

HUMAN BODY SYSTEMS

WHAT ARE OUR BODY SYSTEMS?



NERVOUS SYSTEM

THE NERVOUS SYSTEM FUNCTIONS BY SENSING THE ENVIRONMENT INSIDE AND OUTSIDE OF THE HUMAN BODY AND TRANSMITTING SIGNALS BETWEEN THE BRAIN AND ALL PARTS OF THE BODY. THE NERVOUS SYSTEM CONTAINS THREE MAIN COMPONENTS: THE BRAIN, THE NERVES, AND SENSORY ORGANS LIKE THE EYES, EARS, NOSE, TONGUE, AND SKIN.



MUSCULAR SYSTEM

THE MUSCULAR SYSTEM IS RESPONSIBLE FOR MOVEMENT IN THE HUMAN BODY. MUSCLES MOVE BY CONTRACTING, MEANING THE FIBERS IN THEM SHORTEN OR LENGTHEN TO PROVIDE MOVEMENT.



SKELETAL SYSTEM

THE SKELETAL SYSTEM INCLUDES ALL THE BONES AND JOINTS IN THE HUMAN BODY. THIS SYSTEM ACTS AS A BASE FOR MUSCLES TO ATTACH FOR MOVEMENT AND AS PROTECTION FOR SOFT TISSUES AND ORGANS.



CIRCULATORY SYSTEM

THE CIRCULATORY SYSTEM IS THE BODY SYSTEM THAT MOVES BLOOD ROUND THE BODY. THE HEART AND ALL BLOOD VESSELS MAKE UP THE CIRCULATORY SYSTEM.



IMMUNE SYSTEM

THE IMMUNE SYSTEM FUNCTIONS TO KEEP THE HUMAN BODY HEALTHY BY PROTECTING IT FROM DISEASES AND MICROSCOPIC INVADERS CALLED PATHOGENS.



RESPIRATORY SYSTEM

A SYSTEM OF THE BODY USED IN BREATHING THAT IN HUMAN BEINGS CONSISTS OF THE NOSE, NASAL PASSAGES, PHARYNX, LARYNX, TRACHEA, BRONCHIAL TUBES, AND LUNGS.



DIGESTIVE SYSTEM

THE BODILY SYSTEM CONCERNED WITH THE INGESTION, DIGESTION, AND ABSORPTION OF FOOD AND THE DISCHARGE OF RESIDUAL WASTES



EXCRETORY SYSTEM

THE EXCRETORY SYSTEM IS IN CHARGE OF GETTING RID OF WASTES AND EXTRA WATER IN THE BODY. IT'S MADE UP OF YOUR KIDNEYS, URETERS, BLADDER, AND URETHRA.

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Yicheng Fang



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web jan 17 2023 ada dua jenis gerakan senam ketangkasan dengan alat bantu yaitu lompat kangkang dan lompat jongkok keduanya menggunakan alat sederhana berupa peti loncat atau benda apapun yang dapat dipakai sebagai tumpuan dengan tinggi 120 cm bagi perempuan dan 136 cm untuk laki laki 1 lompat kangkang

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web mar 4 2023 senam ketangkasan atau senam artistik yaitu karena bentuk bentuk dari senam tersebut mempunyai aturan yang sesuai yuk langsung aja deh ke pembahasan yang lebih lengkap seperti berikut dibawah ini

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seperti yang telah disebutkan diatas senam ketangkasan dibagi menjadi dua pertama adalah senam dengan menggunakan alat dan yang kedua adalah senam dengan tidak menggunakan alat