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Sub. Physical edu. , Class 11th

BASED ON NCERT

CHAPTER 8

FUNDAMENTALS OF ANATOMY AND PHYSIOLOGY

VERY SHORT ANSWERS (30 WORDS - 1 MARK)

1. Define anatomy.

Ans. Anatomy is the study of the structure of human body. Term anatomy comes from Greek words: ANA means apart and TOMY means to cut. It is because anatomy was first obtained through dissection.

2. Define physiology.

Ans. Physiology is the study of functions of human body. In other words physiology is the science of mechanical, physical, bioelectrical, biochemical functions of human organs and the cells of which they are composed of.

3. Name any four physiological systems of human body.

Ans. i. Skeletal System
ii. Muscular System
iii. Digestive System
iv. Respiratory System

4. Define skeletal system.

Ans. The skeletal system is the bony framework of our body. It consists of all the bones of the body. It supports the body and gives it a shape.

5. What do you understand by joint?

Ans. Joint is the place at which two or more bones meet in the skeleton of the body. Joint may be fixed or movable.

6. Which is the longest and the smallest bone in human body?

Ans. The longest bone in human body is Femur (thigh bone). And the smallest bone in the human body is stapes (ear bone).

7. What is a muscle?

Ans. Muscle is the tissue composed of fibers capable of contracting to effect bodily movements or muscle is the body tissue that can contract and produce movement.

8. Enlist types of muscles.

Ans. i. Voluntary/skeletal/striated muscle
ii. Involuntary or smooth or spindle muscle
iii. Cardiac muscle

9. Which is the hardest working muscle in our body?

Ans. Cardiac muscle is the hardest working muscle in our body.

10. Which is the strongest muscle in our body?

Ans. Jaw muscle is the strongest muscle in our body.

11. How many bones are there in a Child and an Adult?

Ans. A child has 213 bones and an adult has 206 bones.

12. What is tidal volume?

Ans. It is the volume of air that is taken in or given out during normal breathing.

13. What is vital capacity?

Ans. It is the volume of air that can be breathed out by force expiration after taking a deep breath. It is about 4800 cc in males and about 3100 cc in females.

14. What is heart rate?

Ans. It is the number of pumping/contractions of heart in one minute. It is about 72 times per minute under normal conditions in an adult.