

# CRASH COURSE: Video outline

## "Introduction to human body systems!"

Name: \_\_\_\_\_

Class per: \_\_\_\_\_

### Introduction

**Complementary of structure and function:** The basic idea that what a structure can do depends on its specific form.

**Hierarchy of organization:**

6. The Body	All the levels combined
5. Organ Systems	Organs work together to get things done
4. Organs	Combination of tissues
3. Tissues	Group of cells
2. Cellular	
1. Chemical	The atomic level

**Homeostasis:** Maintain stable internal conditions no matter what changes are occurring outside the body

Your survival is all about maintaining balance.

Everyone's ultimate cause of death is the extreme and irreversible loss of homeostasis.

**Directional Terms:** Describe where one body part is in relation to another

**Anatomical Position** The body is erect and facing forwards, arms at the sides and palms forward

- **Sagittal plane**      Vertically  
or median plane      Divides body/organ in left and right parts
- **Parasagittal plane** Parallel to sagittal but off to one side
- **Coronal plane**      Vertically into front and back  
or frontal plane
- **Transverse plane** Top and bottom  
or horizontal plane
- **Axial**      In line with centre of the body  
– head, neck, trunk
- **Appendicular**      Appendages: Attached to axis  
– arms, legs
  
- ❖ **Anterior**      Front of the body

- ❖ **Posterior**                      Back of the body
  
- **Superior**                      Towards the top of the body  
  or cranial
  
- **Inferior**                      Towards the bottom  
  or caudal
  
- **Medial**                      Towards the axis of the body  
  ↳ straight line running from head to toes
  
- **Lateral**                                           Away from midline
  
  
- Proximal**                      Towards the trunk
  
- Distal**                                           Away from the trunk