

What are the organ systems in your body?

The human body is a complex machine that carries out multiple jobs at the same time. The smallest unit of life in the human body is a cell. A group of similar cells that work together to carry out a function make up a tissue. In turn, different tissues are organized into various organs. The organs then work together as part of an organ system to perform specific activities or functions.

Suppose you are riding a bicycle. Your skeletal system supports your body as you move your legs to pedal. Your muscular system lets you tighten your hand around the handlebars to steer the bicycle.

As you pedal faster, the speed of your breathing increases. This means that your respiratory system is breathing in more oxygen for your cells to use. Your circulatory system carries this oxygen throughout your body to all of your cells.

As you ride farther, you may sweat, meaning your excretory system is removing waste materials that your body does not need. This system also keeps your body from overheating. When you are done riding, your nervous system may send signals that you are hungry. If you then eat an apple, your digestive system breaks it down to provide energy for your body.

Your integumentary system, or your skin and hair, covers your body and acts as a barrier to protect it from damage, much the way your helmet protects you from injuries. If you fall while riding your bicycle and cut your knee, your immune system helps you heal.

Your endocrine system controls your body's growth and responses. Your endocrine system would be activated if you are nervous about falling off of your bicycle or excited about competing in a race.



What do your organ systems do?

Your organ systems work together to carry out your life processes. Each system works like parts of a machine.

The nervous system includes the brain, spinal cord, and nerves. It carries messages in your body and controls your senses. Without your nervous system, you wouldn't be able to taste, smell, hear, think, write, or move.

The skeletal and muscular systems work together to help you move. The 206 bones of the skeletal system give the body its shape and protect the organs. The muscular system is made up of muscles that are attached to and move bones. Some organs are also made up of muscle tissue.

The integumentary and the immune systems protect the body. The integumentary system includes skin, hair, and nails. It protects the body from injury and infection and removes waste. The immune system protects and fights against disease and illness and helps heal injuries. The immune system has cells that attack and kill disease organisms in your tissues.

The endocrine system produces chemicals that regulate and control body functions. The chemicals of the endocrine system also help to control the reproductive system. The reproductive produces offspring.

The digestive, respiratory, circulatory, and excretory systems transport materials in the body. The digestive system turns food into nutrients that are suitable for use by respiratory system the body cells. The circulatory system carries oxygen into the lungs, where it is transferred to the blood. It removes carbon dioxide from the blood and releases it from body. The circulatory system uses blood and blood vessels to move oxygen and nutrients to the cells. It also removes carbon dioxide and other waste from the cells. The excretory system moves waste materials out of the body.

