**GENETICS**

* **Characteristics**
* **DNA**
* **Inherited**
* **Organism**
* **Trait**

**CELLS**

* **Cell**
* **Multicellular**
* **Unicellular (single cell)**
* **Permeable (pass through)**
* **Transport**

**HUMAN BODY SYSTEMS, GENERAL**

* **Direct evidence**

Exercise

Fitness

Function

* **Indirect evidence**

Nutrient

* **Organism**

**SKELETAL SYSTEM**

* **Bones**

Cranium

Femur

Humerus

Mandible

Patella

Pelvis

Radius

Ribs

Scapula

* **Skeleton**

Skull

Spine (backbone)

Sternum

Tibia

Ulna

Vertebrae

**MUSCULAR SYSTEM**

* **Cardiac muscle**
* **Contract**
* **Endurance**

Exertion

Extend

Flex

* **Involuntary**

Muscles

* **Musculoskeletal**
* **Resistance**
* **Skeletal muscle**
* **Smooth muscle**
* **Voluntary**

**NERVOUS SYSTEM**

* **Brain**

Cerebellum

Cerebrum

Nerve endings

* **Nerves**

Neurons

Relay

Signals

* **Spinal cord**

Spinal nerve

Stimuli

**CIRCULATORY AND CARDIOVASCULAR SYSTEMS**

Aerobic exercise

Anaerobic exercise

* **Arteries**
* **Atrium**
* **Blood**

Blood vessels

Capillaries

Cardiac

* **Circulation**
* **Heart**
* **Plasma**

Pulse

* **Red blood cells**
* **Veins**
* **Ventricles**
* **White blood cells**

**RESPIRATORY SYSTEM**

* **Air sacs**
* **Alveoli**
* **Bronchial tubes**
* **Diaphragm**
* **Exhale**
* **Inhale**
* **Lungs**
* **Trachea**

**DIGESTIVE AND EXCRETORY SYSTEMS**

Anus

* **Digestion**
* **Esophagus**
* **Large intestine**

Liver

* **Mouth**

Pancreas

Rectum

* **Saliva**

Salivary glands

* **Small intestine**
* **Stomach**
* **Tongue**