**Foundations of Human Biology 1 study notes**

**Week 1- Organ Systems**

This guide includes only the key points of the Week 1 Organ Systems video. The purpose of this video is to give a brief overview of the different organ systems covered in Human Biology 1 & 2. There is a bit more detail to those systems covered this term, in Human Biology 1. You can use this guide to review the content of the video and take notes.

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| **Key points** | **Notes** |
| Organ Systems * Integumentary
* Skeletal
* Muscular
* Nervous
* Endocrine
* Cardiovascular
* Immune (and lymphatic)
* Respiratory
* Digestive
* Urinary
* Reproductive
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| Integumentary system* Provides protection, sense, thermoregulation, and vitamin D synthesis
* Comprised of skin, nails, and hair
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| Skeletal System * Skeleton – bones and joints
* Functions: Structure, protection, storage of minerals, produce blood cells
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| Muscular system * Function: Movement
* Three types:
* Skeletal muscle = voluntary movement
* Cardiac muscle = heart
* Smooth muscle = involuntary movement
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| Nervous system * Brain, nerve cells (neurons), glia
* Brain is control centre, neurons carry messages, glia are support cells.
* Autonomic = unconscious and involuntary control
* Somatic = voluntary control
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| Endocrine system* Communication system
* Produces hormones and secretes into blood to act at other sites
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| Cardiovascular system * Comprised of heart and blood vessels
* Carry blood and oxygen around body
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| Immune (and lymphatic) system* Lymph = maintain fluid balance
* Immune = protect the body
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| Respiratory system * Upper respiratory tract and lungs
* Oxygen comes into the body and CO2 leaves the body through an volume/pressure relationship
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| Digestive system* Breaks down food to allow nutrient absorption
* Nutrients used by body to create energy, plus other uses
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| Urinary system* Filters blood and reabsorbs solutes and water
* Organs include kidneys, renal pelvis, ureters, bladder and urethra
* Role in fluid balance
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| Reproductive system* Ensures survival of our species
* Includes gonads (ovaries and testes) which produce gametes (oocytes/eggs and spermatogonia/sperm)
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