

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:

- Stimulus:** A change in the environment that triggers a response.
- Receptor:** A sensor that detects the stimulus.
- Control Center:** The brain or other part of the body that processes the information and sends out a response.
- Effector:** A muscle or gland that carries out the response.

Cell Structure

Prokaryotic Cell: A simple cell without a nucleus.

- Cell Wall:** A rigid outer layer that provides structural support.
- Plasma Membrane:** A thin barrier that separates the cell from its environment.
- Cytoplasm:** The fluid-filled space inside the cell.
- Ribosomes:** Small structures that synthesize proteins.

Eukaryotic Cell: A more complex cell with a nucleus.

- Nucleus:** The control center of the cell, containing DNA.
- Endoplasmic Reticulum:** A network of membranes that synthesize and transport proteins.
- Golgi Apparatus:** A series of stacked membranes that process and package proteins.
- Mitochondria:** Organelles that produce energy for the cell.

Integumentary System

Functions:

- 1. Protection
- 2. Regulation of body temperature
- 3. Sensation
- 4. Excretion
- 5. Synthesis of vitamin D

Components:

- Skin:** The outermost layer of the body.
- Hair:** Projections from the skin.
- Nails:** Hard structures at the end of fingers and toes.

Muscular System

Functions:

- 1. Movement
- 2. Posture
- 3. Heat production

Types of Muscles:

- Skeletal:** Attached to bones and responsible for voluntary movement.
- Cardiac:** Found in the heart and responsible for pumping blood.
- Smooth:** Found in internal organs and responsible for involuntary movement.

Nervous System

Functions:

- 1. Communication
- 2. Control
- 3. Coordination

Components:

- Brain:** The central control center.
- Spinal Cord:** A long, thin structure that carries messages between the brain and the rest of the body.
- Nerves:** Bundles of fibers that carry messages.

Endocrine System

Functions:

- 1. Regulation of metabolism
- 2. Growth
- 3. Reproduction

Components:

- Hypothalamus:** The brain's control center for the endocrine system.
- Pituitary Gland:** A small gland that releases hormones.
- Thyroid Gland:** A gland in the neck that produces thyroid hormone.
- Adrenal Gland:** A gland on top of the kidney that produces adrenaline.

Immune System

Functions:

- 1. Defense against pathogens
- 2. Healing

Components:

- White Blood Cells:** Cells that fight infection.
- Antibodies:** Proteins that bind to and destroy pathogens.
- Lymphatic System:** A system of vessels that carries lymph.

Respiratory System

Functions:

- 1. Gas exchange

Components:

- Lungs:** Two organs in the chest that exchange gases.
- Trachea:** The windpipe that carries air to the lungs.
- Diaphragm:** A muscle that contracts and relaxes to move air in and out of the lungs.

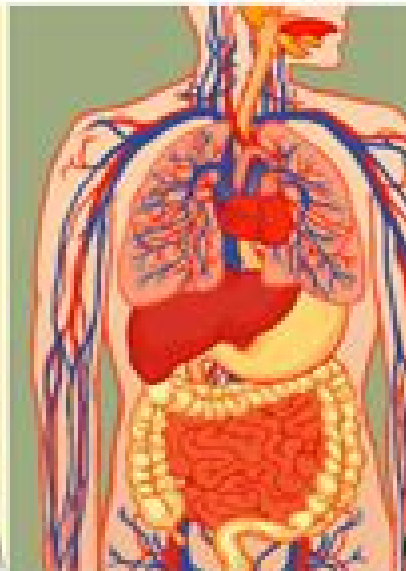
Circulatory System

Functions:

- 1. Transport of oxygen and nutrients
- 2. Removal of waste

Components:

- Heart:** The pump that moves blood.
- Blood Vessels:** Tubes that carry blood.
- Blood:** The fluid that carries oxygen and nutrients.



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Digestive System

Functions:

- 1. Breakdown of food
- 2. Absorption of nutrients

Components:

- Mouth:** The starting point of digestion.
- Esophagus:** The tube that carries food to the stomach.
- Stomach:** The organ that breaks down food.
- Small Intestine:** The long tube where most nutrients are absorbed.
- Large Intestine:** The shorter tube where water is absorbed.
- Rectum:** The final part of the digestive tract.
- Anus:** The opening at the end of the digestive tract.

Anatomy And Physiogly Study Guide

Barbara Herlihy



Anatomy And Physiogly Study Guide:

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