

* The human body is structured into systems.

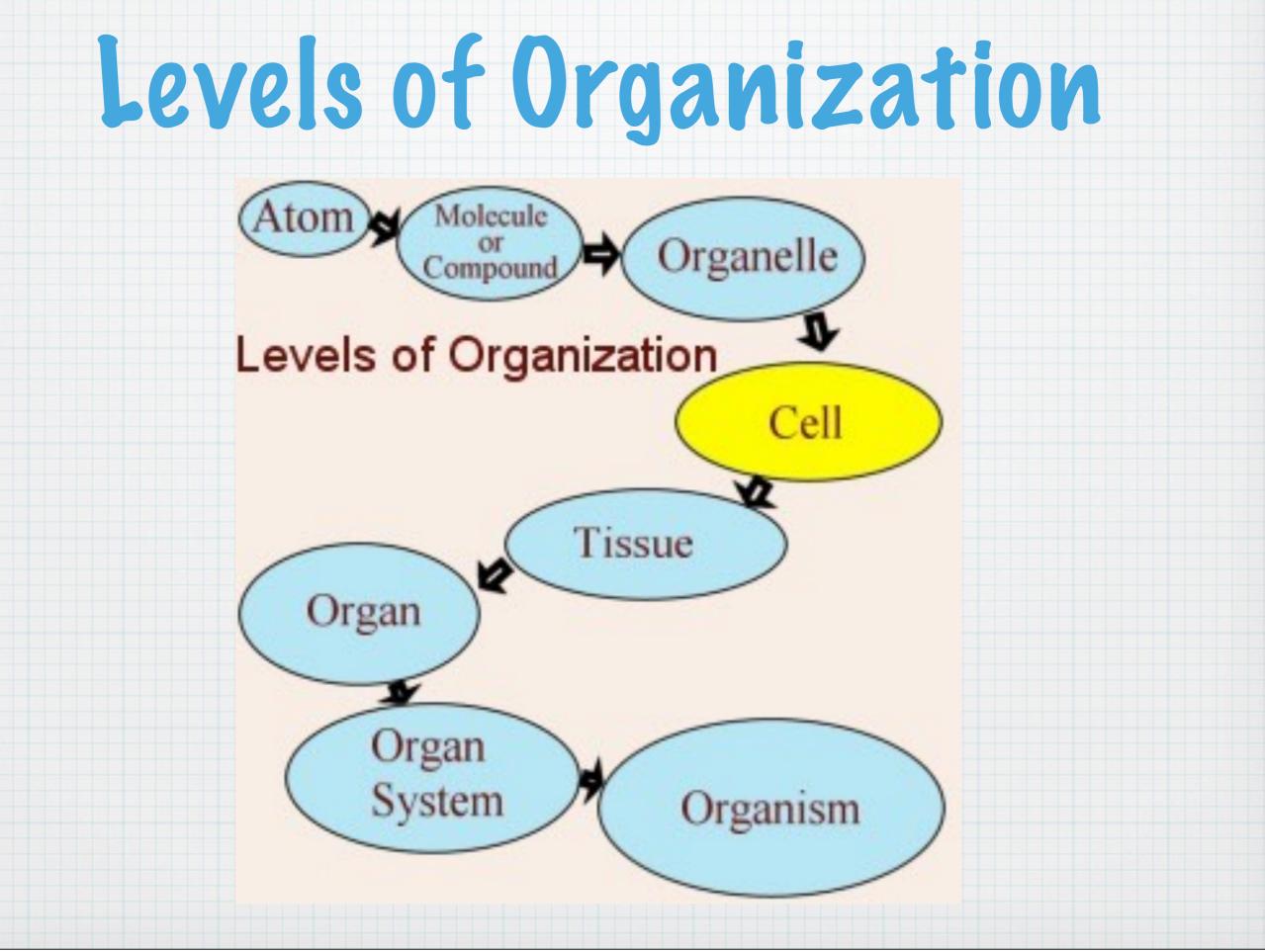
* Cells are the smallest unit of life.

* Calls similar in shape and function work together as tissues.

* Different types of tissues form organs to carry out particular functions.

* Examples of complex organs are your hands, stomach, kidneys and heart.

 Organs that have related structures or functions work together as an organ system.

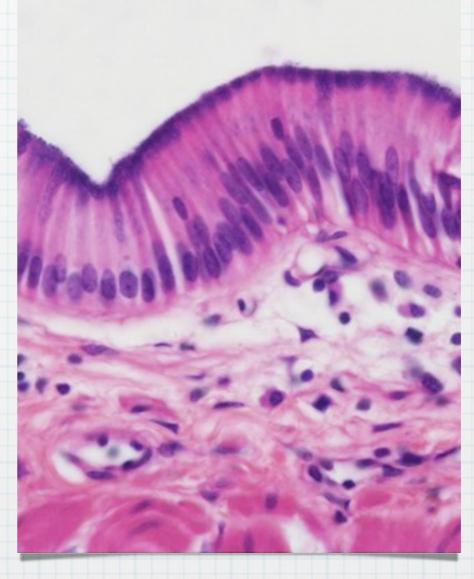




- * Tissue: A group of cells that work together to performs a specialized task.
- Organ: A structure composed of different tissues specialized to carry out a specific function.
- Organ System: A group of organs that have related functions.

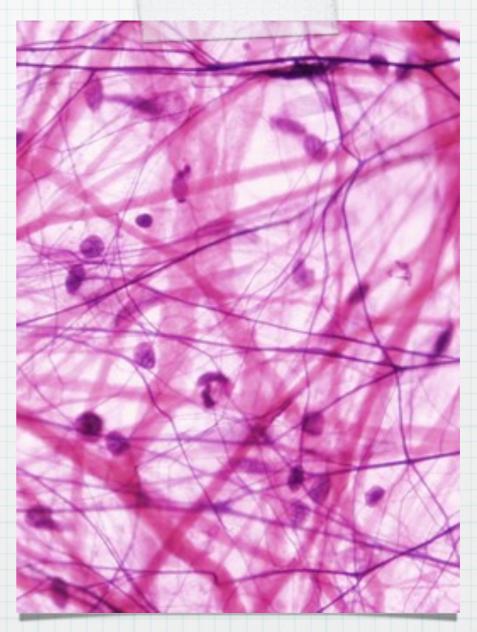
 Epithelial Tissues: covering that protect organs, lines body cavities, and covers the surface of the body.

* Example: skin: lining of the stomach

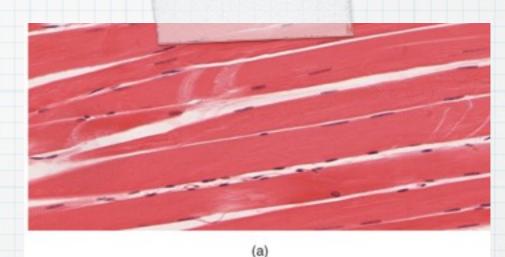


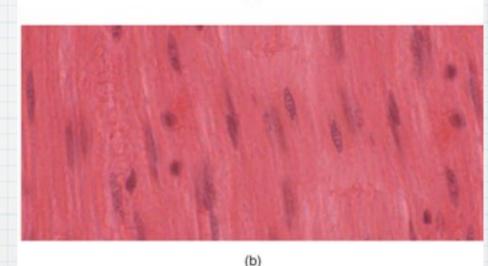
* Connective Tissue: provides support and holds various parts of the body together.

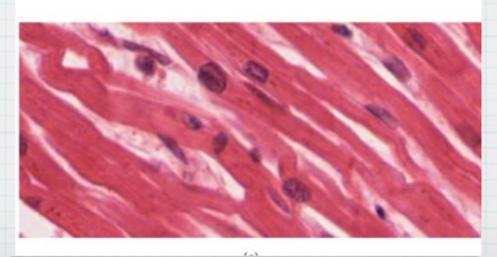
 Example: cartilage, bone, fat, blood



- Muscle Tissue: contain sheets or bundles of muscle cels that contract to produce movement.
- * Example: Heart, bicep, hamstring smooth lining of stomach

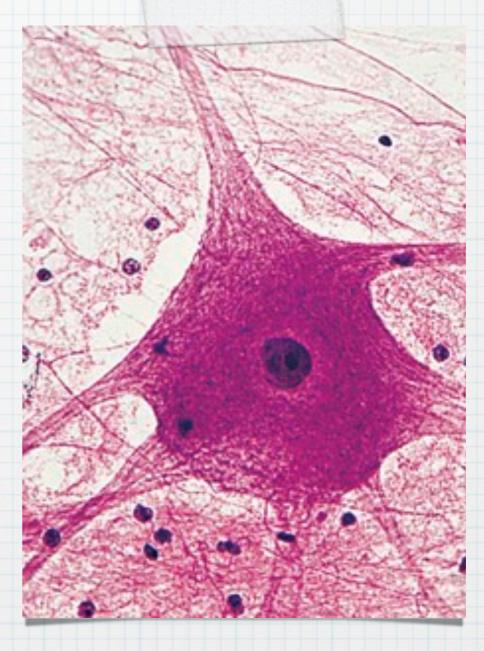






 Nervous Tissue: provides communication between all body structures.

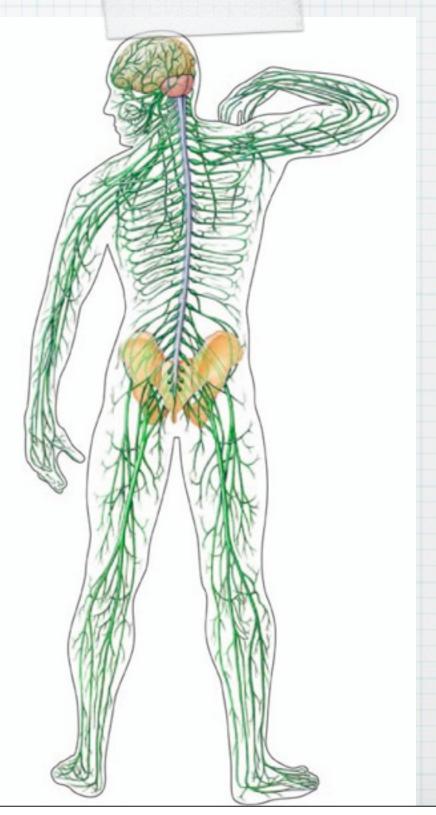
* Example: Neurons, spinal cord, sensory receptors



Organ Systems That Coordinate Communication

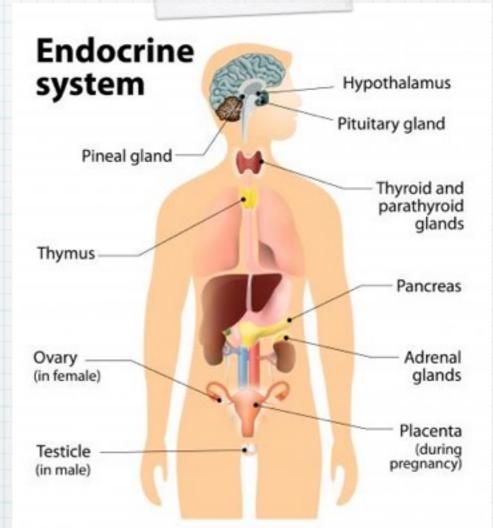
* Nervous System

* Series of nerves that allow electrical signals to and from the brain



* Endocrine System

* Release hormones that are chemical signals.

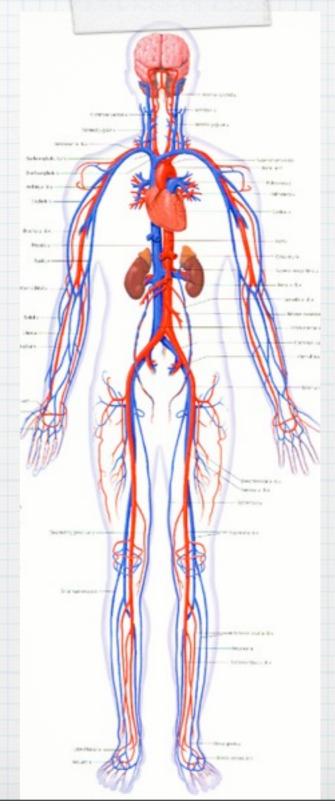


Organ Systems That Transport





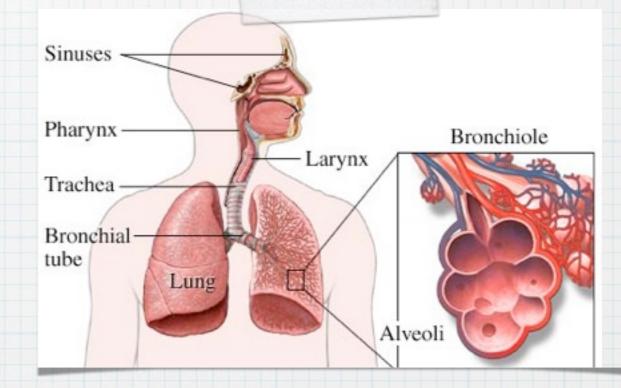
* Transports nutrients, oxygen, ect.



Organ Systems



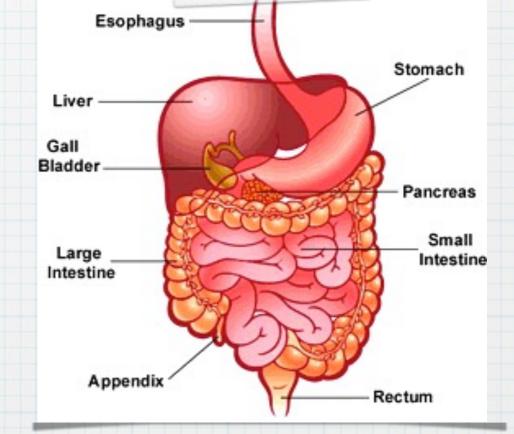
* Acquires oxygen, rids carbon dioxide.



Organ Systems



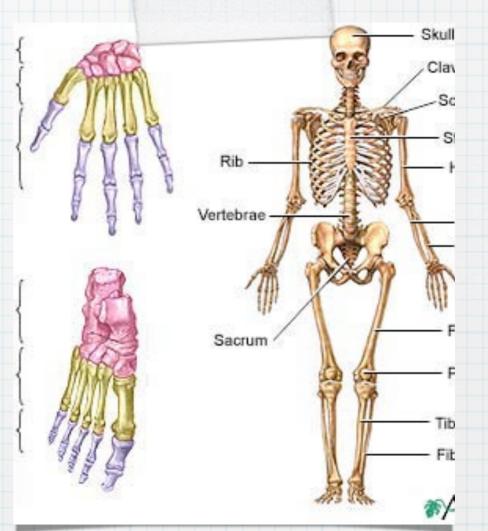
* Allow the the digestion and absorption of food.



Organ Systems That Support and Move the Body

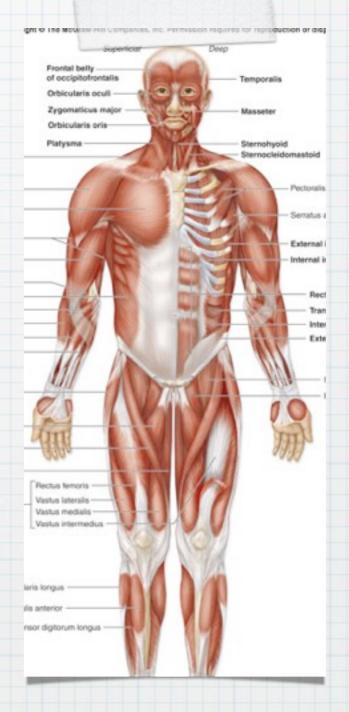
* Skeletal System

* Bones and cartilage that support and protect.



* Muscular System

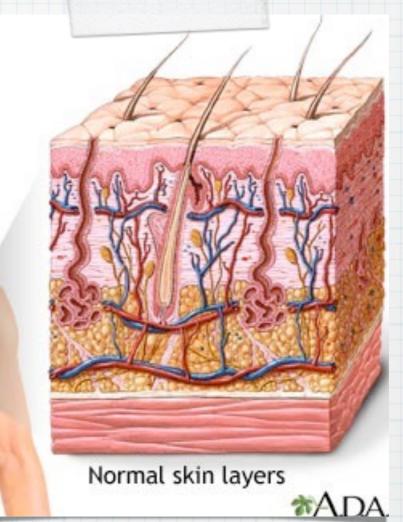
 Includes muscles that contract for movement.



Organ Systems That Protect the Body

* Integumentary System

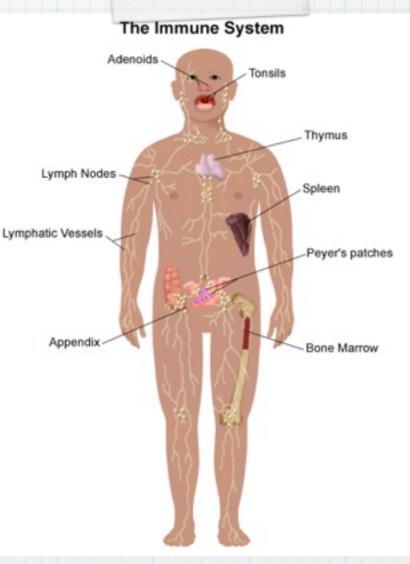
Include skin and hair.





* Lymphatic/Immune System

* Includes lymph nodes, involved in the first line of defense.

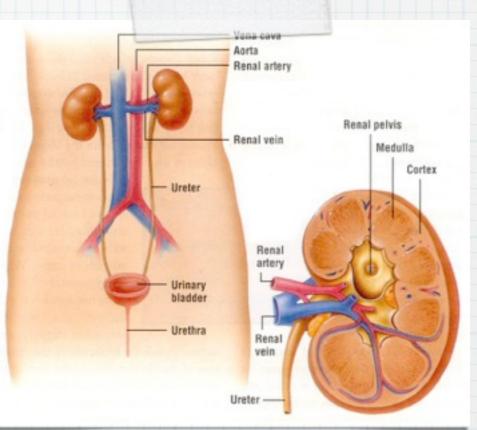


Organ Systems That Rid Waste



* Excretory System

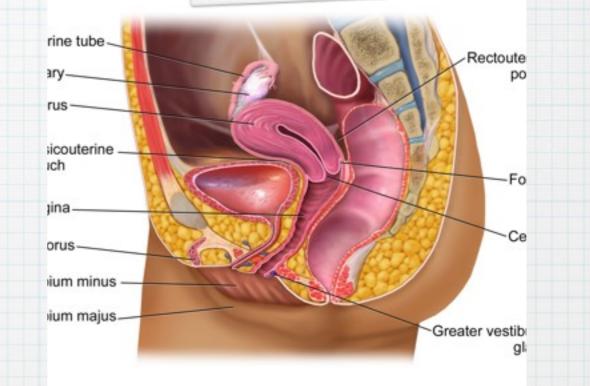
* Filter out waste and creates urine.



Organ Systems That Allow for the Next Generation



* Different for male and female.





* The functioning of the human body can be compared to a complex machine.

- * Like any machine, it is make up of a number of systems that all work together to enable the machine to function properly.
- * The activities of one system depend on the activities of every other system. If one of the systems malfunctions, other systems are also likely to suffer.

* We refer to the properly functioning human as being healthy or physically fit.

 Good physical health means not only being without disease or disability but also being able to participate fully in a variety of physical activities.

* For most people, lifestyle choices - DIET and PHYSICAL ACTIVITY will determine our level of physical fitness.

- * A basic characteristic of all living organisms, not just humans, is their ability to respond to changes in their internal and external environments.
- * The internal environment includes everything inside an an organism's body, and the external environment includes everything outside of the body.

* The body is able to detect changes because, under normal conditions, it maintains a healthy balance of all chemical reactions - a condition called HOMEOSTASIS.

* The word homoeostasis is derived from 2 Greek words meaning SAME STANDING.

- * When a change in the environment upsets this state of balance, the body senses the change and responds by trying to reestablish the balance.
- This system of active balance required constant monitoring and feedback about body conditions. Homeostasis often uses NEGATIVE FEEDBACK to control body levels.

Homeostatic	Normal	Unit	Diagnosis (abnorma
Component	Range		levels)
Body Temperature	36.2 - 37.3	Degrees Celsius	Fever Hypothermia
Blood pH	7.35-7.45	pH	Acidosis (low pH) Alkalosis (high pH)
Resting heart	50 - 100	Beats per	tachycardia (fast)
rate		minute	bradycardia (slow)
Resting	16 - 20	Breaths per	hyperventilation
breathing rate		minute	hypoventilation