

The Nervous System

The nervous system is a complex, specialised network of cells in the human body and it is the primary internal system of communication. The cells involved carry messages to and from the brain so that all parts of the body can communicate with each other.

The nervous system contains all the neurons in the body (estimated as 15-20 billion) and various parts of the system are specialised for different functions.

- To do its job effectively, the brain needs to receive input from the body's sensory receptors (touch and pain receptors on the skin, taste etc). This information is carried along **SENSORY PATHWAYS** that run from sensory receptors to the spinal cord and then on to the brain.

Neurons making up these sensory pathways are called **SENSORY NEURONS**.

- In order to control movement, the brain needs to connect and communicate to muscles of the skeleton. It also needs to control the functioning of internal organs (heart, digestive system). **MOTOR PATHWAYS** allow the brain to control movement and the response of internal systems.

Neurons making up these motor pathways are called **MOTOR NEURONS**.

- We also have **RELAY NEURONS** which operate entirely within the CNS, interconnecting different parts of the brain to the spinal cord. Most of the neurons in the brain are relay neurons.

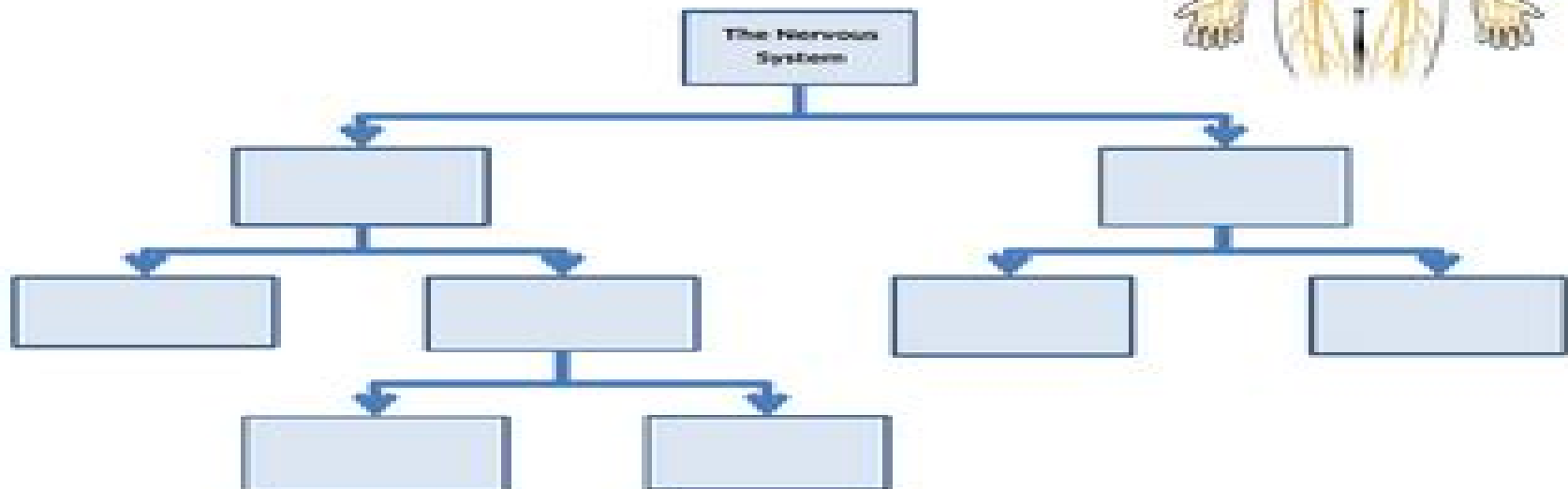
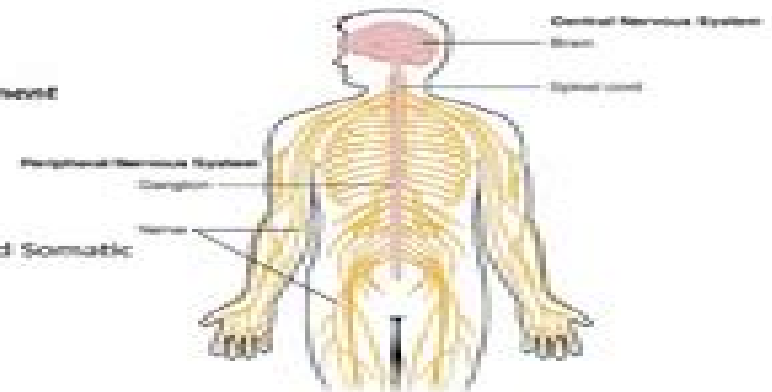
The nervous system has 2 main functions:

1. To collect, process and respond to information in the environment
2. To co-ordinate the working of organs and cells in the body

It is divided into 2 subsystems (which are then further split):

CENTRAL NERVOUS SYSTEM (CNS) = brain and spinal cord

PERIPHERAL NERVOUS SYSTEM (PNS) = Autonomic nervous system and Somatic nervous system



How The Nervous System Works Workbook

Lingsheng Yao



How The Nervous System Works Workbook:

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In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**How The Nervous System Works Workbook**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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