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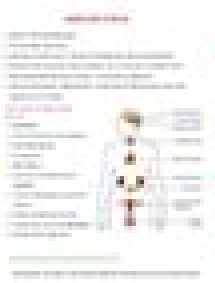
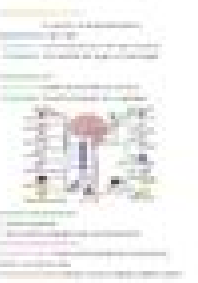
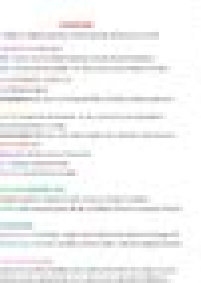
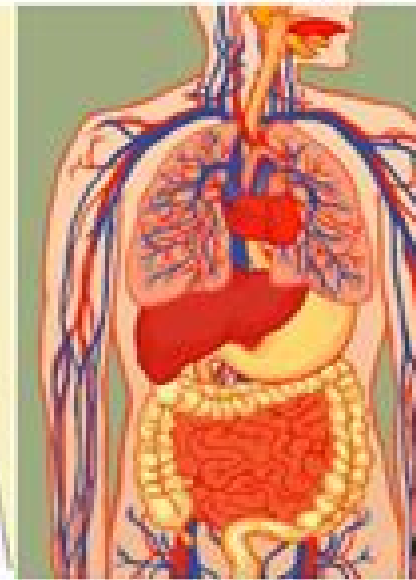
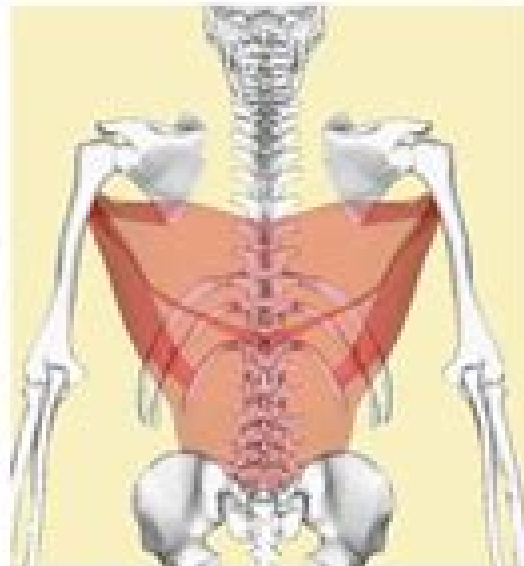
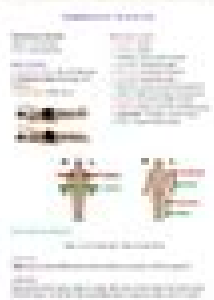
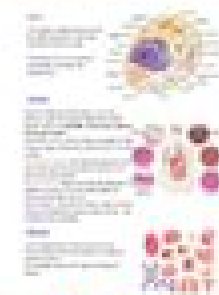
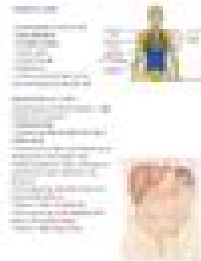
23 PAGES GUIDE

## 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.                           |
|               | Ligaments    | Connect bones to bones.                               |
|               | Tendons      | Connect muscles to bones.                             |

| System         | Structure   | Function                                    |
|----------------|-------------|---------------------------------------------|
| Muscular       | Myofibrils  | Contract to produce movement.               |
|                | Sarcomeres  | Basic unit of muscle contraction.           |
|                | Actin       | Thick filament protein.                     |
|                | Myosin      | Thin filament protein.                      |
| 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. |

| System      | Structure       | Function                              |
|-------------|-----------------|---------------------------------------|
| Respiratory | Lungs           | Exchange oxygen and carbon dioxide.   |
|             | Trachea         | Carry air into and out of the lungs.  |
|             | Diaphragm       | Contracts to draw air into the lungs. |
|             | Alveoli         | Site of gas exchange.                 |
| Digestive   | Mouth           | Chewing and initial digestion.        |
|             | Stomach         | Breaks down food into smaller pieces. |
|             | Small intestine | Absorbs nutrients from food.          |
|             | Large intestine | Eliminates waste from the body.       |



# Anatomy Study Guide Personal Trainer

**Ying-Ying Zheng**



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offspring that are genetically unique fertilisation is the process in which the nucleus of a sperm cell fuses with the nucleus of an egg cell to produce a zygote which will eventually grow into

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