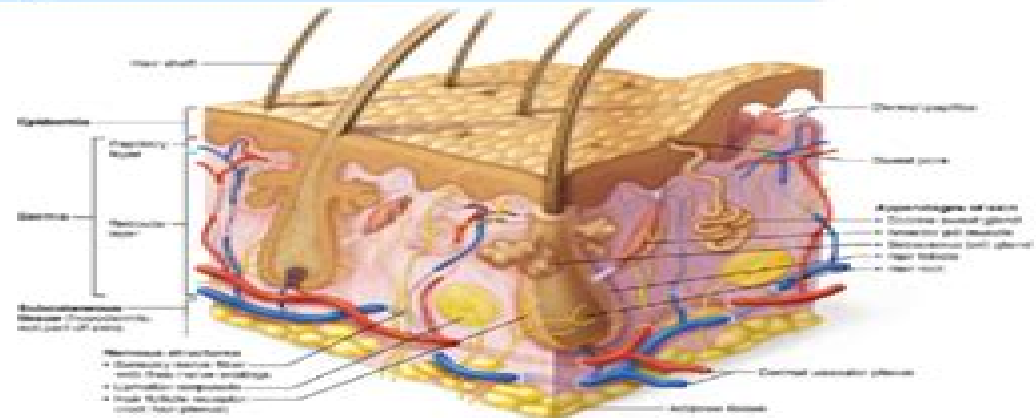


CHAPTER 5

The Integumentary System

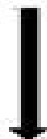
5.1 – THE SKIN CONSISTS OF 2 LAYERS: THE EPIDERMIS AND DERMIS

- 2 layers:
 1. **Epidermis:** Composed of epithelial cells; outermost protective shield of the body
 - Epi = Upon
 2. **Dermis:** Underlying bulk of skin; tough, leathery layer composed mostly of dense connective tissue
 - Highly vascularized
- Nutrients reach epidermis by diffusing through tissue fluid via BV in the dermis
- **Hypodermis (Subcutaneous) Tissue:** Subcutaneous tissue deep to skin
 - Not part of skin; also known as superficial fascia
 - Stores adipose tissue; shock absorber and insulator (↓ heat loss)
 - Anchors the skin to the underlying structures
- Sliding skin protects by ensuring many blows bounce off the skin



5.2 – THE EPIDERMIS IS A KERATINIZED STRATIFIED SQUAMOUS EPITHELIUM

SUPERFICIAL



DEEP

- There are 4 or 5 layers of the epidermis:
 - (i) Stratum Corneum
 - (ii) Stratum Lucideum
 - (iii) Stratum Granulosum
 - (iv) Stratum Spinosum
 - (v) Stratum Basale
- 4 distinct cells:
 - (i) Keratinocytes
 - (ii) Melanocytes
 - (iii) Dendritic (Langerhans) Cells
 - (iv) Tactile (Merkel) Cells

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web day 1 chest and back bench press 8 reps at 8rm you should reach muscular failure at the 8 th repetition incline dumbbell press 12 reps at 12rm dumbbell flies 20

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hold a dumbbell in both hands with your palms around the sides of one of the bell ends not the handle bend one knee and rest the top of that foot on a bench see more

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bend over at the hips so your torso is about parallel to the floor keep your lower back arched take three seconds to raise the weights out 90 degrees to see more

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web exercising at this lower intensity will help to maximize fat loss as well as keep lactic acid levels low enough so as not to

interfere with the fat burning process a cool down portion

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okay but how does lactic acid increase the production of growth hormone i m glad you asked well okay technically i asked but you get the point as lactic acid metabolites begin to flood the bloodstream this increases the overall acidity makes sense it s called lactic acid after all of the extracellular see more

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