

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:

- Positive Feedback:** Amplifies a response.
- Negative Feedback:** Opposes a response.

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.
- Golgi Apparatus:** The site of protein modification and transport.

Integumentary System

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

Parts:

- Skin:** The outermost layer of the body.
- Hair:** The hair on the body.
- Nails:** The nails on the fingers and toes.

Functions:

- Protection:** Protects the body from injury and infection.
- Regulation of Temperature:** Helps to regulate the body's temperature.
- Sensation:** Allows the body to sense the environment.

Muscular System

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

Parts:

- Muscles:** The muscles of the body.

Functions:

- Movement:** Moves the body and its parts.
- Posture:** Maintains the body's posture.
- Heat Production:** Produces heat to keep the body warm.

Cardiovascular System

Definition: The system of the body that transports blood.

Parts:

- Heart:** The pump of the system.
- Blood Vessels:** The vessels that carry blood.

Functions:

- Transportation:** Transports oxygen, nutrients, and waste.
- Regulation of Blood Pressure:** Helps to regulate blood pressure.

Respiratory System

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

Parts:

- Lungs:** The organs of the system.
- Trachea:** The windpipe.
- Diaphragm:** The muscle that moves the lungs.

Functions:

- Gas Exchange:** Takes in oxygen and removes carbon dioxide.

Digestive System

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

Parts:

- Mouth:** The beginning of the system.
- Esophagus:** The tube that carries food to the stomach.
- Stomach:** The organ that breaks down food.
- Small Intestine:** The organ that absorbs nutrients.
- Large Intestine:** The organ that removes waste.

Functions:

- Digestion:** Breaks down food into nutrients.
- Absorption:** Absorbs nutrients into the body.

Urinary System

Definition: The system of the body that removes waste from the blood.

Parts:

- Kidneys:** The organs of the system.
- Ureters:** The tubes that carry urine from the kidneys to the bladder.
- Bladder:** The organ that stores urine.
- Urethra:** The tube that carries urine from the bladder out of the body.

Functions:

- Excretion:** Removes waste from the body.
- Regulation of Blood Pressure:** Helps to regulate blood pressure.

Endocrine System

Definition: The system of the body that produces hormones.

Parts:

- Hypothalamus:** The brain's control center for the endocrine system.
- Pituitary Gland:** The master gland of the endocrine system.
- Thyroid Gland:** The gland in the neck that produces thyroid hormone.
- Adrenal Gland:** The gland on top of the kidney that produces adrenaline.
- Testes:** The male sex glands that produce testosterone.
- Ovaries:** The female sex glands that produce estrogen.

Functions:

- Regulation of Growth and Development:** Controls the body's growth and development.
- Regulation of Metabolism:** Controls the body's metabolism.



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Reproductive System

Definition: The system of the body that produces offspring.

Parts:

- Male:** Testes, vas deferens, urethra, penis.
- Female:** Ovaries, fallopian tubes, uterus, vagina.

Functions:

- Reproduction:** Produces offspring.

Immune System

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

Parts:

- White Blood Cells:** The cells that fight infection.
- Antibodies:** The proteins that bind to and destroy pathogens.

Functions:

- Defense:** Defends the body against disease.

Nervous System

Definition: The system of the body that controls the body's actions.

Parts:

- Brain:** The control center of the system.
- Spinal Cord:** The tube that carries messages from the brain to the rest of the body.
- Nerves:** The fibers that carry messages.

Functions:

- Control:** Controls the body's actions.

Skeletal System

Definition: The system of the body that supports the body and protects the organs.

Parts:

- Bones:** The hard structures of the system.

Functions:

- Support:** Supports the body.
- Protection:** Protects the organs.
- Movement:** Allows the body to move.

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