

## Study Guide

**Directions: On a separate sheet of paper define the following words using complete sentences.**

1. **Brain-** organ of the nervous system composed of neurons that control your actions, thoughts and emotions
2. **Central nervous system-** the part of the nervous system made up of the brain and spinal cord
3. **Neuron-**a nerve cell
4. **Peripheral nervous system-** system made up of nerves that connect the central nervous system to all parts of the body
5. **Spinal cord-**long bundle of neurons that relays messages to and from the brain and all parts of the body
6. **Circulatory system-**group of organs that transports blood throughout the body to deliver essential materials to body cells
7. **Cardiovascular system-** another name for the circulatory system
8. **Arteries** –largest blood vessels, which take blood from the heart to all parts of the body
9. **Veins-** blood vessels that carry blood from various parts of the body to the heart
10. **Capillaries-**smallest blood vessels in the body
11. **Respiratory system-**group of organs that delivers oxygen to the body and removes carbon dioxide from the body
12. **Epiglottis-**small flap of tissue that covers the trachea when a person swallows, keeping food out of the windpipe
13. **Trachea-** the windpipe
14. **Alveoli-**microscopic air sacs in the lungs in the lungs in which the exchange of gases occurs
15. **Diaphragm-** large muscle that separates the chest from the abdomen

16. **Skeletal system**- the bones of the body
17. **Cartilage**-tough, flexible tissue that covers the ends of bones and supports soft tissue
18. **Joint**- place in the body where bones are joined
19. **Ligament**-type of firm, strong tissue that connects bones at joints
20. **Tendon**- tough tissue that connects muscle to bone
21. **Muscular system**- group of tough tissues that enables body parts to move
22. **Contract**-to tighten or become shorter
23. **Extend**- to move muscles so they lengthen or stretch out
24. **Smooth muscle**- involuntary muscles in the digestive system and circulatory system
25. **Skeletal muscle**- muscles that work with bones to
26. **Cardiac muscle**- muscle of the heart
27. **Digestive system**-organ that changes food into nutrients for the cells to use
28. **Stomach**- muscular organ in which some digestion occurs
29. **Liver**- gland with many digestive functions, including the breaking down of fats
30. **Pancreas**- organ that produces insulin and releases enzymes to digest carbohydrates, proteins and fats
31. **Excretion**-act of removing liquid wastes from the body
32. **Small intestine**- long, tubelike organ in which most digestion occurs
33. **Endocrine system**-glands that produce the hormones that regulate body activities
34. **Pituitary gland**- gland at the base of the brain that controls other glands
35. **Reproductive system**group of organs involved in the production of offspring
36. **Menstrual cycle**-time between the beginning of one menstruation to the beginning of the next one
37. **Sperm**- male reproductive cell that joins with the egg to make a new life

**Directions:** On a separate sheet of paper answer the following questions using complete sentences.

1. What does the nervous system control?  
It controls all of your body's actions.
2. Name the parts of the nervous system.  
Brain, spinal chord, spinal nerves + cranial nerves
3. What is the largest part of the brain? What does it do?  
The Cerebrum is the largest part of the brain. It controls the
4. What does the cerebellum control? senses, movement of muscles, thinking + speech  
Cerebellum controls balance, posture + coordination
5. What are three diseases or disorders of the nervous system?  
p. 96 Polio, rabies, meningitis, brain tumor, head injury, spinal chord injury
6. What does the circulatory system do?  
seizures, cerebral palsy, multiple sclerosis
7. How many chambers does the heart have? What are they?
8. What are the four blood types?
9. What do arteries do?
10. What are the three solids that make up blood?
11. What is the liquid portion of blood called?
12. What does the respiratory system do?
13. What does the epiglottis do?
14. List four problems of the respiratory system.
15. What is your skeletal system made up of?
16. What are four important jobs the bones have?
17. What are four types of joints?
18. How do muscles work?
19. Name the different types of muscles.
20. Where does digestion begin?
21. What are six functions of the liver?

22. Trace the path of food through the digestive system.
23. What is a gland? Explain the role of glands in the endocrine system.
24. What is the largest gland? Where is it located? What does it do?
25. What are two effects of stress on the body?
26. What are male reproductive cells called?
27. Where is sperm produced and stored?
28. What are three important functions of the female reproductive system?
29. How does fertilization occur?
30. List four common disorders of the male and female reproductive system. ( two male and two female)