Module 1 Lesson 1 Notes Guide

Please complete the following notes guide as you watch the video, review the flip book, and complete the Vocabulary Review matching activity in the Notes section.

Part A - Video

1. Structure can be considered the **Anatomy** while what something does is its **physiology**.
2. **Form** = anatomy; **Function** = physiology
3. What is homeostasis? **Maintaining a stable internal environment**
4. What are the two types of feedback loops that help maintain homeostasis? **Sweating or goose bumps**
5. Identify the classification of anatomical hierarchy: **Atom → molecules → macromolecules → organelles → cells → tissues → organs → organ systems**
6. Where is epithelial tissue found? **Linings of our organs, skin**
7. By what two things is epithelial tissue classified? **Shape and number of layers**
8. What are three types of muscle tissue? **Skeletal, smooth, and cardiac**
9. What is the function of nervous tissue? **To send signals to another neuron or nervous signal**
10. Name six types of connective tissue. **Cartilage, bone, blood, fat, skin, tendons**

Identify the main function of each of the following organ systems:

11. Digestive- **digest and absorb food into circulatory system**
12. Circulatory - **move blood, oxygen, carbon dioxide, and nutrients around in the body**
13. Respiratory - **taking in oxygen, letting out carbon dioxide**
14. Immune/Lymphatic - **to take in plasma or liquid that's leaked out of your circulatory system and return it to circulatory system, also lymph nodes to help fight infection**
15. Excretory - **way to get rid of nitrogenous waste, also serves as regulating osmolarity in our blood, kidneys are big part of this system**
16. Endocrine – **all the glands inside your body plus the hormones they put out**
17. Reproductive – **way to produce offspring**
18. Nervous - **neurotransmitters connecting from the brain to the peripheral nervous system in order to respond to our environment**
19. Integumentary – **skin, nails, and hair**
20. Skeletal – **give us support and store important materials inside our body**
21. Muscular – **connect tendons and dense connective tissue to the bones for movement**

Part B – Flip Book

22. Identify the three planes and how they divide the body.
   - **Median (sagittal)** - a vertical plane, divides body into right and left halves
   - **Frontal (coronal)** - right angle to sagittal plane, divides body into anterior and posterior halves
   - **Horizontal (transverse)** - perpendicular to sagittal and coronal planes, divides body into superior and inferior halves.
23. Write the opposite of each term:
   a. Superior – **Inferior**
   b. Posterior – **anterior**
   c. Medial – **lateral**
   d. Distal – **proximal**
24. The dorsal cavity is subdivided into: **cranial cavity and spinal cavity**
25. The ventral cavity is subdivided into: **Thoracic cavity and abdominopelvic cavity**
26. List the four quadrants of the abdomen: **right upper, left upper, right lower, and left lower**
27. How many abdominal regions are there? **9**
28. What protects the ventral cavity? **Protected by serous membrane, serosa (fluid secreted) lines walls of ventral cavities**