

Health K-6 Glossary

SENSORY SYSTEM

Sensory organs – eyes, ears, nose, mouth, and skin

MUSCULAR SYSTEM

Abdominal – muscles of the abdomen (mid-section)

Cardiac muscle – muscle found only in the heart

Deltoid – a large, triangular muscle covering the joint of the shoulder; the action of which raises the arm away from the side of the body

Involuntary muscle – muscle governing reflex functions and not under direct voluntary control

Quadriceps – four muscles located in the anterior (front of the) thigh. This muscle group acts to extend the leg while straightening the knee

Skeletal muscle – anchored by tendons to bone and is used to effect skeletal movement such as locomotion and in maintaining posture

Smooth muscle – or "involuntary muscle" is found within the walls of organs and structures such as the esophagus, stomach, intestines, etc.

Tricep – the muscle at the back of the upper arm

Voluntary muscle – muscle whose action is normally controlled by an individual's will; mainly skeletal muscle

SKELETAL SYSTEM

Skeletal system – The skeletal system is what keeps your body in shape, protects your vital organs such as the heart, brain, and lung, and enables you to move

INTEGUMENTARY SYSTEM

Integumentary system – The body system consisting of the skin and its associated structures, such as the hair, nails, sweat glands, and sebaceous glands

CARDIO-RESPIRATORY/CIRCULATORY SYSTEM

Arteries – blood vessels that convey blood from the heart to any part of the body (usually look red)

Blood cells – any of the cellular elements of the blood, such as white blood cells or red blood cells

Capillaries – one of the minute blood vessels between the terminations of the arteries and the beginnings of the veins

Cardio-respiratory system – consists of the lungs, heart, blood vessels, and the blood

Chambers of the heart – right and left atrium, right and left ventricle

Circulatory system – the circulatory system is made up of the vessels and the muscles that help and control the flow of the blood around the body. This process is called circulation. The main parts of the system are the heart, arteries, capillaries and veins.

Veins – any blood vessel that carries blood to the heart (usually look blue)

RESPIRATORY SYSTEM

Alveoli – The alveoli are tiny air sacs within the lungs where the exchange of oxygen and carbon dioxide takes place

Diaphragm – The diaphragm is a muscle system. It is fastened to the lowest ribs on the sides, the bottom of the sternum, and to the back at the top of the lumbar region. Its primary function is as an inhalation muscle system.

Respiratory system – the system by which oxygen is taken into the body and an exchange of oxygen and carbon dioxide takes place

Trachea – the tube from the larynx to the bronchi, serving as the primary passage for conveying air to and from the lungs; the windpipe

NERVOUS SYSTEM

Central Nervous System – the part of the nervous system comprising the brain and spinal cord

Long-term memory – information stored in the brain and retrievable over a long period of time, often over the entire life span of an individual

Nervous system – the system of nerves and nerve centers, including the brain, spinal cord, nerves, and ganglia (a mass of nerve tissue existing outside the central nervous system)

Peripheral Nervous System – the portion of the nervous system lying outside the brain and spinal cord

Short-term memory – information retained in the brain and retrievable over a brief span of time

DIGESTIVE SYSTEM

Digestive system – the system by which ingested food is acted upon by physical and chemical means to provide the body with absorbable nutrients and to excrete waste products

Esophagus – the tube that connects the pharynx (throat) with the stomach

Large intestine – the broad, shorter part of the intestines that absorbs water and eliminates the residues of digestion

Small intestine – the narrow, longer part of the intestines that serves to digest and absorb nutrients

URINARY/EXCRETORY SYSTEM

Ureter– a tube that carries urine down from the kidney to the bladder

ENDOCRINE SYSTEM

Pituitary – a small oval gland at the base of the brain, producing hormones that control other glands and influence growth of the bone structure, maturation, and general metabolism

Thyroid – an endocrine gland located in the neck that secretes the hormones responsible for controlling metabolism and growth

LYMPHATIC-IMMUNE SYSTEM

Lymph nodes- an oval body in the lymphatic system that produces and houses lymphocytes and filters microorganisms and other particles, thus reducing the risk of infection

Spleen- a vascular organ in the left upper abdomen that helps destroy old red blood cells, form lymphocytes, and store blood

Thymus- an organ located at the base of the neck that is involved in development of cells of the immune system, particularly T cells. It is prominent in the young but shrinks after puberty.

Tonsils- either of two small oval masses of tissue, one on either side of the back of the mouth, that is important for the body's immune system

GROWTH AND DEVELOPMENT

Intellectual – relating to or involving the mental processes of abstract thinking and reasoning rather than the emotions

REFUSAL/ASSERTIVE SKILLS AND CONFLICT RESOLUTION

Assertive – confident in stating a position or claim

BODY DEFENSES AND RECOVERY

Incubation – the development of an infection inside the body to the point at which the first signs of disease become apparent

HIV/AIDS PREVENTION EDUCATION

Transmitted – to send something, pass something on, or cause something to spread from one person, thing or place to another

ACTIVITY RELATED INJURIES AND ENVIRONMENTAL CONDITIONS

Recreational– done or used for pleasure or relaxation rather than work

SAFE AND UNSAFE SUBSTANCES

Ingest – to take food, liquid, or some other substance into the body by swallowing or absorbing it

Kid-friendly definitions available at: <http://www.kidshealth.org>