

Unit 1 Lesson 2 Body Systems, Functions, and Aging			
Name of Body System	Major organs in the body system	Main functions of the body system	Physical changes in the body system during the aging process
Integumentary (Skin)	skin, hair, nails, sweat and oil glands	Provides protection against infection, maintains body temperature, and keeps fluids from leaving the body	Hair thinning, graying; skin dryness, wrinkles and loss of natural oils; nails thicken; skin layer thins - tears easily and infection occurs; susceptible to pressure sores
Skeletal	bones, joints	Supports and protects the body	Bone mass and strength decreases, bones can break easily, bones become brittle (osteoporosis); joints become stiff, loss of height, more difficult to move around
Muscular	muscles, tendons, ligaments	Gives movement to the body	Muscle loss, tone and strength decrease
Digestive	mouth, teeth, tongue, esophagus, salivary glands, stomach, intestines, liver, colon, rectum, anus	Takes and absorbs food and eliminates wastes.	Trouble swallowing, decreased appetite, difficulty digesting certain foods, loss of teeth; trouble chewing; food intolerance; constipation
Circulatory	heart, blood, arteries, veins	Heart pumps blood through the body, blood carries food, oxygen and water to the body cells and removes wastes	Heart pumps with less force, arteries become narrow and less elastic so heart must work harder; high blood pressure;
Respiratory	nose, trachea, lungs	Brings oxygen into the lungs and then removes the carbon dioxide	Lung tissue becomes less elastic, difficulty breathing, less strength for coughing so prone to respiratory infections
Nervous	brain, spinal cord, nerves	Controls activities of the body	Decrease in sense of taste, hearing, vision; Visual field changes, decreased adaptability; decrease in pain threshold/ sensitivity; memory loss; manages better recall of past than present
Urinary	kidneys, ureters, bladder	Removes wastes from blood, produces urine and eliminates urine.	Kidney function decrease, bladder muscles weaken, urgency and incontinence may occur