

# Contents

Readings xiii

## CHAPTER 1

### Exploring Life and Science 1

- 1.1 The Characteristics of Life 2
- 1.2 Humans Are Related to Other Animals 7
- 1.3 Science as a Process 9
- 1.4 Making Sense of a Scientific Study 14
- 1.5 Challenges Facing Science 16

## Unit 1 Human Organization 20

### CHAPTER 2

#### Chemistry of Life 20

- 2.1 From Atoms to Molecules 21
- 2.2 Water and Life 25
- 2.3 Molecules of Life 29
- 2.4 Carbohydrates 30
- 2.5 Lipids 32
- 2.6 Proteins 36
- 2.7 Nucleic Acids 38

### CHAPTER 3

#### Cell Structure and Function 44

- 3.1 What Is a Cell? 45
- 3.2 How Cells Are Organized 48
- 3.3 The Plasma Membrane and How Substances Cross It 50
- 3.4 The Nucleus and Endomembrane System 54
- 3.5 The Cytoskeleton, Cell Movement, and Cell Junctions 56
- 3.6 Metabolism and the Energy Reactions 59

### CHAPTER 4

#### Organization and Regulation of Body Systems 68

- 4.1 Types of Tissues 69
- 4.2 Connective Tissue Connects and Supports 69
- 4.3 Muscular Tissue Moves the Body 72
- 4.4 Nervous Tissue Communicates 73
- 4.5 Epithelial Tissue Protects 75

- 4.6 Integumentary System 78
- 4.7 Organ Systems, Body Cavities, and Body Membranes 82
- 4.8 Homeostasis 85

## Unit 2 Maintenance of the Human Body 92

### CHAPTER 5

#### Cardiovascular System: Heart and Blood Vessels 92

- 5.1 Overview of the Cardiovascular System 93
- 5.2 The Types of Blood Vessels 94
- 5.3 The Heart Is a Double Pump 95
- 5.4 Features of the Cardiovascular System 100
- 5.5 Two Cardiovascular Pathways 102
- 5.6 Exchange at the Capillaries 104
- 5.7 Cardiovascular Disorders 106

### CHAPTER 6

#### Cardiovascular System: Blood 114

- 6.1 Blood: An Overview 115
- 6.2 Red Blood Cells and Transport of Oxygen 117
- 6.3 White Blood Cells and Defense Against Disease 120
- 6.4 Platelets and Blood Clotting 121
- 6.5 Blood Typing and Transfusions 123
- 6.6 Homeostasis 127

### CHAPTER 7

#### The Lymphatic and Immune Systems 131

- 7.1 The Lymphatic System 132
- 7.2 Innate Immune Defenses 134
- 7.3 Adaptive Immune Defenses 137
- 7.4 Acquired Immunity 142
- 7.5 Hypersensitivity Reactions 144

### CHAPTER 8

#### Biology of Infectious Diseases 149

- 8.1 Bacteria and Viruses 150
- 8.2 Infectious Diseases and Human Health 153
- 8.3 Emerging Diseases 163
- 8.4 Antibiotic Resistance 164

## CHAPTER 9

**Digestive System and Nutrition 168**

- 9.1 Overview of Digestion 169
- 9.2 The Mouth, Pharynx, and Esophagus 171
- 9.3 The Stomach and Small Intestine 173
- 9.4 The Accessory Organs and Regulation of Secretions 177
- 9.5 The Large Intestine and Defecation 180
- 9.6 Nutrition and Weight Control 182

## CHAPTER 10

**Respiratory System 195**

- 10.1 The Respiratory System 196
- 10.2 The Upper Respiratory Tract 197
- 10.3 The Lower Respiratory Tract 199
- 10.4 Mechanism of Breathing 202
- 10.5 Control of Ventilation 205
- 10.6 Gas Exchanges in the Body 206
- 10.7 Respiration and Health 208

## CHAPTER 11

**Urinary System 217**

- 11.1 The Urinary System 218
- 11.2 Kidney Structure 222
- 11.3 Urine Formation 225
- 11.4 Kidneys and Homeostasis 228
- 11.5 Kidney Function Disorders 233

**Unit 3 Movement and Support in Humans 238**

## CHAPTER 12

**Skeletal System 238**

- 12.1 Overview of the Skeletal System 239
- 12.2 Bones of the Axial Skeleton 241
- 12.3 Bones of the Appendicular Skeleton 245
- 12.4 Articulations 249
- 12.5 Bone Growth and Homeostasis 251

## CHAPTER 13

**Muscular System 260**

- 13.1 Overview of the Muscular System 261
- 13.2 Skeletal Muscle Fiber Contraction 265
- 13.3 Whole Muscle Contraction 270
- 13.4 Muscular Disorders 277
- 13.5 Homeostasis 277

**Unit 4 Integration and Coordination in Humans 283**

## CHAPTER 14

**Nervous System 283**

- 14.1 Overview of the Nervous System 284
- 14.2 The Central Nervous System 290
- 14.3 The Limbic System and Higher Mental Functions 297
- 14.4 The Peripheral Nervous System 299
- 14.5 Drug Therapy and Drug Abuse 303

## CHAPTER 15

**Senses 310**

- 15.1 Overview of Sensory Receptors and Sensations 311
- 15.2 Somatic Senses 312
- 15.3 Senses of Taste and Smell 314
- 15.4 Sense of Vision 317
- 15.5 Sense of Hearing 323
- 15.6 Sense of Equilibrium 326

## CHAPTER 16

**Endocrine System 332**

- 16.1 Endocrine Glands 333
- 16.2 Hypothalamus and Pituitary Gland 338
- 16.3 Thyroid and Parathyroid Glands 341
- 16.4 Adrenal Glands 343
- 16.5 Pancreas 347
- 16.6 Other Endocrine Glands 351
- 16.7 Hormones and Homeostasis 353

**Unit 5 Reproduction in Humans 358**

## CHAPTER 17

**Reproductive System 358**

- 17.1 Human Life Cycle 359
- 17.2 Male Reproductive System 360
- 17.3 Female Reproductive System 364
- 17.4 The Ovarian Cycle 367
- 17.5 Control of Reproduction 372
- 17.6 Sexually Transmitted Diseases 377

## CHAPTER 18

**Development and Aging 386**

- 18.1 Fertilization 387
- 18.2 Pre-Embryonic and Embryonic Development 388

- 18.3 Fetal Development 393
- 18.4 Pregnancy and Birth 399
- 18.5 Aging 402

## Unit 6 Human Genetics 411

### CHAPTER 19

#### Patterns of Chromosome Inheritance 411

- 19.1 Chromosomes 412
- 19.2 The Cell Cycle 413
- 19.3 Mitosis 415
- 19.4 Meiosis 418
- 19.5 Comparison of Meiosis and Mitosis 423
- 19.6 Chromosome Inheritance 425

### CHAPTER 20

#### Cancer 434

- 20.1 Cancer Cells 435
- 20.2 Causes and Prevention of Cancer 439
- 20.3 Diagnosis of Cancer 442
- 20.4 Treatment of Cancer 446

### CHAPTER 21

#### Patterns of Genetic Inheritance 453

- 21.1 Genotype and Phenotype 454
- 21.2 One- and Two-Trait Inheritance 455
- 21.3 Inheritance of Genetic Disorders 461
- 21.4 Beyond Simple Inheritance Patterns 465
- 21.5 Sex-Linked Inheritance 469

### CHAPTER 22

#### DNA Biology and Technology 476

- 22.1 DNA and RNA Structure and Function 477
- 22.2 Gene Expression 481

- 22.3 DNA Technology 489
- 22.4 Genomics and Gene Therapy 496

## Unit 7 Human Evolution and Ecology 503

### CHAPTER 23

#### Human Evolution 503

- 23.1 Origin of Life 504
- 23.2 Biological Evolution 506
- 23.3 Classification of Humans 512
- 23.4 Evolution of Hominins 515
- 23.5 Evolution of Humans 520

### CHAPTER 24

#### Global Ecology and Human Interferences 528

- 24.1 The Nature of Ecosystems 529
- 24.2 Energy Flow 535
- 24.3 Global Biogeochemical Cycles 536

### CHAPTER 25

#### Human Population, Global Resources, and Conservation 551

- 25.1 Human Population Growth 552
- 25.2 Human Use of Resources and Pollution 554
- 25.3 Biodiversity 564
- 25.4 Working Toward a Sustainable Society 571

Appendix A: Periodic Table of the Elements A-1

Appendix B: Metric System A-2

Appendix C: Answer Key A-3

Glossary G-1

Credits C-1

Index I-1