

Contents in Brief

SECTION I

FUNDAMENTALS, 1

- 1 The Body as a Whole, 1
- 2 Mechanisms of Health and Disease, 25
- 3 Terminology: Scientific, Medical, Social, and Cultural Communication, 63

SECTION II

SYSTEMS OF CONTROL, 98

- 4 Nervous System Basics and the Central Nervous System, 98
- 5 Peripheral Nervous System, 136
- 6 Endocrine System, 170

SECTION III

KINESIOLOGY AND BIOMECHANICS, 193

- 7 Skeletal System, 193
- 8 Joints, 231
- 9 Muscles, 284
- 10 Biomechanics Basics, 472

SECTION IV

REMAINING BODY SYSTEMS, 551

- 11 Integumentary, Cardiovascular, Lymphatic, and Immune Systems, 551
- 12 Respiratory, Digestive, Urinary, and Reproductive Systems, 606

Glossary, 656

Bibliography, 667

Index, 674