

# ANATOMY & PHYSIOLOGY

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### HUMAN ANATOMY AND PHYSIOLOGY

Study of the structure and function of the human body



#### Anatomy

The scientific study of the structure of the human body

#### Physiology

The scientific study of the function of the human body

#### Structural levels

Also known as the levels of organization of the human body

- 1. Chemical level - study of the chemical composition of the body
- 2. Cellular level - study of the structure and function of cells
- 3. Tissue level - study of the structure and function of tissues
- 4. Organ level - study of the structure and function of organs
- 5. System level - study of the structure and function of body systems
- 6. Organism 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



#### Composition of cellular fluids

Cells are composed of various fluids

Extracellular fluid - fluid outside the cell

Intracellular fluid - fluid inside the cell

Interstitial fluid - fluid between cells

Blood plasma - fluid part of blood

Organic fluids - fluids containing organic molecules

Inorganic fluids - fluids containing inorganic molecules

Electrolytes - substances that conduct electricity

Non-electrolytes - substances that do not conduct electricity

Acids - substances that release hydrogen ions

Bases - substances that accept hydrogen ions

pH - measure of acidity or basicity

Homeostasis - the body's ability to maintain a stable internal environment

Feedback loops - mechanisms that regulate homeostasis

Positive feedback - amplifies a response

Negative feedback - reduces a response

Set point - the desired value of a variable

Range - the acceptable range of values for a variable

Stimulus - a change in the environment that triggers a response

Receptor - a structure that detects a stimulus

Effector - a structure that responds to a stimulus

Control center - a structure that coordinates a response

Output - the response to a stimulus

Input - the information that triggers a response

Feedback - the process of returning a system to its set point

Homeostatic imbalance - a state of disequilibrium

Disease - a condition that disrupts homeostasis

Disorder - a condition that disrupts homeostasis

Symptom - a sign or sensation that indicates a problem

Sign - an objective indication of a problem

Symptom - a subjective indication of a problem

Diagnosis - the identification of a disease or condition

Prognosis - the prediction of the outcome of a disease or condition

Therapy - a treatment for a disease or condition

Prevention - measures to avoid a disease or condition

Health - a state of well-being

Wellness - a state of well-being

Quality of life - a measure of well-being

Life expectancy - the average number of years a person is expected to live

Mortality rate - the number of deaths per 1,000 people per year

Morbidity rate - the number of cases of a disease per 1,000 people per year

Prevalence - the number of cases of a disease at a given time

Incidence - the number of new cases of a disease at a given time

Remission - a temporary improvement in a disease or condition

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#### Digestive system

1. Ingestion - taking food into the body

2. Digestion - breaking down food into smaller molecules

3. Absorption - taking nutrients into the body

4. Elimination - removing waste from the body

5. Defecation - removing waste from the body

6. Excretion - removing waste from the body

7. Metabolism - chemical reactions in the body

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### RESPIRATORY SYSTEM

#### Respiration

1. Ventilation - moving air in and out of the lungs

2. Diffusion - the exchange of gases between the lungs and the blood

3. Transport - carrying gases to and from the cells

4. Regulation - controlling the rate of respiration

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**J Spring**



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