

### Human Organ Systems

- nervous system: recognizes and coordinates the body's response to changes in its internal and external environments
- integumentary system: serves as a barrier against infection and injury; helps to regulate body temperature; provides protection against UV from the sun
- respiratory system: provides oxygen needed for cellular respiration and removes excess carbon dioxide from the body
- digestive system: converts foods into simpler molecules that can be used by the cells of the body; absorbs food; eliminates wastes
- excretory system: eliminates waste products from the body in ways that maintain homeostasis
- skeletal system: supports the body; protects internal organs; allows movement; stores mineral reserves; provides a site for blood cell formation
- muscular system: works with skeletal system to produce voluntary movement; helps to circulate blood and move food through the digestive system
- circulatory system: brings oxygen, nutrients, and hormones to cells; fights infection; removes cell wastes; helps to regulate body temperature
- endocrine system: controls growth, development, and metabolism; maintains homeostasis
- reproductive system: produces reproductive cells; in females, nurtures and protects developing embryo
- lymphatic/immune systems: helps protect the body from disease; collects fluid lost from blood vessels and returns the fluid to the circulatory system

### Organization of the Body

- levels of organization in a multicellular organism: cells, tissues, organs, and organ systems
- cells: basic unit of function in living things
- specialized cells: uniquely suited to perform a specific function
- tissues: group of cells that perform a single function; ex: connecting a muscle to a bone
- four types of tissue:
  - 1) epithelial tissue: glands and tissues that cover interior and exterior body surfaces
  - 2) connective tissue: provides support for the body and connects its parts
  - 3) nervous tissue: transmits nerve impulses throughout body
  - 4) muscle tissue: enables body to move
- organs: group of different types of tissues that perform a complex function; ex: sight
- organ systems: group of organs that perform closely related functions

### Maintaining Homeostasis

- homeostasis: organisms keep internal conditions relatively constant despite changes in external environments
- maintained by feedback loops
- heating system controlled by feedback inhibition
- feedback inhibition: negative feedback; stimulus produces a response that opposes the original stimulus
- maintaining of homeostasis -> integration of all organ systems
- ex: body temp. (below 37°C -> hypothalamus speeds up activities, above 37°C -> hypothalamus slows down activities)

### Nuerons

- nervous system: controls and coordinates functions throughout the body and responds to internal and external stimuli
- Neurons – cells that transmit impulses – bundles of neurons make up nerves
  1. sensory – from environment to brain
  2. motor – from brain to muscles & glands
  3. interneurons – connect sensory & motor
- Parts of a Neuron
  1. Cell Body – nucleus here; most metabolic activity
  2. Dendrites – small “branches” (carries impulses toward cell body)
  3. Axon – a long fiber “tail” (carries impulses away from cell body)
  4. Myelin sheath – insulating membrane; creates gaps called nodes

### Nerve Impulse

- resting neuron: negative charge inside, positive charge outside (sodium ions out; potassium ions in)
- resting potential: electrical charge throughout cell membrane of a neuron in its resting state
- moving nerve impulse: begins when a neuron is stimulated by another neuron or by its environment
- action potential: positive inside, negative outside
- threshold: all or nothing; minimum level of stimulus needed to produce an impulse

### Central Nervous System

- central nervous system: relays messages, processes information, and analyzes information
- meninges: three layers of connective tissue that the brain and spinal cord are wrapped in



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### Central Nervous System (cont)

- cerebrospinal fluid: space btwn meninges and central nervous system that acts as a shock absorber -> protects central nervous system; allows for exchange of nutrients and waste products btwn blood & tissue

### The Synapse

- synapse: location where neuron transfers impulse to another cell  
- ex: motor neurons pass impulse -> muscle cells  
- synaptic cleft: separates axon terminal from dendrites  
- use neurotransmitters to send impulse

### The Brain

- brain: place where impulses originate and flow  
- approx 100 billion neurons & is about 1.4 kilograms

1. The Cerebrum – voluntary activities of the brain  
- right and left hemispheres connected by corpus callosum  
- hemispheres deal with opposite sides of body  
- outer layer (cerebral cortex) -> grey matter  
- densely packed nerve cell bodies  
- inner layer -> white matter - bundles of axons & myelin sheaths
2. The Cerebellum – coordinates muscles  
- located at back of skull
3. The Brain Stem – controls unconscious activity  
- connects brain and spinal cord
  - a. Pons – upper part – sensory control
  - b. Medulla Oblongata – lower part – unconscious control
4. The Thalamus and Hypothalamus
  - a. thalamus: receives messages from sensory receptors & relays to cerebellum

### The Brain (cont)

b. hypothalamus: control center for recognition & analysis for hunger, thirst, fatigue, anger, body temp.

### The Spinal Cord

- reflex: quick, automatic response to a stimulus

### The Peripheral Nervous System

somatic nervous system:

### The Peripheral Nervous System

somatic nervous system:	autonomic nervous system:
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- regulates activities under conscious control	- controls functions not in conscious control
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- reflex arc	- sympathetic and parasympathetic nervous system
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- transmits impulses from sense organs to central nervous system

### The Senses

- sensory receptors: millions of neurons that react directly to stimuli from environment  
- five categories: pain receptors, thermoreceptors, mechanoreceptors, chemoreceptors, and photoreceptors

### Vision

- pupil: small opening in middle of iris  
- lens: behind iris  
- retina: lens focuses light on retina  
- two types of photoreceptors:

- a. rods - sensitive to light; do not distinguish colors
- b. cones - less sensitive to light; color vision

### Hearing

- vibrations of oval window create pressure waves in cochlea  
- semicircular canals maintain equilibrium

### Smell & Taste

- taste buds: sense organs that detect taste

### Touch

- skin contains sensory receptors  
- greatest density of touch: fingers, toes, and face

### Drugs That Affect the Synapse

- stimulants increase heart rate, blood pressure, and breathing rate; increase the release of neurotransmitters at some synapses in the brain  
- depressants slow down heart rate and breathing rate, lower blood pressure, relax muscles, and relieve tension  
- cocaine causes the sudden release of a neurotransmitter in the brain called dopamine  
- opiates mimic natural chemicals in the brain known as endorphins, which normally help to overcome sensations of pain  
- marijuana comes from THC and is bad for lungs & memory loss  
- alcohol is a depressant, and even small amounts of alcohol slow down the rate at which the nervous system functions -> FAS, liver failure, death  
- FAS -> heart defects, malformed faces, delayed growth

### Drug Abuse

- drug abuse: intentional misuse of any drug for nonmedical purposes  
- addiction: uncontrollable dependence on a drug



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