### Cheatography

# 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		
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.	
Organism Level	Any living thing considered as a whole.	
$\begin{array}{l} Chemical \rightarrow Cell \rightarrow Tissue \rightarrow Organ \rightarrow Organ \\ System \rightarrow Organism \end{array}$		



Organi- zation	The scientific interrelatio- nships 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 enviro- nment and make the adjust- ments 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.
Reprod- uction	Formation of new cells or new organisms.

#### Homeostasis

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

Four interacting components of most homeostatic mechanisms:

 $Stimulus \rightarrow Receptor \rightarrow Control \ Center \rightarrow Effector$ 

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.

Published 2nd February, 2022. Last updated 3rd February, 2022. Page 1 of 3.

#### Homeostatic Mechanisms

Homeostatic		51115
Negative Feedback		Positive
		Feedback
Serves to reduce an		Serves to
excess resp	<i>onse</i> and	intensify a
keep a varia	ble within	<i>response</i> until
the normal range.		endpoint is
		reached.
The response <i>stops</i> the effector.		the response
		keeps the
		reaction going.
Ex. Temperature &		Ex. Childbirth &
blood pressure		blood clotting
regulation		
Body Positio	ne	
,		
Anatomical	•	n standing erect with
position		directed forward, the mbs hanging to the
		d the palms of the
	,	acing forward.
Supine		person is <i>lying face</i>
position	upward	
Prone	, When a	person is <i>lving face</i>
position	When a person is <i>lying face</i> downward	
Directional Terms		
Anterior/Ven	tral	Front of the body
Anterior/Ven Posterior/Do		<i>Front</i> of the body <i>Back</i> of the body

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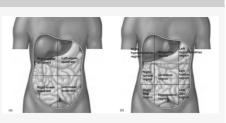
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Directional Terms (cont)		
Inferior/- Caudal	Towards the <i>bottom</i>	
Proximal	Towards the trunk	
Distal	Further from the trunk	
Medial	Structures toward the midline	
Lateral	Structures <i>farther away from the midline</i>	

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	<i>Parallel</i> 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 bottom</i> (horizontally)

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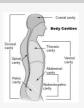
#### The Abdomen



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*.

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Published 2nd February, 2022. Last updated 3rd February, 2022. Page 2 of 3.

#### Ventral Cavities

Thoracic cavity	It is surrounded by the rib cage, separated from the abdominal cavity by the diaphragm, and is divided into right and left parts by a median structure called <i>mediastinum</i> .
Abdominal cavity	Bounded primarily by the abdominal muscles and contains the stomach, intest- ines, 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.

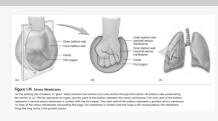
The abdominal and pelvic cavities are not physically separated and sometimes are called the **abdominopelvic cavity**.

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#### 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*.



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# Major Organ Systems Integumentary Skeletal Muscular Lymphatic Respiratory Digestive Nervous Endocrine Cardiovascular Urinary

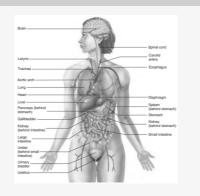
11. Reproductive

#### Major Organs of the Body

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Page 3 of 3.

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