

# ANATOMY & PHYSIOLOGY

## DIGITAL DOWNLOADS STUDY GUIDE



### HUMAN ANATOMY AND PHYSIOLOGY

Study of the structure and function of the human body



**Anatomy**  
The study of the structure of the human body

**Physiology**  
The study of the function of the human body

**Structural levels**  
The study of the human body at the level of the molecule, cell, tissue, organ, and system

- 1. Molecular level
- 2. Cellular level
- 3. Tissue level
- 4. Organ level
- 5. System level
- 6. Organism level

### CELLS AND TISSUES

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



**Characteristics of cells**  
1. All cells are eukaryotic  
2. All cells are surrounded by a cell membrane  
3. All cells contain DNA



**Neurons**  
The basic units of the nervous system

### NERVOUS SYSTEM

The nervous system is responsible for controlling and coordinating the body's activities



**Central Nervous System (CNS)**  
1. Brain  
2. Spinal cord

**Peripheral Nervous System (PNS)**  
1. Nerves

### ENDOCRINE SYSTEM

The endocrine system is responsible for regulating the body's metabolism and growth



**Major glands**  
1. Pituitary gland  
2. Thyroid gland  
3. Adrenal gland  
4. Pancreas  
5. Hypothalamus

### REPRODUCTION

The reproductive system is responsible for producing offspring



**Male Reproductive System**  
1. Testes  
2. Epididymis  
3. Vas deferens  
4. Urethra  
5. Penis

**Female Reproductive System**  
1. Ovaries  
2. Fallopian tubes  
3. Uterus  
4. Vagina

### HEALTHY LIFESTYLE

A healthy lifestyle is essential for maintaining good health



**Healthy Diet**  
1. Eat a variety of fruits and vegetables  
2. Limit sugar and fat intake  
3. Stay hydrated

**Exercise**  
1. Engage in regular physical activity  
2. Aim for at least 150 minutes of moderate exercise per week

**Sleep**  
1. Aim for 7-9 hours of sleep per night

**Stress Management**  
1. Practice relaxation techniques like deep breathing and meditation

### HEALTHY MINDSET OF THE BODY

A healthy mindset is essential for achieving good health



**Positive Thinking**  
1. Focus on the positive aspects of life  
2. Practice gratitude

**Self-care**  
1. Take time for yourself  
2. Engage in activities you enjoy

**Social Support**  
1. Spend time with friends and family  
2. Seek support from a professional if needed

### HEALTHY BODY

A healthy body is essential for achieving good health



**Major glands and hormones**  
1. Pituitary gland (Growth hormone, Prolactin)  
2. Thyroid gland (Thyroxine, Triiodothyronine)  
3. Adrenal gland (Cortisol, Aldosterone)  
4. Pancreas (Insulin, Glucagon)  
5. Hypothalamus (Various hormones)

17 PAGES PDF GUIDE

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