

Chapter 1  
Topic: Nervous System  
Structure & Function  
What the growth points for your brain tell Chapter 1: Nervous System

1. What are the main types of neurons? Neurons are specialized cells that transmit information in the nervous system. They are made up of a cell body (soma) and a long tail-like structure called an axon. The axon is covered by a myelin sheath, which helps to speed up the transmission of electrical signals.

2. How does the brain control the body's movements? The brain controls the body's movements by sending electrical signals through the nervous system to the muscles. These signals are called motor commands.

3. What are the main parts of the brain? The main parts of the brain are the cerebrum, cerebellum, and brainstem. The cerebrum is the largest part and is responsible for most of the brain's functions. The cerebellum is located at the back of the brain and is responsible for coordination and balance. The brainstem is located at the base of the brain and is responsible for basic life functions like breathing and heart rate.

# Personal Fitness Chapter Answers

**L Reisser**



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