

# Anatomy Class Unit Review and Test (10-13)

## Anatomy Class Unit Review

Use this sheet to study for your Unit Test. Review each body system, its main parts, and what it does.

### Week 1 – The Human Body Overview

- Anatomy is the study of body parts and how they are organized.
- The body has 11 main systems that all work together: skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic/immune, respiratory, digestive, urinary, reproductive, and integumentary (skin, hair, nails).
- Each system depends on the others to function—like a team.
- Fun fact: Babies have ~270 bones; adults have 206 because some fuse together.

### Week 2 – Skeletal System

- Made up of 206 bones that provide structure, protection, and movement.
- Functions: support, protection, movement, blood cell production, mineral storage.
- Major bones: skull, spine, ribs, pelvis, humerus, femur.
- Bone marrow produces red and white blood cells.
- Joints connect bones and allow movement (hinge, ball-and-socket, gliding, pivot).
- Fun fact: Your skeleton renews itself every 7–10 years!

### Week 3 – Muscular & Nervous Systems

- Muscles make up about half your body weight and work in pairs to move bones.
- Three types of muscles: Skeletal (voluntary, attached to bones), Smooth (involuntary, in organs), and Cardiac (involuntary, in the heart).
- Functions: movement, posture, warmth, organ protection, and blood circulation.
- The nervous system controls and coordinates all body actions.
- Two main parts: Central Nervous System (brain and spinal cord) and Peripheral Nervous System (nerves to body).
- Neurons are the messenger cells that carry electrical signals.
- Fun fact: Nerve signals travel up to 250 mph!

### **Week 4 – Cardiovascular & Immune Systems**

- Cardiovascular system = heart + blood + blood vessels.
- The heart pumps blood to deliver oxygen and nutrients and remove waste.
- Arteries carry blood away from the heart; veins carry it back; capillaries connect them.
- Valves in veins prevent backflow; muscles help push blood upward.
- Immune system defends against germs and repairs the body.
- Two main parts: Innate (fast, general) and Adaptive (specific, remembers germs).
- Key immune cells: Macrophages, Neutrophils, B Cells, and T Cells.
- Fun fact: About 70% of immune cells live in your gut!

### **Week 5 – Respiratory & Digestive Systems**

- Respiratory system brings oxygen in and removes carbon dioxide.
- Main parts: nose, pharynx, larynx, trachea, bronchi, lungs, diaphragm.
- Gas exchange happens in alveoli (tiny air sacs in lungs).
- Fun fact: You take about 20,000 breaths a day!
- Digestive system breaks down food into nutrients for energy, growth, and repair.
- Major organs: mouth, esophagus, stomach, small and large intestines, liver, pancreas, gallbladder.
- Most nutrient absorption happens in the small intestine.
- Helpful bacteria in the large intestine make vitamins and support digestion.
- Fun fact: The small intestine is about 20 feet long!

### **Study Tips**

- Review diagrams of each system—be able to label main organs.
- Know what each system does and how they work together.
- Remember key vocabulary like alveoli, marrow, diaphragm, neuron, artery, and villi.
- Quiz yourself or a friend using the questions from the test!

## Test

### Week 1: Introduction to the Human Body

1. What is anatomy the study of?

A) How the body moves

**B) The structure and parts of the body**

C) Diseases and treatments

D) How food gives energy

2. How many main body systems are there?

A) 8

B) 10

**C) 11**

D) 12

3. Which system controls all other systems?

A) Circulatory system

B) Respiratory system

**C) Nervous system**

D) Muscular system

4. The skeletal system's main job is to:

A) Pump blood

**B) Support and protect the body**

C) Digest food

D) Control temperature

5. What is true about bones in babies and adults?

- A) Adults have more bones
- B) Babies have more bones that fuse together**
- C) Bones grow until age 5
- D) Bones disappear as you grow

6. The respiratory system helps you:

- A) Control movement
- B) Breathe in oxygen and remove carbon dioxide**
- C) Send messages
- D) Digest food

## **Week 2: Skeletal System**

1. About how many bones are in an adult human body?

- A) 150
- B) 250
- C) 206**
- D) 270

2. What type of bone tissue is hard and dense?

- A) Spongy bone
- B) Compact bone**
- C) Elastic bone
- D) Soft bone

3. Which bone protects the brain?

- A) Pelvis
- B) Skull**
- C) Sternum

D) Femur

4. Where are blood cells made?

A) Skin

B) Brain

**C) Bone marrow**

D) Heart

5. What type of joint allows your shoulder to move in a circle?

A) Pivot joint

**B) Ball-and-socket joint**

C) Hinge joint

D) Gliding joint

6. What minerals are stored in bones?

A) Potassium and sodium

**B) Calcium and phosphorus**

C) Iron and zinc

D) Carbon and oxygen

### **Week 3: Muscular & Nervous Systems**

1. What type of muscle is voluntary and attached to bones?

A) Cardiac muscle

B) Smooth muscle

**C) Skeletal muscle**

D) Involuntary muscle

2. What type of muscle moves food through the digestive tract?

## Parent Notes

A) Skeletal

**B) Smooth**

C) Cardiac

D) Abdominal

3. The heart is made of what kind of muscle?

A) Skeletal

B) Smooth

**C) Cardiac**

D) Involuntary

4. Muscles that work in pairs to bend and straighten the arm are:

A) Quadriceps and hamstrings

B) Deltoids and pectorals

**C) Biceps and triceps**

D) Calves and glutes

5. Which muscle helps you breathe?

A) Abdominals

**B) Diaphragm**

C) Quadriceps

D) Pectorals

6. What is the brain's role in the nervous system?

**A) Control center that sends and receives messages**

B) Pumps blood

C) Cleans the body

D) Stores fat

7. Which two parts make up the Central Nervous System?

**A) Brain and spinal cord**

B) Brain and heart

C) Spinal cord and lungs

D) Muscles and bones

8. The Peripheral Nervous System:

A) Produces reflexes

**B) Carries messages between the CNS and the rest of the body**

C) Controls digestion only

D) Moves muscles automatically

### **Week 4: Cardiovascular & Immune Systems**

1. What is the main function of the cardiovascular system?

**A) To move oxygen, nutrients, and waste through the body**

B) To digest food

C) To send messages

D) To store calcium

2. Which organ pumps blood through the body?

A) Brain

B) Lungs

**C) Heart**

D) Kidneys

3. Which blood vessels carry blood away from the heart?

A) Veins

**B) Arteries**

C) Capillaries

D) Valves

4. Why do veins have valves?

A) To store oxygen

**B) To prevent blood from flowing backward**

C) To make blood thicker

D) To pump faster

5. The immune system's job is to:

A) Move muscles

B) Pump blood

**C) Protect the body from germs and repair damage**

D) Store minerals

6. Which immune cells make antibodies?

A) T cells

**B) B cells**

C) Macrophages

D) Neutrophils

7. Where do most immune cells live in the body?

A) Brain

B) Heart

**C) Gut (intestines)**

D) Lungs

## **Week 5: Respiratory & Digestive Systems**

1. What is the main job of the respiratory system?

A) Pump blood

**B) Bring in oxygen and remove carbon dioxide**

C) Break down food

D) Send messages

2. What are the tiny air sacs in the lungs called?

A) Bronchi

**B) Alveoli**

C) Capillaries

D) Diaphragm

3. What is the main job of the digestive system?

**A) Break down food into nutrients the body can use**

B) Control breathing

C) Send nerve signals

D) Filter blood