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