

ANATOMY & PHYSIOLOGY

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HUMAN ANATOMY AND PHYSIOLOGY

Study of the human organism and its internal body



Anatomy

The study of the structure of the human body and its parts.

Physiology

The study of the function of the human body and its parts.

Structural levels

Studying the human body at the cellular, tissue, organ, and system levels.

- 1. **Cellular level** - study of the structure and function of cells.
- 2. **Tissue level** - study of the structure and function of tissues.
- 3. **Organ level** - study of the structure and function of organs.
- 4. **System level** - study of the structure and function of systems.
- 5. **Whole body level** - study of the structure and function of the whole body.

CELLS AND TISSUES

Cells are the basic units of structure and function of the human body.



Organization of cellular levels

Cells are organized into tissues, organs, and systems.

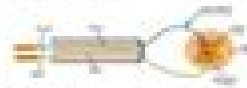
1. **Cellular level** - study of the structure and function of cells.

2. **Tissue level** - study of the structure and function of tissues.

3. **Organ level** - study of the structure and function of organs.

4. **System level** - study of the structure and function of systems.

5. **Whole body level** - study of the structure and function of the whole body.



The **epithelium** is the outermost layer of cells that covers the body.

1. **Epithelial cells** - cells that cover the body.

2. **Connective tissue** - tissue that connects the body.

3. **Muscle tissue** - tissue that contracts and moves the body.

4. **Nervous tissue** - tissue that transmits signals.

5. **Epithelial tissue** - tissue that covers the body.

ORGANS

Organs are structures made of different types of tissues that perform a specific function.

1. **Heart** - pumps blood throughout the body.

2. **Lungs** - exchange oxygen and carbon dioxide.

3. **Stomach** - digests food.

4. **Intestines** - absorb nutrients.

5. **Kidneys** - filter waste from the blood.

6. **Liver** - produces bile and filters toxins.

7. **Spleen** - filters old red blood cells.

8. **Thyroid** - produces thyroid hormone.

9. **Pituitary** - produces growth hormone.

10. **Hypothalamus** - controls body temperature.

11. **Adrenal** - produces adrenaline.

12. **Testes** - produce sperm.

13. **Ovaries** - produce eggs.

14. **Uterus** - carries the fetus.

15. **Vagina** - birth canal.

16. **Penis** - male organ.

17. **Scrotum** - sac containing the testes.

18. **Prostate** - gland that filters urine.

19. **Bladder** - stores urine.

20. **Urethra** - tube that carries urine.

21. **Vulva** - female organ.

22. **Clitoris** - female organ.

23. **Labia** - female organ.

24. **Perineum** - area between the anus and vagina.

25. **Anus** - rectal opening.

26. **Rectum** - large intestine.

27. **Sigmoid** - part of the large intestine.

28. **Cecum** - part of the large intestine.

29. **Appendix** - small intestine.

30. **Small intestine** - digests food.

31. **Large intestine** - absorbs water.

32. **Rectum** - stores feces.

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50. **Rectum** - stores feces.

SYSTEMS

Systems are groups of organs that work together to perform a specific function.

1. **Cardiovascular system** - pumps blood.

2. **Respiratory system** - exchanges gases.

3. **Digestive system** - digests food.

4. **Excretory system** - removes waste.

5. **Reproductive system** - produces offspring.

6. **Immune system** - fights disease.

7. **Nervous system** - controls the body.

8. **Endocrine system** - produces hormones.

9. **Musculoskeletal system** - moves the body.

10. **Skin system** - protects the body.

11. **Thermoregulatory system** - maintains body temperature.

12. **Osmoregulatory system** - maintains body fluid balance.

13. **Acid-base balance system** - maintains blood pH.

14. **Electrolyte balance system** - maintains ion balance.

15. **Glucose balance system** - maintains blood sugar.

16. **Calcium balance system** - maintains bone density.

17. **Vitamin balance system** - maintains health.

18. **Water balance system** - maintains hydration.

19. **Temperature balance system** - maintains body temperature.

20. **Pressure balance system** - maintains blood pressure.

21. **Heart rate balance system** - maintains heart rate.

22. **Blood pressure balance system** - maintains blood pressure.

23. **Blood volume balance system** - maintains blood volume.

24. **Blood pH balance system** - maintains blood pH.

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Digestive system

1. **Mouth** - where food enters the body.

2. **Salivary glands** - produce saliva.

3. **Esophagus** - tube that carries food.

4. **Stomach** - digests food.

5. **Small intestine** - absorbs nutrients.

6. **Large intestine** - absorbs water.

7. **Rectum** - stores feces.

8. **Anus** - rectal opening.

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NERVOUS SYSTEM

Neurons

Neurons are the basic units of the nervous system.

1. **Cell body** - contains the nucleus.

2. **Dendrites** - receive signals.

3. **Axon** - carries signals.

4. **Myelin sheath** - insulates the axon.

5. **Synapse** - where signals are passed.

6. **Terminal buttons** - release neurotransmitters.



Neurotransmitters

Neurotransmitters are chemicals that transmit signals.

1. **Acetylcholine** - stimulates muscle contraction.

2. **Dopamine** - regulates movement and emotion.

3. **Glutamate** - stimulates the brain.

4. **GABA** - inhibits the brain.

5. **Histamine** - regulates the immune system.

6. **Insulin** - regulates blood sugar.

7. **Norepinephrine** - stimulates the heart.

8. **Parathyroid hormone** - regulates calcium.

9. **Testosterone** - stimulates the male sex drive.

10. **Thyroid hormone** - regulates metabolism.

11. **Vitamin D** - regulates bone density.

12. **Zinc** - regulates the immune system.

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Behnke, Jennifer Plant, 2021-07-06 Kinetic Anatomy Fourth Edition With HKPropel Access gives students a firm concept of musculoskeletal anatomy by systematically assembling each component of the human body Layer by layer readers will study bones ligaments joints and muscles as well as the nerves and blood vessels that supply these muscles that are essential for movement With full color visual aids and activities that invite readers to apply their understanding of structural anatomy to their own lives the fourth edition is ideally suited for students studying physical activity because it explores how the structural anatomy of the human body facilitates movement Part I of the text introduces the basics of structural anatomy It describes how bones joints muscles nerves and other essential anatomy work together to allow for fundamental movement Part II details the anatomy of the upper extremity region including the shoulder elbow forearm wrist and hand Part III of the text explores the anatomy of the head spinal column thorax and pelvis These chapters include unique coverage not found in other anatomy texts explaining how the brain heart and lungs as the power centers of the nervous cardiovascular and

respiratory systems affect movement Part IV discusses the anatomy of the lower extremity region the hip thigh knee lower leg ankle and foot Parts II III and IV each end with a summary table that offers a quick reference for the components of the body region featured in that part Kinetic Anatomy Fourth Edition contains nearly 400 photos illustrations and infographics to help readers visualize structural anatomy and engage with their coursework Throughout the book Hands On exercises instruct readers to physically identify anatomical structures on themselves or on a partner and Focus On sidebars illustrate circumstances in everyday activity that relate to the specific anatomical structures in the text Pop quizzes provide readers an opportunity to strengthen their clinical reasoning skills by asking them to identify the muscles shown in the accompanying photo The fourth edition is further enhanced with the addition of new online learning tools all of which can be assigned and progress tracked by instructors directly through HKPropel Anatomy labeling and coloring sheets offer students nearly 100 interactive activities that test their knowledge of anatomical structures and function Learning activities true false multiple choice and fill in the blank questions and functional movement exercises ensure students have a firm grasp of key points from each chapter Chapter quizzes assessments may also be assigned these are automatically graded to test comprehension of critical concepts Readers of Kinetic Anatomy Fourth Edition will learn what structures are involved in movement and how those structures should function allowing them to identify problems and correct them to enhance physical activity Anyone interested in just how their body functions during physical activity and how certain overuse or misuse can affect certain anatomical structures will benefit from this book Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

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Table of Contents Anatomy Study Guide Games For Students

1. Understanding the eBook Anatomy Study Guide Games For Students
 - The Rise of Digital Reading Anatomy Study Guide Games For Students
 - Advantages of eBooks Over Traditional Books
2. Identifying Anatomy Study Guide Games For Students
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Anatomy Study Guide Games For Students
 - User-Friendly Interface
4. Exploring eBook Recommendations from Anatomy Study Guide Games For Students
 - Personalized Recommendations
 - Anatomy Study Guide Games For Students User Reviews and Ratings
 - Anatomy Study Guide Games For Students and Bestseller Lists
5. Accessing Anatomy Study Guide Games For Students Free and Paid eBooks
 - Anatomy Study Guide Games For Students Public Domain eBooks
 - Anatomy Study Guide Games For Students eBook Subscription Services
 - Anatomy Study Guide Games For Students Budget-Friendly Options
6. Navigating Anatomy Study Guide Games For Students eBook Formats

- ePub, PDF, MOBI, and More
- Anatomy Study Guide Games For Students Compatibility with Devices
- Anatomy Study Guide Games For Students Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Anatomy Study Guide Games For Students
 - Highlighting and Note-Taking Anatomy Study Guide Games For Students
 - Interactive Elements Anatomy Study Guide Games For Students
- 8. Staying Engaged with Anatomy Study Guide Games For Students
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Anatomy Study Guide Games For Students
- 9. Balancing eBooks and Physical Books Anatomy Study Guide Games For Students
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Anatomy Study Guide Games For Students
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Anatomy Study Guide Games For Students
 - Setting Reading Goals Anatomy Study Guide Games For Students
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Anatomy Study Guide Games For Students
 - Fact-Checking eBook Content of Anatomy Study Guide Games For Students
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
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