

The Human Body and How it Works (Healthy Aging part 2)
Tuesdays 1:45-3:30PM

Spring 2020

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The body is composed of 11 important **organ systems**. The circulatory and Nervous System were studied in detail as part of the fall semester, as was the excretory system and immune systems . The spring semester will include the structure and function of the respiratory, digestive, and endocrine **systems**. It will also include the integumentary, skeletal, muscle and reproductive **systems**. We will consider the changes that occur with these systems as the body ages.

Handouts will be used as a guide to weekly content. Lecture, class discussion and You-tube videos will be utilized during presentation of the material. Questions are always welcome.

- 2/4 **Introduction** to the course. Levels of organization - chemical, cellular, tissue, organ, system and organism.
- 2/11 Homeostasis and communication within the body. Overview of aging.
- 2/18 Integumentary system – skin the largest organ
- 2/25 Respiratory system – airways and lungs, gas exchange
- 3/3 Digestive system - gastrointestinal tract
- 3/10 Endocrine system – role in homeostasis
- 3/24 Skeletal system – bones, joints and connections, range of motion
- 3/31 Muscular system – muscle contraction and relaxation - movement
- 4/7 Reproductive **system – male and female, meiosis, changes with aging**
- 4/14 Summary of changes that occur with aging.