<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ORGANIZATION OF THE HUMAN BODY</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>INTRODUCTORY CHEMISTRY</td>
<td>22</td>
</tr>
<tr>
<td>3</td>
<td>CELLS</td>
<td>41</td>
</tr>
<tr>
<td>4</td>
<td>TISSUES</td>
<td>68</td>
</tr>
<tr>
<td>5</td>
<td>THE INTEGUMENTARY SYSTEM</td>
<td>92</td>
</tr>
<tr>
<td>6</td>
<td>THE SKELETAL SYSTEM</td>
<td>107</td>
</tr>
<tr>
<td>7</td>
<td>JOINTS</td>
<td>154</td>
</tr>
<tr>
<td>8</td>
<td>THE MUSCULAR SYSTEM</td>
<td>170</td>
</tr>
<tr>
<td>9</td>
<td>NERVOUS TISSUE</td>
<td>220</td>
</tr>
<tr>
<td>10</td>
<td>CENTRAL NERVOUS SYSTEM, SPINAL NERVES, AND CRANIAL NERVES</td>
<td>236</td>
</tr>
<tr>
<td>11</td>
<td>AUTONOMIC NERVOUS SYSTEM</td>
<td>261</td>
</tr>
<tr>
<td>12</td>
<td>SOMATIC SENSES AND SPECIAL SENSES</td>
<td>271</td>
</tr>
<tr>
<td>13</td>
<td>THE ENDOCRINE SYSTEM</td>
<td>299</td>
</tr>
<tr>
<td>14</td>
<td>THE CARDIOVASCULAR SYSTEM: BLOOD</td>
<td>326</td>
</tr>
<tr>
<td>15</td>
<td>THE CARDIOVASCULAR SYSTEM: HEART</td>
<td>342</td>
</tr>
<tr>
<td>16</td>
<td>THE CARDIOVASCULAR SYSTEM: BLOOD VESSELS AND CIRCULATION</td>
<td>360</td>
</tr>
<tr>
<td>17</td>
<td>THE LYMPHATIC SYSTEM AND IMMUNITY</td>
<td>391</td>
</tr>
<tr>
<td>18</td>
<td>THE RESPIRATORY SYSTEM</td>
<td>415</td>
</tr>
<tr>
<td>19</td>
<td>THE DIGESTIVE SYSTEM</td>
<td>440</td>
</tr>
<tr>
<td>20</td>
<td>NUTRITION AND METABOLISM</td>
<td>469</td>
</tr>
<tr>
<td>21</td>
<td>THE URINARY SYSTEM</td>
<td>485</td>
</tr>
<tr>
<td>22</td>
<td>FLUID, ELECTROLYTE, AND ACID-BASE BALANCE</td>
<td>503</td>
</tr>
<tr>
<td>23</td>
<td>THE REPRODUCTIVE SYSTEM</td>
<td>515</td>
</tr>
<tr>
<td>24</td>
<td>DEVELOPMENT AND INHERITANCE</td>
<td>544</td>
</tr>
<tr>
<td>A</td>
<td>ANSWERS</td>
<td>A-1</td>
</tr>
<tr>
<td>G</td>
<td>GLOSSARY</td>
<td>G-1</td>
</tr>
<tr>
<td>C</td>
<td>CREDITS</td>
<td>C-1</td>
</tr>
<tr>
<td>I</td>
<td>INDEX</td>
<td>I-1</td>
</tr>
</tbody>
</table>
CONTENTS

1 ORGANIZATION OF THE HUMAN BODY 1
1.1 Anatomy and Physiology Defined 1
1.2 Levels of Organization and Body Systems 1
1.3 Life Processes 6
1.4 Homeostasis: Maintaining Limits 6
   Control of Homeostasis: Feedback Systems 6
   - Negative Feedback Systems 7
   - Positive Feedback Systems 8
1.5 Aging and Homeostasis 9
1.6 Anatomical Terms 10
   - Names of Body Regions 10
   - Directional Terms 10
   - Planes and Sections 14
1.7 Body Cavities 15
   - Abdominopelvic Regions and Quadrants 17
   Medical Terminology and Conditions 18 / Chapter Review and Resource Summary 18 / Critical Thinking Applications 21 / Answers to Figure Questions 21

2 INTRODUCTORY CHEMISTRY 22
2.1 Introduction to Chemistry 22
   - Chemical Elements and Atoms 22
   - Ions, Molecules, and Compounds 24
   - Chemical Bonds 25
     - Ionic Bonds 25
     - Covalent Bonds 26
     - Hydrogen Bonds 26
   - Chemical Reactions 26
     - Forms of Energy and Chemical Reactions 27
     - Synthesis Reactions 28
     - Decomposition Reactions 28
     - Exchange Reactions 28
     - Reversible Reactions 28
2.2 Chemical Compounds and Life Processes 29
   - Inorganic Compounds 29
     - Water 29
     - Inorganic Acids, Bases, and Salts 29
     - Acid–Base Balance: The Concept of pH 29
     - Maintaining pH: Buffer Systems 30
   - Organic Compounds 31
     - Carbohydrates 31
     - Lipids 31
     - Proteins 34
     - Enzymes 35
     - Nucleic Acids: Deoxyribonucleic Acid (DNA) and Ribonucleic Acid (RNA) 36
     - Adenine Triphosphate 38
   - Chapter Review and Resource Summary 39 / Critical Thinking Applications 40 / Answers to Figure Questions 40

3 CELLS 41
3.1 A Generalized View of the Cell 41
3.2 The Plasma Membrane 41
3.3 Transport Across the Plasma Membrane 43
   - Passive Processes 44
     - Diffusion: The Principle 44
     - Osmosis 45
   - Active Processes 47
     - Active Transport 47
     - Transport in Vesicles 48
3.4 Cytoplasm 49
   - Cytosol 50
   - Organelles 50
     - Centrosome 50
     - Cilia and Flagella 50
     - Ribosomes 51
     - Endoplasmic Reticulum 51
     - Golgi Complex 52
     - Lysosomes 53
     - Peroxisomes 53
     - Proteasomes 53
     - Mitochondria 53
3.5 Nucleus 54
3.6 Gene Action: Protein Synthesis 56
   - Transcription 56
   - Translation 57
3.7 Somatic Cell Division 59
   - Interphase 59
   - Mitotic Phase 59
     - Nuclear Division: Mitosis 59
     - Cytoplasmic Division: Cytokinesis 59
3.8 Cellular Diversity 61
3.9 Aging and Cells 61
   Common Disorders 62 / Medical Terminology and Conditions 63 / Chapter Review and Resource Summary 64 / Critical Thinking Applications 66 / Answers to Figure Questions 67

4 TISSUES 68
4.1 Types of Tissues 68
4.2 Epithelial Tissue 68
   - General Features of Epithelial Tissue 68
   - Classification of Epithelial Tissues 69
   - Glandular Epithelium 76
4.3 Connective Tissue 77
   - General Features of Connective Tissue 77
   - Connective Tissue Cells 77
   - Connective Tissue Extracellular Matrix 77
     - Ground Substance 77
     - Fibers 78
## 8 THE MUSCULAR SYSTEM 170

### 8.1 Overview of Muscular Tissue 170
- Types of Muscular Tissue 170
- Functions of Muscular Tissue 170

### 8.2 Skeletal Muscle Tissue 171
- Connective Tissue Components 171
- Nerve and Blood Supply 171
- Histology 171

### 8.3 Contraction and Relaxation of Skeletal Muscle 174
- Neuromuscular Junction 174
- Sliding-filament Mechanism 176
- Physiology of Contraction 176
- Relaxation 177
- Muscle Tone 177

### 8.4 Metabolism of Skeletal Muscle Tissue 179
- Energy for Contraction 179
- Muscle Fatigue 180
- Oxygen Consumption After Exercise 180

### 8.5 Control of Muscle Tension 180
- Twitch Contraction 181
- Frequency of Stimulation 181
- Motor Unit Recruitment 182
- Types of Skeletal Muscle Fibers 182

### 8.6 Exercise and Skeletal Muscle Tissue 182

### 8.7 Cardiac Muscle Tissue 182

### 8.8 Smooth Muscle Tissue 183

### 8.9 Aging and Muscular Tissue 185

### 8.10 How Skeletal Muscles Produce Movement 185
- Origin and Insertion 185
- Group Actions 186

### 8.11 Principal Skeletal Muscles 186

## 9 NERVOUS TISSUE 220

### 9.1 Overview of the Nervous System 220
- Organization of the Nervous System 220
  - Central Nervous System 220
  - Peripheral Nervous System 220
- Functions of the Nervous System 222

### 9.2 Histology of Nervous Tissue 222
- Neurons 222
  - Parts of a Neuron 222
  - Classification of Neurons 222
- Neuroglia 224
- Myelination 224
- Collections of Nervous Tissue 226
  - Clusters of Neuronal Cell Bodies 226
  - Bundles of Axons 226
- Gray and White Matter 226

### 9.3 Action Potentials 226
- Ion Channels 227
- Resting Membrane Potential 227
- Generation of Action Potentials 228
- Conduction of Nerve Impulses 229

### 9.4 Synaptic Transmission 230
- Events at a Chemical Synapse 230
- Neurotransmitters 232

## 10 CENTRAL NERVOUS SYSTEM, SPINAL NERVES, AND CRANIAL NERVES 236

### 10.1 Spinal Cord Structure 236
- Protection and Coverings: Vertebral Canal and Meninges 236
- Gross Anatomy of the Spinal Cord 236
- Internal Structure of the Spinal Cord 237

### 10.2 Spinal Nerves 237
- Spinal Nerve Coverings 239
- Distribution of Spinal Nerves 240
- Plexuses 240
- Intercostal Nerves 240

### 10.3 Spinal Cord Functions 240

### 10.4 Brain 242
- Major Parts and Protective Coverings 242
- Brain Blood Supply and the Blood-Brain Barrier 242
- Cerebrospinal Fluid 242
- Brain Stem 245
  - Medulla Oblongata 245
  - Pons 246
  - Midbrain 246
  - Reticular Formation 247
- Diencephalon 247
  - Thalamus 247
  - Hypothalamus 247
  - Pineal Gland 248
- Cerebellum 248
- Cerebrum 248
  - Limbic System 250
  - Functional Areas of the Cerebral Cortex 250
  - Somatic Sensory and Somatic Motor Pathways 251
  - Hemispheric Lateralization 253
  - Memory 253
  - Electroencephalogram (EEG) 254

### 10.5 Cranial Nerves 255

### 10.6 Aging and the Nervous System 256

Common Disorders 257 / Medical Terminology and Conditions 258 / Chapter Review and Resource Summary 258 / Critical Thinking Applications 260 / Answers to Figure Questions 260
11 AUTONOMIC NERVOUS SYSTEM 261
11.1 Comparison of Somatic and Autonomic Nervous Systems 261
11.2 Structure of the Autonomic Nervous System 263
Anatomical Components 263
Organization of the Sympathetic Division 263
Organization of the Parasympathetic Division 265
11.3 Functions of the Autonomic Nervous System 267
ANS Neurotransmitters 267
Activities of the ANS 267
Sympathetic Activities 267
Parasympathetic Activities 267
Common Disorders 269 / Chapter Review and Resource Summary 269 / Critical Thinking Applications 270 / Answers to Figure Questions 270

12 SOMATIC SENSES AND SPECIAL SENSES 271
12.1 Overview of Sensations 271
Definition of Sensation 271
Characteristics of Sensations 271
Types of Sensory Receptors 272
12.2 Somatic Senses 272
Tactile Sensations 273
Touch 273
Pressure 273
Vibration 274
Itch and Tickle 274
Thermal Sensations 274
Pain Sensations 274
Proprioceptive Sensations 274
12.3 Special Senses 275
12.4 Olfaction: Sense of Smell 275
Structure of the Olfactory Epithelium 275
Stimulation of Olfactory Receptors 276
The Olfactory Pathway 277
12.5 Gustation: Sense of Taste 277
Structure of Taste Buds 277
Stimulation of Gustatory Receptors 277
The Gustatory Pathway 278
12.6 Vision 279
Accessory Structures of the Eye 279
Layers of the Eyeball 279
Fibrous Tunic 279
Vascular Tunic 281
Retina 281
Interior of the Eyeball 282
Image Formation and Binocular Vision 284
Refraction of Light Rays 284
Accommodation 284
Constriction of the Pupil 285
Convergence 285
Stimulation of Photoreceptors 285
The Visual Pathway 286
12.7 Hearing and Equilibrium 286
Structure of the Ear 286
External (Outer) Ear 286
Middle Ear 287
Internal (Inner) Ear 287
Physiology of Hearing 289
Auditory Pathway 290
Physiology of Equilibrium 290
Static Equilibrium 290
Dynamic Equilibrium 290
Equilibrium Pathways 290
Common Disorders 295 / Medical Terminology and Conditions 295 / Chapter Review and Resource Summary 296 / Critical Thinking Applications 297 / Answers to Figure Questions 298

13 THE ENDOCRINE SYSTEM 299
13.1 Introduction 299
13.2 Hormone Action 301
Target Cells and Hormone Receptors 301
Chemistry of Hormones 301
Mechanisms of Hormone Action 301
Action of Lipid-soluble Hormones 301
Action of Water-soluble Hormones 302
Control of Hormone Secretions 302
13.3 Hypothalamus and Pituitary Gland 302
Anterior Pituitary Hormones 304
Human Growth Hormone and Insulinlike Growth Factors 304
Thyroid-stimulating Hormone 304
Follicle-stimulating Hormone and Luteinizing Hormone 304
Prolactin 304
Adrenocorticotropic Hormone 304
Melanocyte-stimulating Hormone 304
Posterior Pituitary Hormones 304
Oxytocin 305
Antidiuretic Hormone 305
13.4 Thyroid Gland 307
Actions of Thyroid Hormones 307
Control of Thyroid Hormone Secretion 308
Calcitonin 309
13.5 Parathyroid Glands 309
13.6 Pancreatic Islets 310
Actions of Glucagon and Insulin 310
13.7 Adrenal Glands 314
Adrenal Cortex Hormones 314
Mineralocorticoids 314
Glucocorticoids 314
Androgens 314
Adrenal Medulla Hormones 316
13.8 Ovaries and Testes 316
13.9 Pineal Gland 317
13.10 Other Hormones 317
Hormones from Other Endocrine Tissues and Organs 317
Prostaglandins and Leukotrienes 318
### Contents

13.11 The Stress Response 318
13.12 Aging and the Endocrine System 319

Common Disorders 321 / Medical Terminology and Conditions 322 / Chapter Review and Resource Summary 323 / Answers to Figure Questions 325

14 THE CARDIOVASCULAR SYSTEM: BLOOD 326

14.1 Functions of Blood 326
14.2 Components of Whole Blood 326
Blood Plasma 328
Formed Elements 328
Formation of Blood Cells 329
Red Blood Cells 329
RBC Life Cycle 329
White Blood Cells 331
Platelets 333

14.3 Hemostasis 333
Vascular Spasm 334
Platelet Plug Formation 334
Blood Clotting 335
Blood Clot Retraction and Blood Vessel Repair 336
Hemostatic Control Mechanisms 336
Clotting in Blood Vessels 336

14.4 Blood Groups and Blood Types 336
ABO Blood Group 337
Rh Blood Group 337
Transfusions 337
Typing and Cross-matching Blood for Transfusion 338

Common Disorders 339 / Medical Terminology and Conditions 339 / Chapter Review and Resource Summary 340 / Critical Thinking Applications 341 / Answers to Figure Questions 341

15 THE CARDIOVASCULAR SYSTEM: HEART 342

15.1 Structure and Organization of the Heart 342
Location and Coverings of the Heart 342
Heart Wall 342
Chambers of the Heart 345
Great Vessels of the Heart 347
Valves of the Heart 347

15.2 Blood Flow and Blood Supply of the Heart 348
Blood Flow Through the Heart 348
Blood Supply of the Heart 348

15.3 Conduction System of the Heart 350
15.4 Electrocardiogram 351
15.5 The Cardiac Cycle 351
Heart Sounds 352

15.6 Cardiac Output 353
Regulation of Stroke Volume 353
Regulation of Heart Rate 353
Autonomic Regulation of Heart Rate 353
Chemical Regulation of Heart Rate 354
Other Factors in Heart Rate Regulation 354

15.7 Exercise and the Heart 355
Common Disorders 355 / Medical Terminology and Conditions 357 / Chapter Review and Resource Summary 358 / Critical Thinking Applications 359 / Answers to Figure Questions 359

16 THE CARDIOVASCULAR SYSTEM: BLOOD VESSELS AND CIRCULATION 360

16.1 Blood Vessel Structure and Function 360
Arteries and Arterioles 360
Capillaries 361
Structure of Capillaries 362
Capillary Exchange 362
Veins and Veins 363
Structure of Veins and Veins 363

16.2 Blood Flow Through Blood Vessels 364
Blood Pressure 364
Resistance 364
Venous Return 364
Regulation of Blood Pressure and Blood Flow 365
Role of the Cardiovascular Center 365
Hormonal Regulation of Blood Pressure and Blood Flow 366

16.3 Circulatory Routes 367
Systemic Circulation 367
Pulmonary Circulation 382
Hepatic Portal Circulation 382
Fetal Circulation 382

16.4 Checking Circulation 384
Pulse 384
Measurement of Blood Pressure 385

16.5 Aging and the Cardiovascular System 385
Common Disorders 387 / Medical Terminology and Conditions 387 / Chapter Review and Resource Summary 388 / Critical Thinking Applications 389 / Answers to Figure Questions 389

17 THE LYMPHATIC SYSTEM AND IMMUNITY 391

17.1 Lymphatic System 391
Lymphatic Vessels and Lymph Circulation 393
Lymphatic Organs and Tissues 393
Thymus 394
Lymph Nodes 394
Spleen 395
Lymphatic Nodales 395

17.2 Innate Immunity 396
First Line of Defense: Skin and Mucous Membranes 396
Second Line of Defense: Internal Defenses 396
Antimicrobial Substances 396
Phagocytes and Natural Killer Cells 397
Inflammation 397
Fever 398
23.4 Birth Control Methods and Abortion 533

Birth Control Methods 533
Surgical Sterilization 533
Non-Incisional Sterilization 534
Hormonal Methods 534
Intrauterine Devices 535
Spermicides 535
Barrier Methods 535
Periodic Abstinence 535
Abortion 536

23.5 Aging and the Reproductive Systems 536

Common Disorders 538 / Medical Terminology and Conditions 540 / Chapter Review and Resource Summary 541 / Critical Thinking Applications 543 / Answers to Figure Questions 543

24 DEVELOPMENT AND INHERITANCE 544

24.1 Embryonic Period 544
First Week of Development 544
Fertilization 544
Early Embryonic Development 545
Second Week of Development 546
Third Week of Development 549
Gastrulation 549

Development of the Allantois, Chorionic Villi, and Placenta 549
Fourth Through Eighth Weeks of Development 550
24.2 Fetal Period 552
24.3 Maternal Changes During Pregnancy 552
Hormones of Pregnancy 552
Changes During Pregnancy 553
24.4 Exercise and Pregnancy 555
24.5 Labor and Delivery 555
24.6 Lactation 556
24.7 Inheritance 557
Genotype and Phenotype 557
Autosomes and Sex Chromosomes 559
Common Disorders 560 / Medical Terminology and Conditions 561 / Chapter Review and Resource Summary 562 / Critical Thinking Applications 563 / Answers to Figure Questions 563

ANSWERS A-1

GLOSSARY G-1

CREDITS C-1

INDEX I-1