

# Anatomy & Physiology #1: The Human Organism Cheat Sheet by Ten (apollo\_10) via cheatography.com/143064/cs/30733/

#### Anatomy

The scientific study of the **structure and** relationships between body parts.

#### Physiology

The scientific discipline of how the body and its parts come together to **function**.

#### Structural and Functional Organization

Structural and Functional Organization	
Chemical Level	Atoms combine to form molecules.
Cell Level	Molecules form organelles, such as the nucleus and mitochondria, which make up cells.
Tissue Level	A group of similar cells and the materials surrounding them.
Organ Level	Two or more tissue types that together perform one or more common functions.
Organ System Level	A group of organs classified as one unit because of a common function/set of functions.

 $Chemical \rightarrow Cell \rightarrow Tissue \rightarrow Organ \rightarrow Organ$   $System \rightarrow Organism$ 

a whole.

Any living thing considered as

Characteristics of Life	
Organi- zation	The scientific interrelationships among the parts of an organism and how those parts interact to perform specific functions.
Metabolism	The ability to use energy to perform vital functions.
Responsiv- eness	The ability of an organism to sense changes in the environment and make the adjustments that help maintain its life.
Growth	Refers to an increase in size of all or part of the organism.
Develo- pment	Changes an organism undergoes through time.

#### Homeostasis

Reprod-

uction

The ability of all living systems to maintain stable, internal conditions no matter what changes are occurring outside the body.

new organisms.

Formation of new cells or

## Four interacting components of most homeostatic mechanisms:

Stimulus → Receptor → Control Center → Effector

**Stimulus** - Indicates that the value of the variable has deviated from the set point/normal range.

**Receptor** - Monitors the value and sends data to the control center.

**Control Center** - Establishes the set point. **Effector** - Acts on the signal from the control center to move the variable back to the set point.

Homeostatic Mechanisms		
Negative Feedback	Positive Feedback	
Serves to reduce an excess response and keep a variable within the normal range.	Serves to intensify a response until endpoint is reached.	
The response <i>stops</i> the effector.	The response <i>keeps</i> the reaction going.	
Ex. Temperature & blood pressure regulation	Ex. Childbirth & blood clotting	
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Body Positions
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position	the face directed forward, the upper limbs hanging to the side, and the palms of the hands facing forward.
Supine position	When a person is <i>lying face</i> upward
Prone position	When a person is <i>lying face</i> downward

Anatomical A person standing erect with

Directional Terms	
Anterior/Ventral	Front of the body
Posterior/Dorsal	Back of the body
Superior/Cranial	Towards the top



Organism

Level

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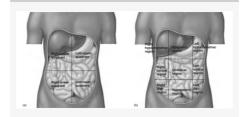
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Directional Terms (cont)	
Inferior/- Caudal	Towards the bottom
Proximal	Towards the trunk
Distal	Further from the trunk
Medial	Structures toward the midline
Lateral	Structures farther away from the midline

Planes	
Sagittal Plane	Divides the body into <i>left and right sides</i> (vertically)
Median Plane/- Mid-Sa- gittal Plane	Passes through the midline of the body; divides the body into <i>left and right halves</i>
Parasa- gittal Plane	Parallel to the sagittal plane, but off to one side
Frontal/C- oronal Plane	Divides the body into <i>front</i> and back (vertically)
Transvers- e/Hori- zontal Plane	Divides the body into <i>top and</i> bottom (horizontally)

# Body Parts and Regions Axial Parts Head, neck, and trunk Appendicular Arms and legs (upper & lower limbs)

#### The Abdomen



**Abdominal quadrants** consist of *four subdivisions*.

**Abdominal regions** consist of *nine subdivisions*.

#### **Body Cavities**



The *two main cavities* are called the **ventral** and dorsal cavities.

**Ventral Cavity** - Consists of the following: the *thoracic cavity. abdominal cavity*, and the *pelvic cavity*.

**Dorsal Cavity** - Contains organs lying more posterior in the body. Can be divided into *two portions*: (1) the upper portion or the cranial cavity houses the *brain* (2) the lower portion or vertebral canal houses the *spinal cord*.

#### **Ventral Cavities**

Thoracic It is surrounded by the rib
cavity cage, separated from the
abdominal cavity by the
diaphragm, and is divided into
right and left parts by a
median structure called

mediastinum.

Abdominal cavity

Bounded primarily by the abdominal muscles and contains the stomach, intestines, liver, spleen, pancreas, and the kidneys.

Pelvic

cavity

A small space enclosed by the bones of the pelvis and contains the urinary bladder, part of the large intestine, and the internal reproductive organs.

**Mediastinum** - Is a partition containing the heart, thymus, trachea, esophagus, and others. *Two lungs* are located on each side of the mediastinum.

The abdominal and pelvic cavities are not physically separated and sometimes are called the **abdominopelvic cavity**.

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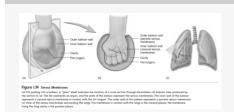
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#### Serous Membranes



Serous membranes - Secrete fluid that fills the space between the parietal and visceral membranes. The serous membranes protect organs from friction.

### Serous membranes lining the thoracic cavity:

**Heart**: Pericardial cavity - visceral & parietal pericardium - pericardial fluid

**Lungs:** Pleural cavity - visceral & parietal pleura - pleural fluid

#### Serous membranes lining the abdominopelvic cavity:

Peritoneal cavity - visceral & parietal peritoneum - peritoneal fluid

#### Mesenteries & Retroperitoneal Organs

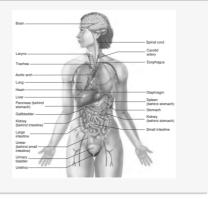
**Mesenteries** - Are parts of the peritoneum that hold the abdominal organs in place and provide a passageway for blood vessels and nerves to organs.

Retroperitoneal organs - Are found behind the parietal peritoneum and consists of the kidneys, adrenal glands, pancreas, parts of the intestines, and the urinary bladder.

#### 11 Major Organ Systems

- 1. Integumentary
- 2. Skeletal
- 3. Muscular
- 4. Lymphatic
- 5. Respiratory
- 6. Digestive
- 7. Nervous
- 8. Endocrine
- 9. Cardiovascular
- 10. Urinary
- 11. Reproductive

#### Major Organs of the Body





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