

ANATOMY & PHYSIOLOGY

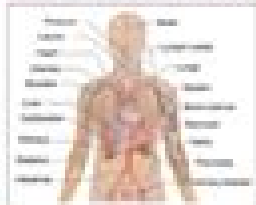
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HUMAN ANATOMY AND PHYSIOLOGY

Study of the human organism and its internal body



Anatomy

The study of the structure of the human body and its internal organs.

Physiology

The study of the function of the human body and its internal organs.

Structural levels

Studying the human body at the structural level involves understanding the following levels:

- 1. **Chemical level** - study of the chemical composition of the body.
- 2. **Cellular level** - study of the structure and function of cells.
- 3. **Tissue level** - study of the structure and function of tissues.
- 4. **Organ level** - study of the structure and function of organs.
- 5. **System level** - study of the structure and function of systems.
- 6. **Organism level** - study of the structure and function of the whole organism.

CELLS AND TISSUES

Cells are the basic units of structure and function of the human body.



Composition of cellular fluids

Cells are composed of various fluids.

1. **Intracellular fluid** - fluid inside the cell.

2. **Extracellular fluid** - fluid outside the cell.

3. **Interstitial fluid** - fluid between the cells.

4. **Transcellular fluid** - fluid in the transcellular spaces.

5. **Plasma** - fluid in the blood.

6. **Lymph** - fluid in the lymphatic system.

7. **Saliva** - fluid in the mouth.

8. **Tears** - fluid in the eyes.

9. **Sweat** - fluid on the skin.

10. **Urine** - fluid in the bladder.

11. **Feces** - solid waste in the large intestine.

12. **Other fluids** - various other fluids in the body.

13. **Amniotic fluid** - fluid in the amniotic sac.

14. **Pericardial fluid** - fluid around the heart.

15. **Pleural fluid** - fluid around the lungs.

16. **Joint fluid** - fluid in the joints.

17. **Other fluids** - various other fluids in the body.

18. **Other fluids** - various other fluids in the body.

19. **Other fluids** - various other fluids in the body.

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45. **Other fluids** - various other fluids in the body.

CELLS

Cells are the basic units of structure and function of the human body.

1. **Prokaryotic cells** - cells without a nucleus.

2. **Eukaryotic cells** - cells with a nucleus.

3. **Animal cells** - cells without cell walls.

4. **Plant cells** - cells with cell walls.

5. **Fungal cells** - cells with cell walls.

6. **Bacterial cells** - cells without a nucleus.

7. **Viral cells** - cells without a nucleus.

8. **Protozoan cells** - cells without a nucleus.

9. **Fungal cells** - cells with cell walls.

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**Jackie L Butler, Shier, Ricki Lewis,
Dr, Nancy Ann Sickles Corbett**



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Student Study Guide and Workbook for Essentials of Exercise Physiology Victor L. Katch, Frank I. Katch, William D. McArdle, 1994 *Instructor's Manual and Study Guide Answers for the Human Body in Health and Disease* Barbara Janson Cohen, Memmler, 1996 Exercise Physiology Study Guide and Workbook KENDALL HUNT PUB CO, 2011-09-13

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ACSM Health and Fitness Track Certification Study Guide, 1998 American College of Sports Medicine, American College of Sports Medicine (ACSM) Staff, Frederick S Daniels, 1998-03

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