

# CONTENTS

## Chapter 1 THE HUMAN BODY: AN ORIENTATION 1

An Overview of Anatomy and Physiology 1  
Levels of Structural Organization 2  
Maintaining Life 7  
Homeostasis 8  
The Language of Anatomy 8  
At the Clinic 13  
The Finale: Multiple Choice 15

## Chapter 2 BASIC CHEMISTRY 17

Concepts of Matter and Energy 17  
Composition of Matter 18  
Molecules, Chemical Bonds, and Chemical  
Reactions 20  
Biochemistry: The Composition of Living Matter 23  
Incredible Journey: *A Visualization Exercise  
for Biochemistry* 28  
At the Clinic 30  
The Finale: Multiple Choice 31

## Chapter 3 CELLS AND TISSUES 33

Cells 33  
*Overview* 33  
*Anatomy of a Generalized Cell* 34  
*Cell Physiology* 38  
Body Tissues 45  
*Tissue Repair* 49  
Developmental Aspects of Cells and Tissues 50  
Incredible Journey: *A Visualization Exercise  
for the Cell* 51  
At the Clinic 52  
The Finale: Multiple Choice 54

## Chapter 4 SKIN AND BODY MEMBRANES 57

Classification of Body Membranes 57  
Integumentary System (Skin) 59  
*Basic Functions of the Skin* 59  
*Basic Structure of the Skin* 60  
*Appendages of the Skin* 62  
*Homeostatic Imbalances of the Skin* 65  
Developmental Aspects of the Skin and Body  
Membranes 66  
Incredible Journey: *A Visualization Exercise  
for the Skin* 66  
At the Clinic 68  
The Finale: Multiple Choice 70

## Chapter 5 THE SKELETAL SYSTEM 73

Bones—An Overview 73  
Axial Skeleton 77  
*Skull* 77  
*Vertebral Column* 81  
*Thoracic Cage* 84  
Appendicular Skeleton 85  
Bone Fractures 94  
Joints 95  
*Homeostatic Imbalances of Bones and Joints* 97  
Developmental Aspects of the Skeleton 97  
Incredible Journey: *A Visualization Exercise  
for the Skeletal System* 98  
At the Clinic 99  
The Finale: Multiple Choice 101

## Chapter 6 THE MUSCULAR SYSTEM 103

Overview of Muscle Tissues 103  
Microscopic Anatomy of Skeletal Muscle 105  
Skeletal Muscle Activity 107  
Muscle Movements, Types, and Names 110  
Gross Anatomy of the Skeletal Muscles 112  
*Muscles of the Head* 112  
*Muscles of the Trunk* 114  
*Muscles of the Hip, Thigh, and Leg* 118  
*Muscles of the Arm and Forearm* 120  
*General Body Muscle Review* 121  
Developmental Aspects of the Muscular System 126  
Incredible Journey: *A Visualization Exercise  
for the Muscular System* 126  
At the Clinic 127  
The Finale: Multiple Choice 129

## Chapter 7 THE NERVOUS SYSTEM 131

Organization of the Nervous System 132  
Nervous Tissue—Structure and Function 132  
Central Nervous System 139  
*Brain* 139  
*Protection of the CNS* 145  
*Brain Dysfunctions* 146  
*Spinal Cord* 147  
Peripheral Nervous System 150  
*Structure of a Nerve* 150  
*Cranial Nerves* 151

*Spinal Nerves and Nerve Plexuses* 152

*Autonomic Nervous System (ANS)* 154

Developmental Aspects of the Nervous System 156

*Incredible Journey: A Visualization Exercise for the Nervous System* 156

At the Clinic 158

The Finale: Multiple Choice 161

## **Chapter 8 SPECIAL SENSES 163**

The Eye and Vision 163

The Ear: Hearing and Balance 168

Chemical Senses: Smell and Taste 172

Developmental Aspects of the Special Senses 175

*Incredible Journey: A Visualization Exercise for the Special Senses* 176

At the Clinic 177

The Finale: Multiple Choice 179

## **Chapter 9 THE ENDOCRINE SYSTEM 181**

The Endocrine System and Hormone Function—An Overview 181

The Major Endocrine Organs 183

Other Hormone-Producing Tissues and Organs 188

Developmental Aspects of the Endocrine System 188

*Incredible Journey: A Visualization Exercise for the Endocrine System* 189

At the Clinic 190

The Finale: Multiple Choice 191

## **Chapter 10 BLOOD 193**

Composition and Functions of Blood 193

Hemostasis 198

Blood Groups and Transfusions 199

Developmental Aspects of Blood 199

*Incredible Journey: A Visualization Exercise for the Blood* 200

At the Clinic 201

The Finale: Multiple Choice 203

## **Chapter 11 THE CARDIOVASCULAR SYSTEM 205**

The Heart 205

*Anatomy of the Heart* 205

*Physiology of the Heart* 210

Blood Vessels 212

*Microscopic Anatomy of Blood Vessels* 212

*Gross Anatomy of Blood Vessels* 213

*Physiology of Circulation* 223

Developmental Aspects of the Cardiovascular System 227

*Incredible Journey: A Visualization Exercise for the Cardiovascular System* 228

At the Clinic 229

The Finale: Multiple Choice 232

## **Chapter 12 THE LYMPHATIC SYSTEM AND BODY DEFENSES 235**

The Lymphatic System 235

*Lymphatic Vessels* 235

*Lymph Nodes and Other Lymphoid Organs* 237

Body Defenses 240

*Nonspecific (Innate) Body Defenses* 240

*Specific (Adaptive) Body Defenses: The Immune System* 243

*Disorders of Immunity* 252

Developmental Aspects of the Lymphatic System and Body Defenses 252

*Incredible Journey: A Visualization Exercise for the Immune System* 253

At the Clinic 255

The Finale: Multiple Choice 257

## **Chapter 13 THE RESPIRATORY SYSTEM 259**

Functional Anatomy of the Respiratory System 259

Respiratory Physiology 267

Respiratory Disorders 271

Developmental Aspects of the Respiratory System 271

*Incredible Journey: A Visualization Exercise for the Respiratory System* 272

At the Clinic 273

The Finale: Multiple Choice 275

## **Chapter 14 THE DIGESTIVE SYSTEM AND BODY METABOLISM 277**

Anatomy of the Digestive System 277

Physiology of the Digestive System 289

Nutrition and Metabolism 293

*Nutrients Used by Body Cells* 293

*Metabolic Processes* 294

Developmental Aspects of the Digestive System 297

*Incredible Journey: A Visualization Exercise for the Digestive System* 298

At the Clinic 300

The Finale: Multiple Choice 302

## **Chapter 15 THE URINARY SYSTEM 305**

Kidneys 306

*Location and Structure* 306

*Nephrons, Urine Formation, and Control of Blood Composition* 308

Ureters, Urinary Bladder, and Urethra 313

Fluid, Electrolyte, and Acid-Base Balance 315

Developmental Aspects of the Urinary System 318  
*Incredible Journey: A Visualization Exercise for  
the Urinary System* 318  
At the Clinic 320  
The Finale: Multiple Choice 321

## **Chapter 16 THE REPRODUCTIVE SYSTEM 325**

Anatomy of the Male Reproductive System 325  
Male Reproductive Functions 328  
Anatomy of the Female Reproductive System 331  
Female Reproductive Functions and Cycles 333

Mammary Glands 338  
Survey of Pregnancy and Embryonic  
Development 338  
Developmental Aspects of the Reproductive  
System 343  
*Incredible Journey: A Visualization Exercise for  
the Reproductive System* 344  
At the Clinic 346  
The Finale: Multiple Choice 348

**Answers 351**