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# PLTW Human Body Systems Semester Exam Study Guide

skeletal system - ✓ ✓ function: provides support and structure, stores calcium, minerals, fats, marrow  
eg: Bones, Cartilage

Integumentary System - ✓ ✓ function: provides protection regulates body temp, prevents water loss  
eg: skin, hair

Muscle System - ✓ ✓ function: provides body movement and generates heat when muscles contract  
eg: muscles, tendons

Nervous System - ✓ ✓ function: regulatory system that controls body movement, consciousness, intelligence, memory  
eg: brain, spinal cord, nerves

Endocrine System - ✓ ✓ function: secretes hormones which regulate body and cellular growth, chemical levels in the body, and reproductive functions  
eg: pituitary gland, thyroid gland

Circulatory System - ✓ ✓ function: pumps blood to distribute hormones, nutrients and gases and removes wastes  
eg: heart, veins, arteries

Lymphatic System - ✓ ✓ function: transports and filters lymph and initiates immune response  
eg: nodes, lymph vessels, spleen

Digestive System - ✓ ✓ function: mechanically and chemically breakdowns food materials, absorbs nutrients and expels waste

# Personal Fitness Semester Exam Study Guide Answers

**L Reisser**



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