HUMAN BIOLOGY FINAL EXAM STUDY GUIDE

Bone structure

- Compact bone
 - is composed of osteons with a central canal containing blood vessels.
 - contains living bone cells called osteocytes in chambers called lacunae.

More detail on bone

- Spongy bone
 - is made of plates with spaces filled with red bone marrow.

Where are all the 3 types of cartilage found?

- Cartilage is flexible connective tissue categorized based on the type and arrangement of matrix fibers.
- Types
 - Hyaline cartilage: ends of long bones, nose, ends of ribs, larynx and trachea
 - Fibrocartilage: disks between vertebrae and in the knee (meniscus); stronger than hyaline cartilage
 - Elastic cartilage: ear flaps and epiglottis; more flexible than hyaline cartilage

Bones of the face and hyoid bone

- Facial bones.
 - Mandible
 - Maxillae
 - Zygomatic bones
 - Nasal bones
- Hyoid
 - Only bone that does not articulate with another bone

What are the important cells in bone growth, repair, and remodeling?

- Osteocytes mature bone cells that maintain bone structure (live in bone)derived from osteoblasts
- Osteoblasts bone-forming cells (lay down bone)
- Osteoclasts bone-absorbing cells (bone eaters)
- Chondrocytes cartilage-forming cells

Osteoporosis

- Osteoporosis is a condition where bones are weakened due to a decreased bone mass.
- · Bone reabsorption exceeds absorption usually by age 40.
- Risk factors include: women, white or Asian, thin, family history, early menopause, smoking, diet low in calcium, excessive caffeine or alcohol consumption, and a sedentary lifestyle.

The sarcomere

- Made of 2 protein myofilaments
 - A thick filament is composed of several hundred molecules of the protein myosin. Each myosin molecule is shaped like a golf club.
 - Primarily, a thin filament consists of 2 intertwining strands of the protein actin.
 - These filaments slide over one another during muscle contraction.

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Albert A Gayle

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Table of Contents Human Biology Final Study Guide

- 1. Understanding the eBook Human Biology Final Study Guide
 - The Rise of Digital Reading Human Biology Final Study Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Human Biology Final Study Guide
 - 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 Human Biology Final Study Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Human Biology Final Study Guide
 - Personalized Recommendations
 - Human Biology Final Study Guide User Reviews and Ratings
 - Human Biology Final Study Guide and Bestseller Lists
- 5. Accessing Human Biology Final Study Guide Free and Paid eBooks
 - Human Biology Final Study Guide Public Domain eBooks

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

- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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