



I CAN STATEMENTS

Intro to Health

UNIT 1 -

I can: describe the body plan and organization and homeostasis.

I can Describe the six levels of structural organization of the human body. (chemical, cellular, tissue, organ, system, organism)

I can Describe metabolism and its anabolic and catabolic processes.

I can Apply directional terms used in human anatomy. (posterior/anterior, medial/lateral, proximal/distal, superficial/deep, superior/inferior)

I can Apply commonly used planes to divide the body.

(sagittal, midsagittal, transverse [horizontal], frontal [coronal])

I can Identify the body cavities and locate the following organs within each cavity.

Dorsal Cavity, Vertebral - spinal cord, Cranial - brain, Ventral Cavity

Thoracic - heart, lungs, Mediastinum - heart, bronchi, esophagus, thymus,

Pericardial - heart, Pleural - lungs, Abdominopelvic Cavity - liver, spleen, intestines, kidneys, stomach, Pelvic - intestines, urinary bladder, sex organs

I can: Identify the major organ(s) in each abdominal quadrant.

RUQ - right upper quadrant - liver, gallbladder, right kidney

RLQ - right lower quadrant - cecum, appendix, right ovary

LUQ - left upper quadrant - spleen, stomach, left kidney

LLQ - left lower quadrant - left ovary

I can: examine the relationship between homeostasis and stress.

UNIT 2 -

I can: explain basic principles of body chemistry.

I can: identify the four major elements in the body.

(carbon, hydrogen, oxygen, nitrogen)

I can: differentiate between a compound and a molecule.

I can: define pH.

I can: categorize acidic, basic, or neutral solutions based on the pH of a solution. 02.08 **I can:** distinguish between "neutral" pH and the "average" pH range of the blood. (neutral pH = 7.0, average pH of blood = 7.35 to 7.45)

I can: describe the properties of water and how it is utilized in the human body. (universal solvent, transport, lubricant, heat capacity, chemical reactions)

I can: distinguish between inorganic and organic compounds.

(Inorganic compounds do not contain carbon, are small molecules, and usually form ionic bonds. Organic compounds usually contain carbon, are large molecules, form covalent bonds, and flammable)

UNIT 3 -

CELLS, HISTOLOGY, INTEGUMENTARY SYSTEM

I can: identify the four principle parts of a generalized animal cell and their functions. (nucleus, cytosol, organelles & cell membrane)

I can: describe the structure and function of the cell membrane.

I can: describe a selectively permeable membrane and factors which influence

permeability.

I can: contrast intracellular and extracellular fluid in terms of location and composition.

I can: describe the function of the following structures within the cell.

(nucleolus, gene, chromatin, chromosome, DNA, ribosomes, endoplasmic reticulum, Golgi complex, mitochondria, lysosomes, vacuole, peroxisomes, microfilaments, microtubules, centrioles, centrosomes, flagella, cilia, microvilli)

I can: compare and contrast mitosis and meiosis.

I can: contrast exocrine and endocrine glands.

I can: describe the structures and functions of the integumentary system components. (skin, glands, hair, nails)

I can: describe the major layers of skin. (epidermis, dermis, subcutaneous [hypodermis])

I can: describe the functions of sudoriferous (sweat) and sebaceous (oil) glands.

UNIT 4 - SKELETAL SYSTEM

I can: Identify the general functions of the skeletal system.

I can: Describe the features of a long bone.

(periosteum, diaphysis, epiphysis, medullary cavity, red marrow, yellow marrow, articular cartilage, endosteum, compact bone, spongy bone)

I can: Identify the four shapes of bones with characteristics and examples of each. (long, short, flat, irregular)

I can: Describe the terms "suture" and "fontanel".

I can: Contrast the axial and appendicular skeletons.

I can: Locate the following skull bones.

(mandible, maxilla, zygomatic, frontal, parietal, occipital, sphenoid, ethmoid, hyoid, temporal, mastoid process)

I can: Contrast the average number, location and function of each of the five groups of vertebrae.

I can: Explain the structural classifications of articulations.

(fibrous, synovial & cartilaginous)

I can: differentiate between ligaments and tendons.

I can: Identify the following diseases or disorders of the skeletal system.

(herniated disk, osteoarthritis, osteoporosis, scoliosis, spina bifida)

UNIT 5 - MUSCULAR SYSTEM

I can: Identify the general functions of the muscular system.

I can: Describe the four characteristics of muscle tissue.

(elasticity, excitability [irritability], extensibility, flexibility)

I can: Contrast the general location, microscopic appearance, control, and functions of the three specific types of muscle tissue. (skeletal, smooth, cardiac)

I can: Define the terms "origin" and "insertion."

I can: Explain the role of prime movers (agonists), antagonist synergists, and fixators.

I can: Describe the locations and functions of the following skeletal muscles:

(biceps brachii, triceps brachii, sternocleidomastoid, trapezius, deltoid, diaphragm, pectoralis major, latissimus dorsi, gastrocnemius, hamstrings, quadriceps, gluteus maximus)

I can: Identify the following diseases and disorders of the muscular system. (fibromyalgia, muscular dystrophy, shin splints)

Unit 6 -NERVOUS SYSTEM / SPECIAL SENSES

I can: Describe the general organization of the nervous system.

I can: Sequence the major events when the nerve impulse (action potential) is initiated and transmitted through a neuron.

I can: Contrast white and gray matter of nervous tissue.

I can: Identify the structures responsible for the maintenance and protection of the central nervous system. (meninges [dura mater, arachnoid mater and pia mater])

I can: Identify the four principle parts of the brain. (cerebrum, cerebellum, brain stem, diencephalon)

I can: Describe the location, and function of CSF. (ventricles, subarachnoid space)

I can: Describe the functions of the three structures of the brain stem. (medulla oblongata, pons, midbrain)

I can: Describe the structures and functions of the diencephalon. (thalamus, hypothalamus)

I can: Describe the locations and functions of the four lobes of the cerebrum.

(frontal, parietal, temporal, occipital)

I can: Explain the major functions of the cerebellum.

I can: Identify the following diseases or disorders of the nervous system. (ALS, Alzheimer's, bacterial meningitis, cerebral palsy, epilepsy, multiple sclerosis, Parkinson's)

I can: Describe the principle anatomical structures of the eye. (accessory structures [eyelid, conjunctiva, lacrimal apparatus, extrinsic muscles] layers of the eyeball (fibrous tunic [sclera, cornea], vascular tunic [choroid, ciliary body, iris, lens, pupil], nervous tunic [retina])

I can: Describe the principle anatomical structures of the ear. (outer ear [auricle, auditory canal], middle ear [tympanic cavity, tympanic membrane, auditory (Eustachian) tube, auditory ossicles (malleus, incus, stapes)], inner ear [bony labyrinth, membranous labyrinth, semicircular canals, vestibule, cochlea, Organ of Corti])

I can: Identify the following diseases or disorders associated with special senses. (presbyopia, myopia, hyperopia, cataracts, conjunctivitis, deafness [conductive, sensorineural], glaucoma, macular degeneration, middle ear infection, strabismus, tinnitus, vertigo)

UNIT 7 - ENDOCRINE SYSTEM

I can: Identify the general functions of the endocrine system.

I can: Describe a "hormone" and how it functions in the body.

I can: Describe the locations, secretions, and functions of the major endocrine glands. (pituitary gland [GH, TSH, ACTH], thyroid gland [thyroxine], adrenals [epinephrine, norepinephrine, cortisol, pancreas [glucagon, insulin])

I can: Identify the following diseases or disorders of the endocrine system. (acromegaly, cretinism, diabetes mellitus, dwarfism, gigantism, hyperthyroidism, hypothyroidism, myxedema)

UNIT 8 - BLOOD / LYMPHATIC / CARDIOVASCULAR SYSTEMS

I can: Identify the components of blood and their functions. (erythrocytes, leukocytes, thrombocytes, plasma)

I can: Describe erythrocytes, including the structure of hemoglobin.

I can: Define "leukocyte" and list the two major groups with their cell types. (granulocytes – neutrophils, basophils, eosinophils, and agranulocytes – monocytes, lymphocytes)

I can: Describe the process of hemostasis.
(vascular spasm, platelet plug formation, coagulation)

I can: Contrast a thrombus and an embolus.

I can: Identify the antigens found on the erythrocytes and the antibodies that determine the ABO blood types and the Rh factor.

Identify the components of the lymphatic system.
(tonsils, spleen, thymus, lymph nodes, bone marrow, lymph vessels)

I can: Describe how lymph is moved through the body.

I can: Describe the general roles of T-cells and B-cells in the immune response.

I can: List the general functions of the cardiovascular system.

I can: Identify the chambers of the heart.

I can: Locate the great blood vessels of the heart.
(superior vena cava, inferior vena cava, pulmonary trunk, pulmonary arteries, pulmonary veins, aorta, branches of the aorta)

I can: Identify the valves of the heart.
(tricuspid, pulmonary semilunar, bicuspid (mitral), aortic semilunar)

I can: Trace blood flow through the heart.

I can: Contrast the structures and functions of arteries, capillaries, and veins.

I can: Define pulse and identify the general location of arteries where pulse may be felt.

I can: Identify the following diseases or disorders of the cardiovascular system. (aneurysm, arteriosclerosis, atherosclerosis, cerebrovascular accident/stroke, coronary artery disease, hypertension, murmur, myocardial infarction)

UNIT 9 - Respiratory System

I can: Identify the general functions of the respiratory system.

I can: Sequence the organs of the respiratory system in the order which air will pass through them from the exterior. (nose or mouth, pharynx, larynx, trachea, bronchi, bronchioles, alveolar duct, alveoli).

I can: Identify the three regions of the pharynx. (nasopharynx, oropharynx and laryngopharynx)

I can: Identify the following anatomical features of the larynx. (epiglottis, glottis, hyoid bone, thyroid cartilage, cricoid cartilage, true and false vocal cords)

I can: Identify the coverings of the lungs and the gross anatomical features of the lungs.
(apex, base, lobes, visceral pleura, parietal pleura, pleural cavity)

I can: Identify the site at which gas exchange occurs in the lungs. (alveoli)

I can: Identify the volumes and capacities of air exchanged during ventilation.
(tidal volume, vital capacity)

I can: Differentiate between ventilation, external respiration, and internal respiration.

I can: Describe the effects of carbon dioxide on ventilation.

I can: Identify the following diseases or disorders of the respiratory system.
(emphysema, influenza, lung cancer, pneumonia, SIDS, tuberculosis)

UNIT 10 - DIGESTIVE SYSTEM

I can: Identify the general functions of the digestive system.

I can: Contrast chemical and mechanical digestion.

I can: Differentiate between the alimentary canal structures (mouth, pharynx, esophagus, stomach, small intestines, large intestines, rectum, anus) and the accessory structures (salivary glands [parotid], pancreas, gallbladder, liver).

I can: Describe the functions of saliva and salivary amylase in digestion.

I can: Identify the following parts of a typical tooth.
(crown, neck, root, gingiva, periodontal ligament, enamel, dentin, pulp, root canal)

I can: Define deglutition, mastication, maceration, segmentation, peristalsis and haustral churning.

I can: Identify the anatomical features of the stomach.

(fundus, body, pylorus, rugae, cardiac sphincter, pyloric sphincter).

I can: Identify the basic components of gastric juice.

(pepsin, hydrochloric acid, and mucus)

I can: Identify the location and digestive functions of the pancreas.

I can: Describe the function of bile (emulsification).

I can: Identify the three sections of the small intestine.

(duodenum, jejunum, ileum)

I can: Identify the structures and sections of the large intestine.

(cecum, colon [ascending, transverse, descending, sigmoid], rectum, anal canal)

I can: Identify the following diseases or disorders of the digestive system.

(appendicitis, cirrhosis, colorectal cancer, gallstones, hepatitis, obesity, ulcers)

UNIT 11 - URINARY SYSTEM

I can: Identify the general functions of the urinary system.

I can: Identify the four major organs of the urinary system.

(kidneys, ureters, bladder, urethra)

I can: Identify the gross anatomy of the kidney.

(renal cortex, renal medulla, renal pyramids, renal pelvis)

I can: Identify the microscopic structures of the nephron:

(renal corpuscle, glomerulus, glomerular [Bowman's] capsule, afferent arteriole, efferent arteriole), renal tubule (proximal convoluted tubule, descending limb, nephron loop, ascending limb, distal convoluted tubule and collecting duct) and peritubular capillaries.

I can: Describe the three basic physiological processes and the structures involved in urine formation. (filtration, reabsorption, secretion)

I can: Identify abnormal constituents of urine.

(glucose, ketones, erythrocytes, leukocytes, bilirubin, microbes)

I can: Describe the methods of fluid intake (oral [liquid and solid], intravenous, metabolic) and output (micturition, voiding, sweat, feces, exhaled vapor).

I can: Identify the following diseases or disorders associated with the urinary system.

(cystitis, diabetes insipidus, glomerulonephritis, incontinence, kidney stones, renal failure, urinary tract infections)

Unit 12 REPRODUCTIVE SYSTEM

I can: Identify the general functions of the reproductive system.

I can: Describe the anatomy of the male genitalia.

I can: Identify the function of the testes.

I can: Identify the functions of testosterone in the male.

I can: Describe the anatomy of the female reproductive structures.

I can: Identify the functions of the ovaries.

I can: Identify the structures and functions of the uterine (Fallopian) tubes, including fimbriae and infundibulum.

I can: Describe the structures and function of the uterus.

(perimetrium, myometrium, endometrium, fundus, cervix)

I can: Define the menstrual cycle including the ovarian and uterine cycles and changes that occur during menopause.

I can: Describe the physiological effects of estrogens, progesterone and relaxin.

I can: Contrast the general outcomes of spermatogenesis vs. oogenesis.

I can: Define the following sequence of events that occur during human development. (fertilization, zygote, implantation, embryo, fetus)

I can: Identify the principle events associated with the three stages of labor. (Stage 1 - dilation and effacement, Stage 2 - delivery and birth, Stage 3 - placental expulsion)

I can: Identify the following diseases or disorders of the reproductive system.

(reproductive cancers [breast, testicular, cervical, ovarian, prostate], endometriosis, impotence, Sexually Transmitted Infections – STI's [gonorrhea, syphilis, genital herpes, chlamydia, trichomoniasis, genital warts, HPV