

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 ends 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.
	Muscles	Move the body.
	Ligaments	Connect bones to bones.

System	Structure	Function
Muscular	Muscles	Move the body.
	Tendons	Connect muscles to bones.
	Ligaments	Connect bones to bones.
	Cartilage	Supports the body.
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 the body.

System	Structure	Function
Respiratory	Lungs	Exchange oxygen and carbon dioxide.
	Trachea	Carry air into and out of the lungs.
	Diaphragm	Helps with breathing.
	Alveoli	Exchange oxygen and carbon dioxide.
Digestive	Mouth	Breaks down food.
	Esophagus	Carries food to the stomach.
	Stomach	Digests food.
	Intestines	Absorb nutrients.

System	Structure	Function
Excretory	Kidneys	Filter waste from the blood.
	Ureters	Carry urine from the kidneys to the bladder.
	Bladder	Stores urine.
	Uthra	Excretes urine.
Reproductive	Ovaries	Produce eggs.
	Uterus	Where the fetus develops.
	Vagina	Passage for childbirth.
	Penis	Excretes sperm.

System	Structure	Function
Endocrine	Pituitary gland	Controls other glands.
	Thyroid gland	Regulates metabolism.
	Adrenal glands	Produce hormones.
	Pancreas	Produce insulin.

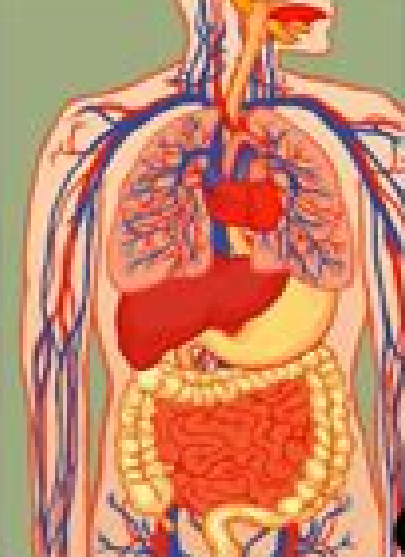
System	Structure	Function
Immune	White blood cells	Fight infection.
	Antibodies	Attack pathogens.
	Macrophages	Engulf pathogens.
	Neutrophils	Kill bacteria.

System	Structure	Function
Nervous	Brain	Controls the body.
	Spinal cord	Transmits signals.
	Nerves	Carry signals.
	Receptors	Receive signals.

System	Structure	Function
Sensory	Eyes	See.
	Ears	Hear.
	Nose	Smell.
	Tongue	Taste.

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ANATOMY AND PHYSIOLOGY

Understanding the structure and function of the human body is essential for understanding health and disease. This guide provides a comprehensive overview of the human body, from the cellular level to the whole organism.

Structure of the Human Body

- Cells:** The basic unit of life. Cells are made of various organelles, including the nucleus, mitochondria, and endoplasmic reticulum.
- Tissues:** Groups of cells that work together to perform a specific function. There are four main types of tissues: epithelial, connective, muscle, and nervous.
- Organs:** Structures made of different tissues that perform a specific function. Examples include the heart, lungs, and stomach.
- Systems:** Groups of organs that work together to perform a specific function. Examples include the circulatory system and the digestive system.

Physiology of the Human Body

- Homeostasis:** The process by which the body maintains a stable internal environment. This involves the use of feedback loops to regulate temperature, blood sugar, and other factors.
- Metabolism:** The chemical reactions that occur in the body to produce energy. This includes the breakdown of food into nutrients and the use of those nutrients to produce energy.
- Respiration:** The process by which the body takes in oxygen and releases carbon dioxide. This involves the lungs and the circulatory system.
- Digestion:** The process by which the body breaks down food into nutrients. This involves the mouth, stomach, and intestines.

Conclusion

Understanding the structure and function of the human body is essential for understanding health and disease. This guide provides a comprehensive overview of the human body, from the cellular level to the whole organism.

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Mary Reggie



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