COURT REPORTING SERVICE

PAPUA NEW GUINEA JUDICIARY SERVICES

THE HUMAN BODY
(VOCABULARY BUILDING)

CERTIFICATE IN COURT REPORTING COURSE
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Human Body Part 1: Vocabulary Building

INTEGUMENTARY SYSTEM

1. **Integumentary system** – a system of the body which consist of the skin, hair, glands and nerves. Among its other functions, the integumentary system protects the body's internal living tissue and organs from the surrounding environment.
2. **Arteriole** – vessel between a small artery and a capillary
3. **Collagen** – flexible white protein that gives strength and resilience to connective tissue such as bone and cartilage.
4. **Capillary** – microscopic vessel through which exchanges take place between the blood and the tissue.
5. **Dermis** – true skin, or deeper part of the skin.
6. **Dehydration** – to lose too much water from the body.
7. **Epidermis** – outermost layer of the skin
8. **Fat** – a nutrient that provides the body with its most concentrated form of energy. Fats, which are also known as lipids, are compounds comprising chains of carbon and hydrogen with very little oxygen.
9. **Fibroblasts** – cells distributed widely all through the connective tissue that give rise to the precursor substances of collagen, elastic fibres and reticular fibres.
10. **Gland** – a group of specialised cells that manufacture and discharge chemical substances, for example hormones and enzymes, into the body. There are two types of glands: **endocrine** and **exocrine**. Endocrine glands do not have ducts and discharge their secretions directly into the bloodstream (thyroid gland). Exocrine glands have ducts and discharge their secretions either on to the surface of the skin (sebaceous gland) or into a hollow structure, for example the mouth or digestive tract (salivary gland).
11. **Hair** – a thread-like structure composed of dead cells comprising keratin, a fibrous protein. The root of each hair is embedded in a tiny pit in the dermis layer of the skin.
12. **Nerve** – any of the long threads that carry messages between the brain and parts of the body, enabling you to move, feel pain, etc.
13. **Subcutaneous tissue** – refers to the tissues under the skin. Subcutaneous means under the skin.
14. **Purpura** – a skin rash induced by bleeding into the skin from capillary blood vessels.

MUSCULAR SYSTEM

15. **Skeletal muscles** – also called voluntary muscles are muscles under a person's voluntary control and form the major muscles mass in the body.
16. **Smooth muscle** – muscles under the involuntary control of the autonomic nervous system links all the hologram of the body and all the blood vessels. It also called involuntary muscle because it has its own control system.
17. **Cardiac muscle** – the muscle, unique to the heart, which comprises the walls of the atria and ventricles. It comprises long broadening cells (fibres) with particular physiological characteristics which enable them to keep contracting and expanding indefinitely. It is responsible for pumping blood throughout the body.
18. **Abductors** – a muscle that moves a body part away from the middle of the body or from another part.
19. **Biceps** – is a two headed muscle that lies on the upper arm between the shoulder and the elbow.
20. **Erector spinae** – is a bundle of muscles and tendons. It is paired and runs vertically.
21. **Deltoid** – is a rounded, triangular muscle located on the uppermost part of the arm and the top of the shoulder. This muscle raises the arm.
22. **Gastrocnemius** – is the chief muscle of the calf of the leg which flexes the knee and foot.
23. **Latissimus dorsi** – a large, flat, triangular muscle at the back of the body.
24. **Gluteus maximus** – is the main extensor muscle of the hip. It is located in the buttocks and is regulated as one of the strongest muscles in the human body.
25. **Pectorals** – anything pertaining to the anterior of the chest.
26. **Quadriceps** – is a large muscle group that includes the four prevailing muslces on the front of the thigh. It straightens the leg at the knee-joint and maintains the body in an upright position.
27. **Soleus** – is a powerful muscle in the back part of the lower leg (the calf). It runs from just below the knee to the heel and is involved in standing and walking.
28. **Trapezius** – is one of the major muscles of the back and is responsible for moving, rotating and stabilizing the scapula (shoulder blade) and extending the head at the neck.
29. **Triceps** – a muscle of the posterior upper arm which acts to extend the forearm.
30. **Hamstring** – a group of muscles at the back of the thigh. The upper ends of the hamstring muscles are attached by tendons to the pelvis, the lower ends are attached by tendons known as hamstrings to the tibia and fibula.
31. **Diaphragm** – the layer of muscle between the lungs and the stomach, used especially to control breathing.

Human Body Part 2: Vocabulary Building

SKELETAL SYSTEM

1. **Skeletal system** – the structure of bones that supports and gives shape to the human body. The skeletal system in an adult is made up of 206 bones.
2. **Axial skeleton** – is the skull and trunk, contained 80 bones.
3. **Appendicular skeleton** – is the limbs and girdles, contained 126 bones.
4. **Skull** – is the collection of 22 flat and irregular shaped bones which protect the brain and form the face.
5. **Mandible** – is the movable jaw bone and forms the only movable joint in the skull with the temporal bone.
6. **Cranium** – is a rounded box that encloses the brain. It is composed of eight distinct cranial bones.
7. **Maxilla** – two bones in the midline that form the upper jaw bone, including the frontal part of the hard palate (roof of the mouth). Each maxilla contains a large air space called the maxillary sinus that communicates with the nasal cavity.
8. **Parietal bone** – there are two parietal bones which form most of the top and the side walls of the cranium.
9. **Frontal bone** – forms the forehead, the frond of the skull's roof and helps form the roof over the eyes and the nasal cavities.
10. **Zygomatic bones** – two on each side, the zygomatic bones form the prominence of the cheek.
11. **Sphenoid bone** – the bone lying in the center of the base of the skull and supporting others like a wedge or keystone.
12. **Temporal bones** – form part of the sides and some of the base of the skull. Each one contains mastoid sinuses as well as the ear canal, the ear drum and the entire middle and internal ears.
13. **Occipital bone** – forms the back and a part of the base of the skull.
14. **Cartilage** – the strong white tissue that is important in support and especially in joints to prevent the bones rubbing against each other.
15. **Costal cartilage** – thin bands of cartilage that connects the sternum to the ribs.
16. **Ribs** – 12 curved bones that are connected to the spine and surround the chest.
17. **Sternum** – also called the breastbone, it is a long flat bone in the chest that the ribs are connected to.
18. **Vertebral column** – a series of approximately 33 small bones called vertebrae, which formed the backbone.
19. **Cervical vertebrae** – they are the top seven vertebrae of the spine which form the neck, which supports the skull or the cranium.
20. **Thoracic vertebrae** – the 12 vertebrae in the upper back which make up what is known as the thoracic spine.
21. **Lumbar vertebrae** – the lumbar spine refers to the lower back where the spine curves inward towards the abdomen. These vertebrae carry all of the upper body's weight while providing flexibility and movement to the trunk region.
22. **Sacrum vertebrae** – is the large wedge shaped vertebrae at the inferior end of the spine.
23. **Coccyx vertebrae** – also known as tailbone, is a small triangular bone resembling a shortened tail located at the bottom of the spine.

24. **Intervertebral disc** – the fibrous disc that acts as a cushion between the bony vertebrae, enabling them to rotate and bend one on another.
25. **Upper limbs** – is the upper division of the appendicular skeleton which consist of the shoulders, the arms (between the shoulders and elbows), the forearms (between the elbows and wrists), the wrists, the hands and the fingers.
26. **Lower limbs** – the lower division of the appendicular skeleton which consist of the hip (pelvic girdle), the thighs (between the hips and the knees), the legs (between the knees and the ankles), the ankles, the feet and the toes.
27. **Scapula** – is the shoulder blade.
28. **Clavicle** – is the collar bone.
29. **Humerus** – the arm bone which forms a joint with the scapula above and with the two forearm bones at the bottom.
30. **Radius** – the lateral bone of the forearm which allows the forearm and hand to turn over at the wrist joint.
31. **Ulna** – the medial bone of the forearm. The ulna bone is inside of the forearm and forms a hinge joint with the humerus at the elbow.
32. **Carpals** – a group of eight small bones that forms the wrist.
33. **Metacarpals** – five bones that the carpals are connected which form the framework for the palm of each hand.
34. **Phalanges** – commonly known as finger bones (for the hand) and toe bones (for the foot). There are 14 phalanges on each fingers and toes, two for the thumb and great toe and three for each finger and toe. They are identified as proximal phalanx (which is attached to the metacarpals and metatarsals), middle phalanx and distal phalanx. The thumb and the great toe have only a proximal phalanx and a distal phalanx.
35. **Phalanx** – the name given to any one of the small bones of the fingers and toes.
36. **Ilium** – is the largest and most superior of the three bones that join to form the hip bone.
37. **Femur** – is the largest bone in the body and the only bone of the thigh region. The femur forms the ball and socket hip joint with the hip bone and forms the knee joint with the tibia and fibula.
38. **Tibia** – the larger of the two bones in the leg.
39. **Fibula** – the outer and thinner of the two long bones in the leg.
40. **Patella** – commonly called the kneecap, this is a flat bone shaped somewhat like an oyster-shell, lying in the tendon of the extensor muscle of the thigh bone and protecting the knee joint in the front. It is not present when we are born.
41. **Talus** – the square-shaped bone which forms the lower part of the ankle joint and unites the leg bones to the foot.
42. **Tarsals** – a group of seven small bones that form the posterior end of the foot and heel.
43. **Metatarsals** – the five bones in the foot which correspond to the metacarpal bones in the hand, lying between the tarsals and phalanges of the toes.
44. **Pelvic girdle** – is a strong bony ring that forms the walls of the pelvis.
45. **Linear facture** – linear skull fractures are breaks in the bone that transverse the full thickness of the skull from the outer to inner table. They are usually fairly straight with no bone displacement. The common cause of injury is blunt force trauma where the impact energy transferred over the wide area of the skull.

Human Body Part 3: Vocabulary Building

CIRCULATORY SYSTEM

1. **Circulatory system** – a system of the human body that is responsible for the flow of blood, nutrients, oxygen and other gases and as well as hormones to and from cells.
2. **Heart** – the organ of the human body that pumps blood throughout the body.
3. **Artery** – a blood vessel that carries blood away from the heart.
4. **Vein** – a vessel that returns blood towards the heart from the various organs and tissues of the body.
5. **Cardiovascular** – refers to the heart and the blood vessels.
6. **Pulmonary veins** – veins that carry oxygenated blood from the lungs to the heart.
7. **Venous** – of or contained in veins – venous blood
8. **Right ventricle** – pumps the venous blood received from the right atrium into the lungs.
9. **Left ventricle** – pumps oxygenated blood to all parts of the body.
10. **Right atrium** – is a thin-walled chamber that receives the blood returning from the body tissues. This blood, which is low in oxygen, is carried in the veins.
11. **Left atrium** – receives blood high in oxygen content as it returns from the lungs.
12. **Arterioles** – a blood vessel that branches off an artery. Arterioles branch to form capillaries.
13. **Capillary** – any of the vessels that carry blood between the smallest arteries, or arterioles and the smallest veins, or venules.
14. **Aorta** – the body's major artery which supplies oxygenated blood to all other parts.
15. **Valve** – a structure in the heart or in a vein that lets blood flow in one direction only.
16. **Mitral valve** – the valve which guards the opening between the atrium and ventricle on the left side of the heart. It has two heavy cusps or flaps that permit blood to flow freely from the left atrium into the left ventricle.
17. **Tricuspid valve** – the valve, with three cusps or flaps, that guards the opening from the right atrium into the right ventricle of the heart.
18. **Pulmonic valve** – is located between the right ventricle and the pulmonary artery that leads to the lungs. As soon as the right ventricle has finished emptying itself, the valve closes in order to prevent blood on its way to the lungs from returning to the ventricle.
19. **Aortic valve** – is located between the left ventricle and the aorta. Following the contraction of the left ventricle, the aortic valve closes to prevent the flow of blood back from the aorta to the ventricle.
20. **Plasma** – the liquid part of blood in which the blood cells float.
21. **Cardiovascular disorders** – disorders of the heart, blood vessels and blood circulation.
22. **Cardiovascular surgery** – the branch of surgery concerned with the heart and blood vessels. Cardiovascular surgery comprises operations to put off or repair damage caused, for instance, by congenital heart disease or heart attack.
23. **Cardiac muscle** – the muscle, unique to the heart, which comprises the walls of the atria and ventricles.
24. **Cardiac arrest** – takes place when the heart stops.

25. **Cardiorespiratory arrest** – sudden loss of blood flow resulting from the failure of the heart to effectively pump.
26. **Cardiopulmonary Resuscitation (CPR)** – the use of life-saving measures of mouth-to-mouth resuscitation and external cardiac compression massage in a person who has collapsed with cardiac arrest.
27. **Ischemia** – an inadequate blood supply to an organ or part of the body, especially the heart muscle.
28. **Pericardium**– is a double-walled sac containing the heart and the roots of the great vessels. The pericardial sac has two layers, a serous layer and a fibrous layer. It encloses the pericardial cavity which contains pericardial fluid.
29. **Arrhythmia** – irregular heart beat and abnormal heart rhythms.
30. **Hyperthermia** – a medical term for very high blood temperature.
31. **Hypothermia** – a fall in body temperature to below 35°C.
32. **Hypotension** – a medical term for low blood pressure.
33. **Hypovolaemia** – low volume of blood in the circulation, commonly following blood loss because of injury, internal bleeding, or surgery. It may also be because of loss of fluid from diarrhea and vomiting. Untreated, it can lead to shock.
34. **Hypovolaemic shock** – is a life-threatening condition that results when you lose more than 20% of your body's blood or fluid supply. This severe fluid loss makes it impossible for the heart to pump a sufficient amount of blood to your body.

RESPIRATORY SYSTEM

35. **Respiratory system** – the system of the human body that is responsible for taking in oxygen and expelling carbon dioxide.
36. **Lungs** – organs in which the diffusion of gases takes place through the extremely thin and delicate lung tissues.
37. **Nasal cavities** – constitute the main external opening of the respiratory system. It represents the entryway to the respiratory tract – a passage through the body which air uses for travel in order to reach the lungs.
38. **Oral cavity** – more commonly referred to as the mouth, is the only other external component that is part of the respiratory system.
39. **Pharynx** – another name for the throat. The term throat is popularly applied to the region about the front of the neck generally, but in its strict sense it means the irregular cavity into which the nose and mouth open above, from which the larynx and gullet open below and in which the channel for the air and that for the food cross one another.
40. **Larynx** – also called the voice box, is located between the pharynx and the trachea.
41. **Trachea** – popularly known as windpipe, this tube extends from the lower edge of the larynx to the upper part of the chest above the heart.
42. **Bronchi** (singular is bronchus) – two tubes that split out from the trachea and enter the lungs. The right bronchus is considerably larger in diameter than the left.
43. **Bronchioles** – the finest divisions of the bronchial tubes of the lungs.
44. **Diaphragm** – is the primary muscle used in respiration. It is located just below the lungs and heart. It contracts continually as you breathe in and out.
45. **Alveoli** (singular: Alveolus) – tiny air sacs in the lungs in which most gas exchange takes place.

Human Body Part 4: Vocabulary Building

NERVOUS SYSTEM

1. **Nervous System** – is the extensive, complex and finely tuned network of billions of specialised cells called neurons which is responsible for maintaining the body's contacts with and responses to the outside world. It has two main parts, the Central Nervous System and the Peripheral Nervous System.
2. **Central Nervous System** – consists of the brain and the spinal cord.
3. **Peripheral Nervous System** – basically refers to all the nerves that lie outside the brain and spinal cord, which includes the cranial nerves, peripheral nerves, central nerves and autonomic nerves. Peripheral nervous system is made up of the Somatic and Autonomic nervous system.
4. **Somatic Nervous System** – consists of the peripheral nerve fibres that pick up sensory information or sensations from the peripheral or distant organs (those away from the brain like limb) and carry them to the Central Nervous System.
5. **Autonomic Nervous System** – the part of the nervous system that controls the involuntary activities of a variety of body tissues. It is divided into three parts, sympathetic nervous system, parasympathetic nervous system and the enteric nervous system.
6. **Brain** – is the organ inside the head that plays a central role in the control of most bodily functions, including awareness, movements, sensations, thoughts, speech and memory. The left side of the brain controls the right side of the body and the right side of the brain controls the left side of the body.
7. **Cerebrum** – the largest and the most developed part of the brain which is responsible for memory, speech, the senses, emotional response and more. It is divided into sections referred to as frontal lobe, temporal lobe, parietal lobe and occipital lobe.
8. **Frontal lobe** – contains the motor area, which directs actions. It is relatively larger in the human beings than in any other organism.

9. **Parietal lobe** – contains sensory area, in which impulses from the skin, such as touch, pain and temperature are interpreted. The determination of distances, sizes and shapes also take place here.
10. **Temporal lobe** – contains the auditory area for receiving and interpreting impulses from the ear. The olfactory area, concerned with the sense of smell is located in the medial part of the temporal lobe. It is stimulated by impulses arising from receptors in the nose.
11. **Occipital lobe** – contains the visual area for interpreting impulses arising from the retina of the eye.
12. **Cerebellum** – a region of the brain behind the brain stem which is concerned with maintaining posture and balance and coordinating movement. The word cerebellum means 'little brain'.
13. **Brain stem** – connects the cerebrum with the spinal cord.
14. **Diencephalon** – is the area between the cerebrum and the brain stem. It is also called interbrain as it can be seen by cutting into the central section of the brain.
15. **Neurons** – also called nerve cells which carry information within the brain and between the brain and other parts of the body.
16. **Spinal cord** – is the lower portion of the central nervous system which consists of a mass of nerves located within the spinal column (spine) that connects all parts of the body to the brain.
17. **Cranial nerves** – nerves that go from your brain to your eyes, mouth, ears and other parts of your head.
18. **Peripheral nerves** – nerves that go from your spinal cord to your arms, hands, legs and feet.
19. **Central nerves** – nerves in your brain and spinal cord.
20. **Autonomic nerves** – nerves that go from your spinal cord to your lungs, stomach, intestines, bladder and sex organs.
21. **Cerebral haemorrhage** – bleeding within the brain because of a ruptured blood vessel.

Human Body Part 5: Vocabulary Building

LYMPHATIC SYSTEM

1. **Lymphatic System** – a system of vessels (lymphatic vessels) that drains lymph from tissues all over the body into the bloodstream. The lymphatic system is part of the immune system and has a main function in defending the body in opposition to infection and cancer. It is also the first line of defense against disease.
2. **Lymph** – is a liquid which circulates in the lymphatic vessels of the body. It is a colourless fluid, like blood plasma in composition, only rather more watery. It is made of white blood cells, especially lymphocytes (the cells that attack bacteria in the blood).
3. **Lymphatic Vessels** – are thin-walled tubes structured like blood vessels that carry lymph. Lymphatic ducts are the largest lymphatic vessel.
4. **Lymph Nodes** – swellings which take place at different points in the lymphatic system through the lymph drains. Lymph nodes are designed to filter the lymph once it is drained from the tissues.
5. **Cervical lymph nodes** – located in the neck and are divided into deep and superficial groups, which drain various parts of the head and neck. They often become enlarged during upper respiratory infections as well as certain chronic disorders.
6. **Axillary lymph nodes** – located in the axillae (armpits), may become enlarged following infections of the upper extremities and the breasts. Cancer cells from the breasts often spread to the axillary nodes.
7. **Inguinal lymph nodes** – located in the groin region and receive lymph drainage from the lower extremities and from the external genital organs.
8. **Thymus** – is a small, irregular-shaped gland in the top part of the chest, just under the breastbone and between the lungs. The thymus is part of both the lymphatic system and the endocrine system.
9. **Palatine tonsil** – pair of soft tissue masses located at the rear of the throat.
10. **Right lymphatic duct** – a short vessel that receives lymph from the right side of the head, neck and thorax, the right arm, right lung, right side of the heart and convex surface of the liver and that discharges it into the right subclavian vein (the big vein that drains blood from the arms) at its junction with the right internal jugular vein (arises at the base of the skull, travels down the neck alongside the carotid arteries and passes behind the clavicle, where it joins the subclavian vein.
11. **Thoracic duct** – the big lymph vessel which collects the contents of the lymphatics proceeding from the lower limbs, the abdomen, the left arm, the left side of the chest, neck and head.
12. **Cisterna chyli** – is a dilated sac at the lower end of the thoracic duct in most mammals into which lymph from the intestinal trunk and two lumber lymphatic trunks flow.
13. **Spleen** – is an organ that contains lymphoid tissue designed to filter blood. It lies behind the stomach, high up on the left side of the abdomen and corresponds to the position of the ninth, tenth and eleventh ribs. It produces lymphocytes and acts as a reservoir of red blood cells for use in emergencies.

ENDOCRINE SYSTEM

14. **Endocrine system** – is the collection of glands that produces and secrete hormones that regulate metabolism, growth and development, tissue function, sexual function, sleep and mood among other things.
15. **Glands** – a group of specialised cells that manufacture and discharge chemical substances, for example hormones and enzymes, into the body.
16. **Hormones** – are chemical messengers that are released into the bloodstream by a gland or tissue that has specific regulatory effects on certain other cells or organs in the body. They regulate growth, metabolism, reproduction and other body processes.
17. **Metabolism** – the physical and chemical process by which the living body is maintained.
18. **Hypothalamus** – is a small region of the brain, roughly the size of a cherry, located at the base of the brain, near the pituitary gland. It plays a crucial role in many important functions, including releasing hormones and regulating body temperature. It also links the nervous system to the endocrine system via the pituitary gland.
19. **Pituitary gland** – is part of the endocrine system which its main function is to secrete hormones into your bloodstream. It is located at the base of the brain and is connected to the hypothalamus. The pituitary gland is often called the 'master gland' because it releases hormones that affect the working of other glands, such as thyroid gland and adrenal gland.
20. **Thyroid gland** – is the largest of the endocrine glands and is located in the neck. It is responsible for producing and releasing thyroid hormones into the bloodstream. The main function of the thyroid hormones is to increase the rate of metabolism of most body cells. Thyroid hormones are necessary for all the cells in your body to work normally.
21. **Adrenal glands** – are two small glands located above the kidneys. Each of them has two parts which act as separate glands. The inner area is called medulla, while the outer area is the cortex. The adrenal medulla produces hormones that initiate the flight or fight response because of their effects during emergency situations. The adrenal cortex produces hormones that are vital to life, such as cortisol (which helps regulate metabolism and helps your body respond to stress) and aldosterone (which helps control blood pressure).
22. **Pancreas gland** – located behind the stomach and liver, pancreas gland produces two main hormones called insulin and glucogen. These hormones regulate the level of sugar in the blood.
23. **Reproductive glands** – are located in the ovaries of the female and testes of the male. They produce sex cells and hormones which control the development of sexual features and also regulate other sex-related functions, for instance, menstruation and the production of sperm and eggs.
24. **Pineal gland** – is a small gland in the brain which produces a hormone called melatonin. The melatonin hormone regulate sleep patterns – that is, what time you go to sleep and when you usually wake up in the morning is controlled by the melatonin hormone.
25. **Secretion** – the term applied to the material formed by a gland as the result of its activity. For example, saliva is the secretion of the salivary glands.

Part 6 – Vocabulary Building

DIGESTIVE SYSTEM

1. **Digestive system** – group of organs responsible for breaking down the food into smaller components until they can be absorbed and used by the body. It comprises the digestive tract and different related organs, such as tongue, salivary glands, pancreas, liver and gallbladder. These related organs produce digestive juices that break down food as it goes through the tract.
2. **Digestive tract** – comprises the mouth, pharynx, oesophagus, stomach, intestines and the anus.
3. **Tongue** – the fleshy muscular organ in the mouth, used for swallowing, tasting and articulating speech.
4. **Salivary glands** – there are three types of salivary glands, parotid glands (near the ear), sublingual gland (under the tongue) and submandibular gland (under the chin bone). They produce saliva which keeps the mouth and other parts of the digestive system moist. They also help break down carbohydrates and lubricate the passage of food down the pharynx (throat) to the oesophagus (food pipe) to the stomach.
5. **Pancreas** – is a long gland located at the back of the abdomen and lies behind the lower part of the stomach. It produces enzymes that digest fats, proteins, carbohydrates and nucleic acid.
6. **Liver** – is the longest organ of the body that lies in the upper right abdominal cavity, directly below the diaphragm. The liver has many functions, but two of its main functions within the digestive system are to make and secrete bile, and to cleanse and purify the blood coming from the small intestine containing the nutrients just absorbed.
7. **Gallbladder** – is a muscular sac on the inferior surface of the liver that serves as a storage bag for bile.
8. **Bile -** is a thick, bitter, greenish-brown fluid secreted by the liver and stored in the gallbladder. It helps in the digestion and absorbtion of food, especially fats.

9. **Pharynx** – commonly known as throat, its muscular walls function in the process of swallowing. It serves as a pathway for the movement of food from the mouth to the oesophagus.
10. **Oesophagus** (food pipe) – is the long, muscular tube that connects your mouth to your stomach. It is about 25cm in adults. When you swallow food, the walls of the oesophagus squeeze together, which moves the food down to the stomach.
11. **Stomach** – is a sac-like organ with an average adult capacity of 1.5 litres located in the upper abdomen. The stomach secretes acid and powerful enzymes that continue the process of breaking down the food.
12. **Small intestine** – is the longest part of the digestive tract, measuring about 6.5 metres long. It is known as small intestine because it is smaller in diameter. Almost 90% of the digestion and absorption of food occurs in the small intestine, the other 10% takes place in the stomach and large intestine. It has three segments, the duodenum, jejunum and ileum. The duodenum is largely responsible for continuing the process of breaking down food, with jejunum and ileum being mainly responsible for the absorption of nutrients and minerals into the bloodstream.
13. **Large intestine** – is about 1.8 metres long and much wider than the small intestine. Any material that cannot be digested as it passes through the digestive tract must be eliminated from the body. Most of the water secreted into the digestive tract for proper digestion must be reabsorbed into the body to prevent dehydration. The storage and elimination of undigested waste and the reabsorption of water are the functions of the large intestine.
14. **Rectum** – is the last part of the large intestine. Its key role is to act as a temporary storehouse for feces before its release through the anal canal.
15. **Anus** – is the external opening of the rectum through which feces leave the body.

Part 7 – Vocabulary Building

REPRODUCTIVE SYSTEM

1. **Reproductive system** – is a collection of all the internal and external organs in both males and females that work together for the purpose of procreating.
2. **Male reproductive system** – is the reproductive organs of males that produce, maintain and transport sperm and protective fluid (semen) and to discharge sperm within the female reproductive tract during sex. Male reproductive system consists of the penis, scrotum, testes, spermatic ducts and sex glands.
3. **Female reproductive system** – is the reproductive organs of females that produces female egg cells (called the ova or oocytes) necessary for reproduction. The fertilization of an egg by a sperm normally occurs in the fallopian tubes. The female reproductive system includes the vagina, cervix, uterus, fallopian tube and ovaries.
4. **Scrotum** – is the loose pouch-like sac of skin that hangs behind the penis. It contains the testicles (also called the testes) as well as many nerves and blood vessels. In order to insure normal sperm production, the scrotum keeps the testes at a temperature slightly cooler than the rest of the body contracting or expanding.
5. **Penis** – is the male sex organ. It also acts as a tube for urine to leave the body.
6. **Testicles** – every man has two testicles or testes which are located inside the scrotum. The testicles produce spermatozoa (sperm) and secrete male sex hormones called testosterone.
7. **Spermatic ducts** – is the cord-like structure in males formed by the vas deferens (ductus deferens) and surrounding tissue that runs from the deep inguinal ring down to each testicle.
8. **Vas deferens** – also called ductus deferens, it is the thick walled tube in the male reproductive system that transports sperm cells from the testicles to the penis for ejaculation during sexual intercourse.
9. **Sperm** –also called spermatozoon, plural spermatozoa, is the male reproductive cell. The sperm unites with (fertilizes) an ovum (egg) of the female to produce a new offspring. Mature sperm have two distinguishable parts, a head and a tail. In a healthy man, one ejaculation usually contains between 40 million and 600 million sperm.
10. **Semen** – also known as seminal fluid, it is a white or grey organic fluid which contains millions of spermatozoa (sperm). It is released from the urethra on ejaculation during sexual intercourse.
11. **Prostate gland** – is a male reproductive organ whose main function is to secrete prostate fluids, one components of semen, during ejaculation. It is located between the bladder and the penis.
12. **Urethra** – is the tube that allows urine to pass out of the body. In men, it also carries semen. Noted: Ureter is the tube that carries urine from the kidney to the urinary bladder and Urethra is the tube that carries urine from the urinary bladder to the exterior (out of the body).

13. **Labia** – are the four folds of skin at the entrance of the female's vagina. When people mention vaginal appearance, they're usually talking about the labia, or 'vaginal lips'. The fleshy outer lips of the vulva are known as the labia majora. The inner lips, which usually lead the way to the vaginal opening, are called the labia minora.
14. **Vulva** – This is the outer part of the female genitals. The vulva includes the opening of the vagina (sometimes called the vestibule), the labia majora (outer lips), the labia minora (inner lips), and the clitoris.
15. **Bartholin's glands** – are two small glands located slightly posterior and to the left and right of the opening of the vagina that secrete mucus to lubricate the vagina when a woman is sexually aroused.
16. **Hymen** – a piece of skin that partly covers the opening of the vagina in a woman who has never had sex.
17. **Clitoris** – a small sensitive organ just above the opening of a woman's vagina. All through sexual excitement the clitoris enlarges and hardens and may be the focus of orgasm.
18. **Vagina** – is the muscular passage between the cervix and the external genitals. It has muscular walls which are highly elastic to allow sexual intercourse and childbirth.
19. **Cervix** – a small, cylindrical organ comprising the lower part and neck of the uterus and separating the body and cavity of the uterus from the vagina. The fibrous and smooth muscle tissue of the cervix creates a form of sphincter, which can stretch all through pregnancy and childbirth.
20. **Ovum** – plural ova, also known as the female egg cell, is the female reproductive cell released from either of the female reproductive organs, the ovaries, which is capable of developing into a new organism when fertilized with a sperm cell from the male.
21. **Uterus** – the uterus or the womb is a major female hormone-responsive secondary sex organ of the reproductive system in humans. It is where the fertilized ovum (egg) usually becomes embedded and in which the embryo and fetus develop till the baby is mature enough for birth.
22. **Ovaries** – these are organs found in the female reproductive system that produces an ovum (egg). When released, this travels down the fallopian tube into the uterus, where it may become fertilized by a sperm.
23. **Fallopian tubes** – also known as oviducts, these are bilateral tubes that extend from the uterus to the ovaries. The fallopian tubes carry eggs and sperm and is where fertilization takes place.
24. **Cesarean delivery (C-section)** – is a surgical procedure used to deliver a baby through incisions in the abdomen and uterus.
25. **Syntocinon** - is usually given as a drip into a vein. When used to induce labour or help labour, the dose will be gradually increased until you are having contractions in a pattern that normally occurs in labour that has started naturally. It can also be used during and immediately after delivery to help the birth and to prevent or treat excessive bleeding. **Syntocinon** is a man-made chemical that is identical to a natural hormone called oxytocin. It works by stimulating the muscles of the uterus (womb) to produce rhythmic contractions.