

Human Anatomy and Physiology Laboratory

Exercise 5

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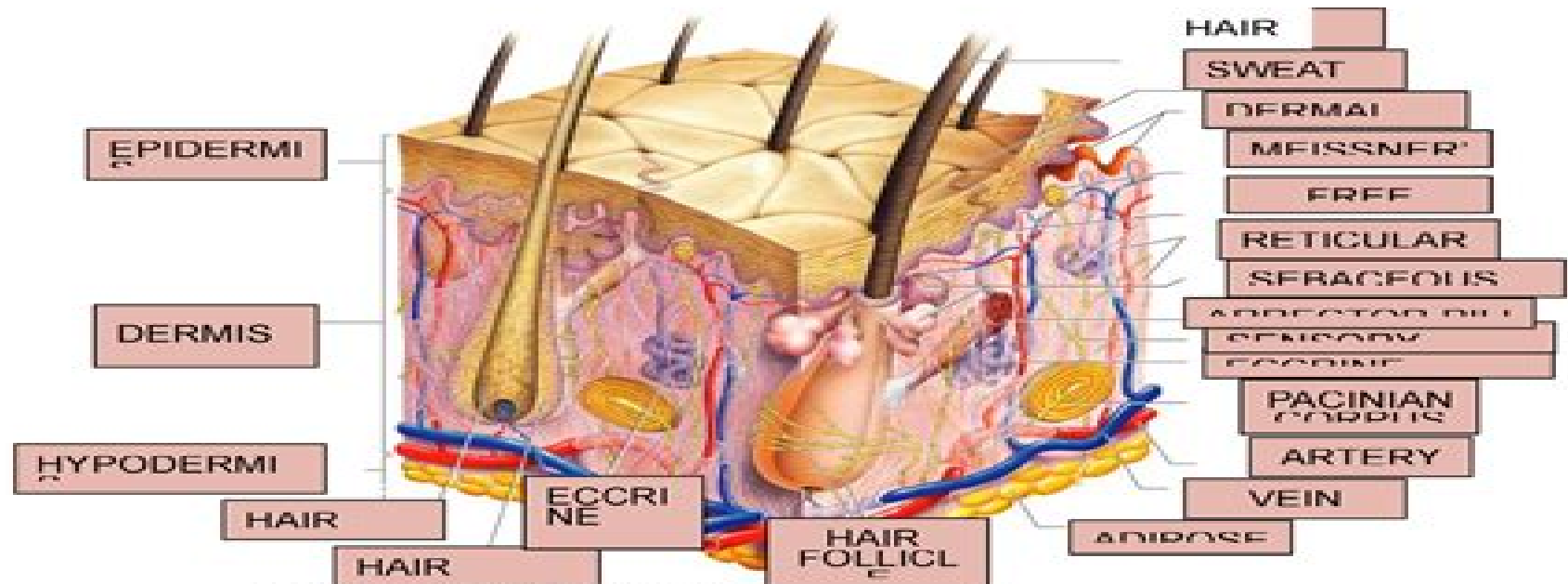
Lab Time/ Date 7am- 10am, september 28,2021

Activity 1 – Basic Skin Structure

A. Name four protective functions of the skin.

1. Protects deeper tissue: It insulates and cushions the deeper body organs and protects the entire body from mechanical damage (bumps and cuts), chemical damage (such as from acids and bases), thermal damage (heat and cold), ultraviolet (UV) radiation (in sunlight), and microbes. The uppermost layer of the skin is hardened, to help prevent water loss from the body surface.
2. Aids in body heat loss or heat retention : The skin's rich capillary network and sweat glands (both controlled by the nervous system) play an important role in regulating heat loss from the body surface.
3. Aids in excretion of urea and uric acid: The skin acts as a mini-excretory system; urea, salts, and water are lost when we sweat.
4. Synthesizes vitamin D: The skin is also a chemical plant; it manufactures several proteins important to immunity and synthesizes vitamin D. (Modified cholesterol molecules in the skin are converted to vitamin D by sunlight.) The skin also produces acidic secretions, called the acid mantle, that protect against bacterial invasion

B. Label the skin structures and areas indicated in the accompanying diagram of skin.



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Prepared by: Dickson M. Dimara, DBS Instructor

Activities are excerpts from Essentials of Human Anatomy and Physiology Lab. Manual 4th edition (E.N.Marieb) and Anatomy and Physiology Coloring Workbook 7th edition (E.N.Marieb)

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