

Human Physiology Exam Review Terminology

You are responsible for knowing the definitions of each of these words:

Wellness:

Wellness	Life Expectancy	physical health	mental health
Social health	Stress	acute stress	chronic stress
Physical stressors	emotional stressors	stressor	Fiber
Saturated Fat	Carbohydrates	Complex Carbohydrates	Protein
Transfat	polyunsaturated fat	monounsaturated fat	fat soluble vitamins
macrominerals	water soluble vitamins	Trace minerals	Simple Carbohydrates

Digestion:

Digestion	nutrients	chemical digestion	mechanical digestion
Ingestion	egestion	absorption	peristalsis
Mucus	pepsin	hydrochloric acid	villi
Tooth decay	ulcer	heartburn	cirrhosis
Gallstones	jaundice	alimentary canal	bile
Chime	enzymes	epiglottis	esophagus
Gallbladder	pancreas	pharynx	saliva

Circulation:

Circulation	heart	septum	atrium	ventricle
Valves	heartbeat	arteries	veins	capillaries
Aorta	blood plasma	platelets	hemoglobin	antigens
antibodies	anemia	blood groups	leukemia	blood pressure
pulmonary circulation		atherosclerosis	heart attack	
systemic circulation	red blood cells	White blood cells	stroke	
congenital heart disease		heart inflammation		

Respiration:

Alveoli	asthma	bronchi	bronchioles
Bronchitis	larynx	nasal cavity	pneumonia
respiration	trachea	pharynx	

Bones/Muscles

joint	cramp	axial skeleton	marrow
strain	cardiac muscle	skeletal muscle	bone
cartilage	smooth muscle	scoliosis	tendon
flexor	voluntary muscle	extensor	involuntary muscle
muscular dystrophy	appendicular skeleton		