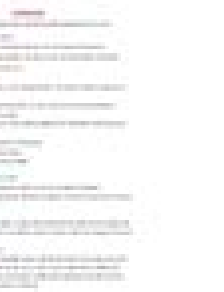
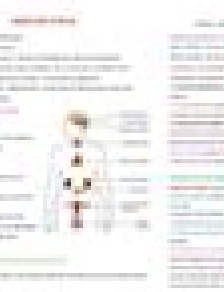
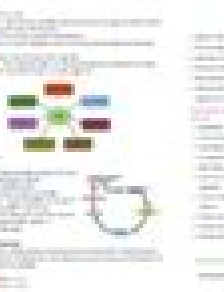
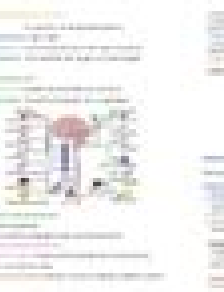
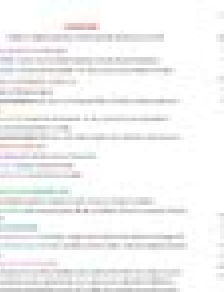
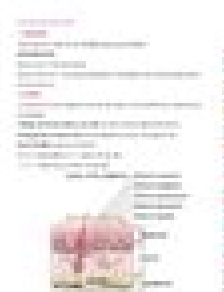
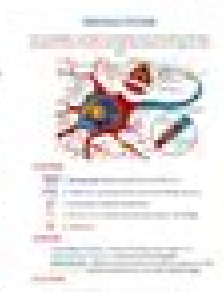
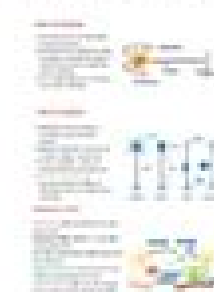
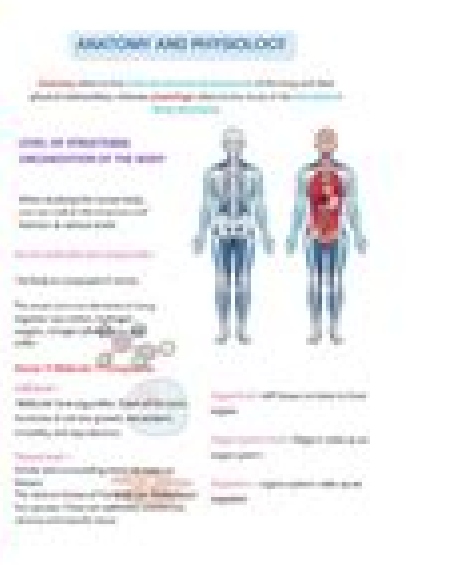
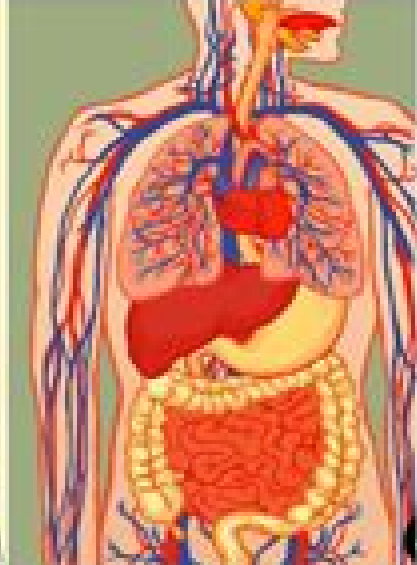
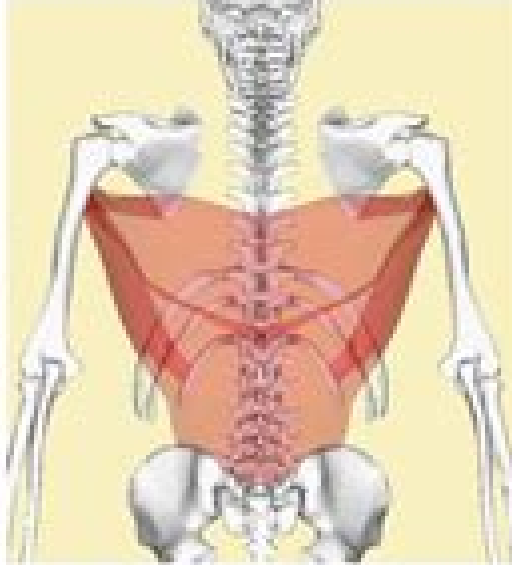
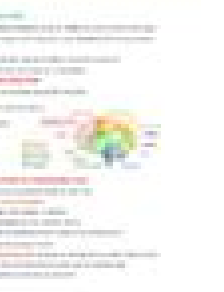
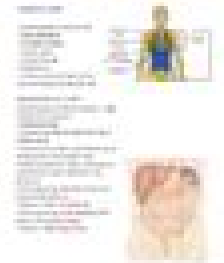
23 PAGES GUIDE

## 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.                      |
| Musculoskeletal | Bones        | Support the body and protect internal organs.         |
|                 | Muscles      | Move the body and maintain posture.                   |
|                 | Joints       | Allow movement between bones.                         |
|                 | Ligaments    | Connect bones to bones.                               |

| System         | Structure   | Function                                      |
|----------------|-------------|-----------------------------------------------|
| Cardiovascular | Heart       | Pumps blood throughout the body.              |
|                | Arteries    | Carry oxygenated blood away from the heart.   |
|                | Venues      | Carry deoxygenated blood back to the heart.   |
|                | Capillaries | Exchange oxygen and nutrients with tissues.   |
| Respiratory    | Lungs       | Exchange oxygen and carbon dioxide.           |
|                | Trachea     | Carries air in and out of the lungs.          |
|                | Diaphragm   | Contracts and relaxes to move air in and out. |
|                | Alveoli     | Small sacs where gas exchange occurs.         |

| System    | Structure  | Function                                       |
|-----------|------------|------------------------------------------------|
| Digestive | Mouth      | Chews food and begins digestion.               |
|           | Esophagus  | Transports food from the mouth to the stomach. |
|           | Stomach    | Breaks down food into smaller pieces.          |
|           | Intestines | Absorb nutrients and eliminate waste.          |



# Anatomy Study Guide Personal Trainer

**Mark Vella**



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