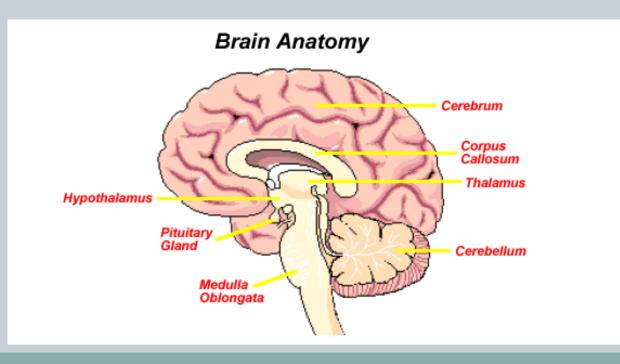
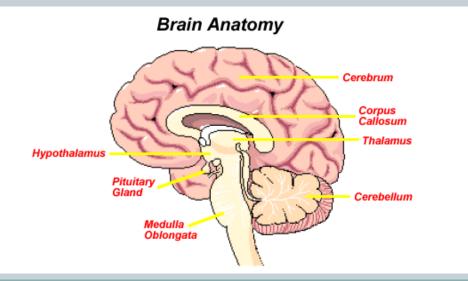


Central vs. Peripheral Nervous System				
	Central Nervous System (CNS)	Peripheral Nervous System (PNS)		
Location	Includes the brain & spinal cord	Includes all of the nerves that extend out from the CNS		
Function(s)	 Brain receives, coordinates, and interprets nerve impulses Spinal cord is the centre for reflex actions a communication link between the brain & spinal nerves 	 Collects stimuli to bring to the CNS & conducts impulses away from the CNS 2 parts: the autonomic nervous system (involuntary) & the somatic nervous system (voluntary) 		

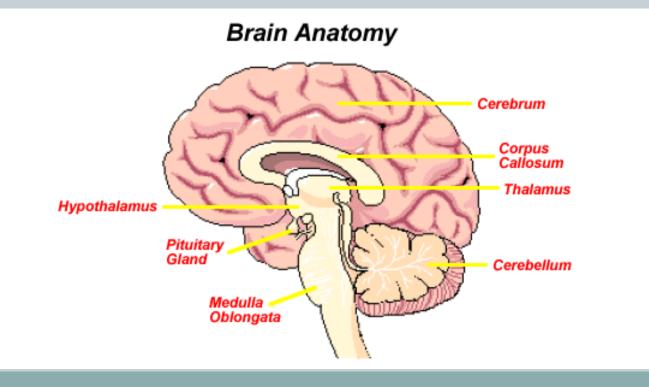
• Medulla Oblongata: located in the brain stem, controls involuntary actions such as heart rate and breathing.



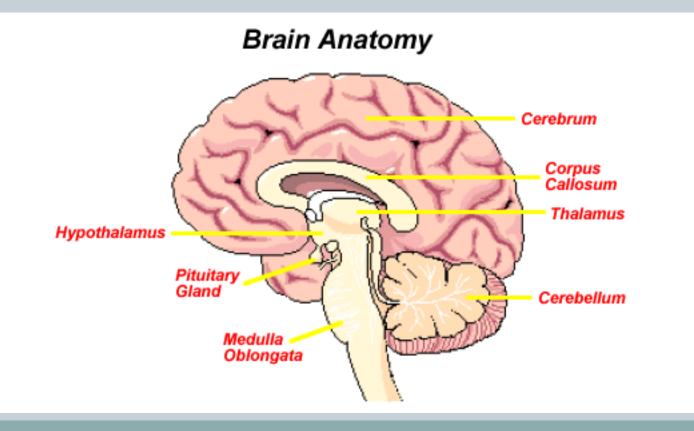
- Cerebrum: the largest portion of the brain with a left & right side, this is the central processing area.
- Responsible for memory, conscious thought, voluntary movement, intellect, artistic & creative abilities, and learning



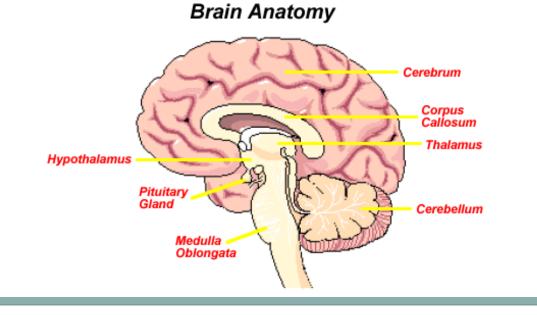
• Thalamus: receives impulses from the spinal cord and directs them to the appropriate region of the cerebrum. (acts as a sorting centre)



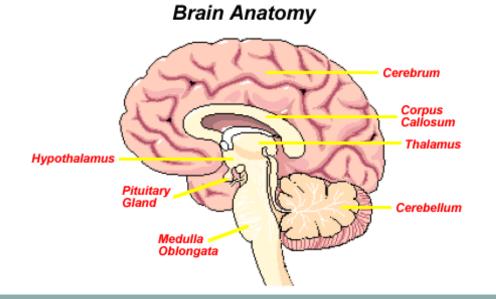
• Cerebellum: responsible for muscle coordination, balance & coordination



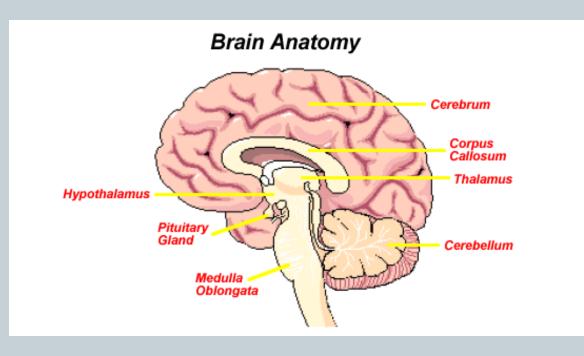
- Hypothalamus: maintains homeostasis in the body monitors things like body temperature, hunger, sleep, thirst, water balance, and blood pressure.
- Controls the pituitary gland acts as a link between the nervous system & the endocrine system



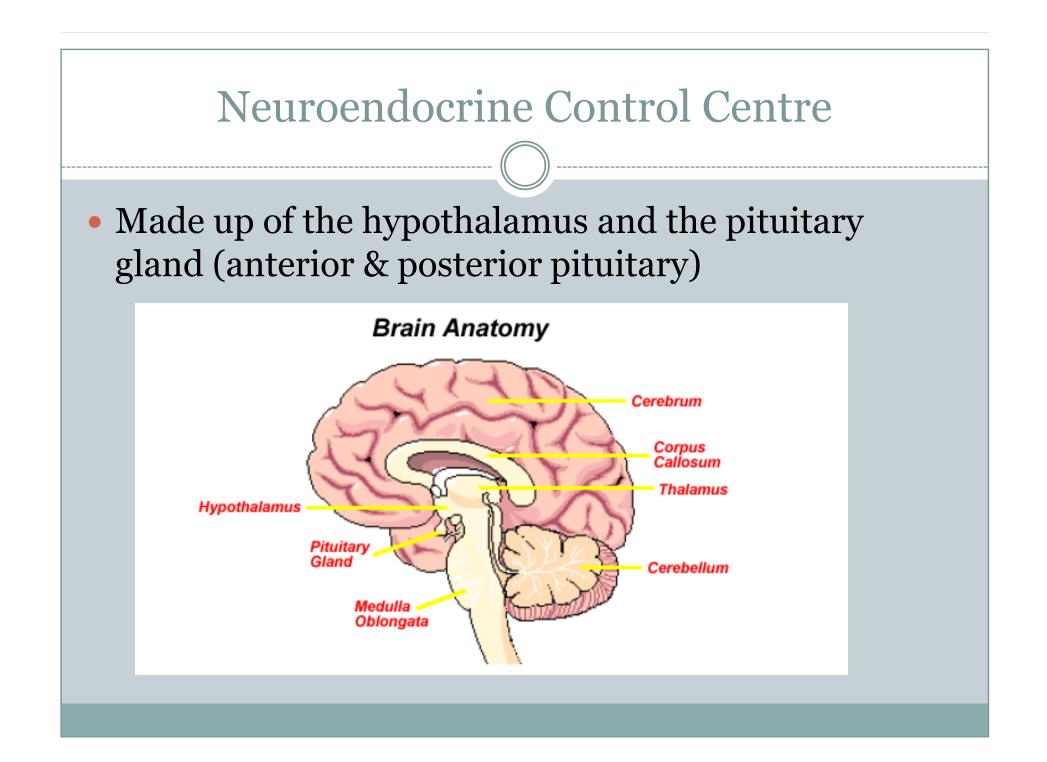
- Pituitary Gland: located just below the hypothalamus
- Works with the hypothalamus to regulate certain body responses through the release of hormones including ADH, oxytocin, FSH, LH, and thyroid stimulating hormone.



• Corpus callosum: conducts impulses from one side of the brain to the other so that left and right brain activities are coordinated.

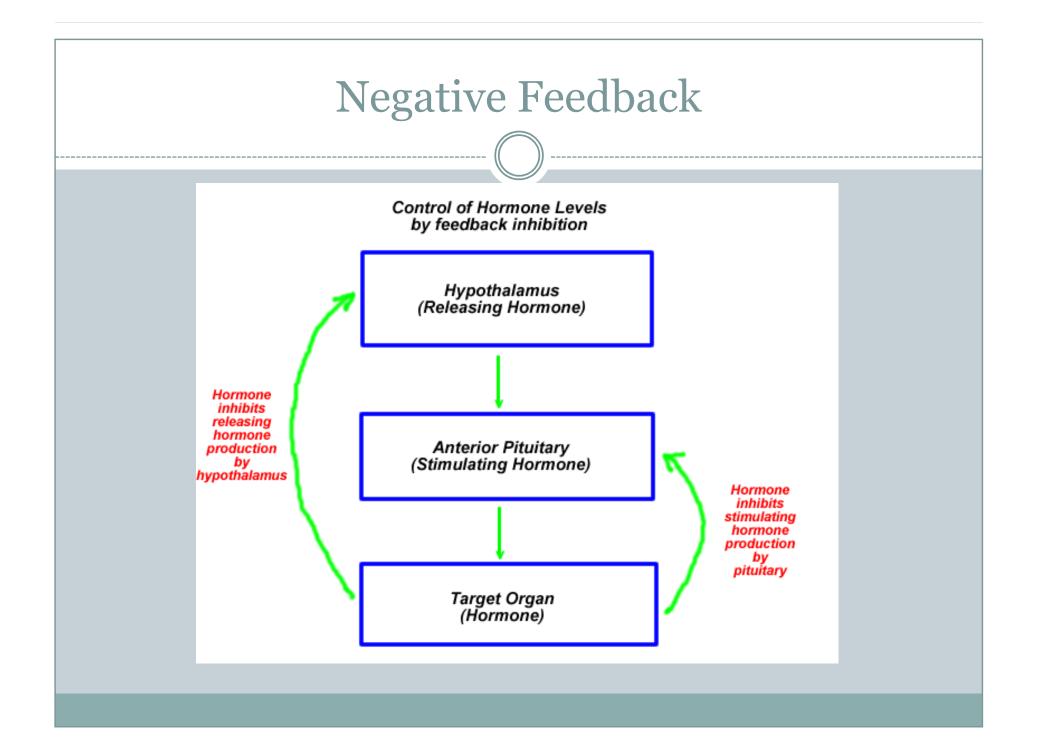


- Meninges: The brain & spinal cord are surrounded by 3 protective membranes called the meninges
- Meningitis is an infection of these membranes
- The spaces between the meninges are filled with cerebrospinal fluid which cushions & protects the CNS.



Hypothalamus & Posterior Pituitary

- Neurosecretory cells in the hypothalamus produce ADH & oxytocin
- ADH & oxytocin move to the posterior pituitary where they are stored until needed
- The hypothalamus monitors the blood and will stimulate the posterior pituitary to release ADH if blood is low in water or too concentrated. This works via a negative feedback mechanism
- Oxytocin release is controlled by positive feedback (childbirth &breastfeeding)



Hypothalamus & Anterior Pituitary

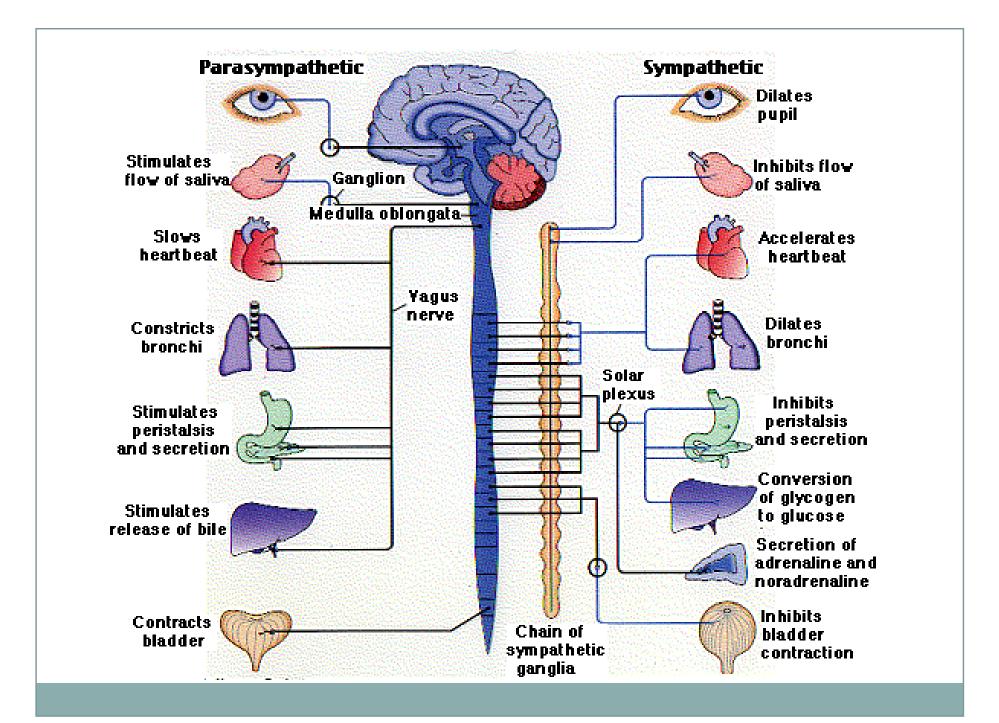
- The anterior pituitary produces many of its own hormones
- The hypothalamus produces pituitary stimulating hormones that cause the anterior pituitary to release particular hormones that target a variety of organs in the body.
- Examples of anterior pituitary hormones include thyroid stimulating hormone (causes thyroid to produce thyroxin), growth hormones, LH, and FSH
- Release of anterior pituitary hormones is controlled by negative feedback.

Autonomic vs. Somatic Divisions of the Peripheral Nervous Systems

	Autonomic Nervous System	Somatic Nervous System
Functions	 Controls involuntary responses to stimuli Acts to maintain homeostasis & reacts to stress Divided into 2 sections: the sympathetic and parasympathetic divisions 	 Controls voluntary movement of skeletal muscles (walking, running, note-taking) Facilitates reflex actions that involve skeletal muscles (when you touch something hot)

Sympathetic vs. Parasympathetic Divisions of the
Autonomic Nervous System

	Sympathetic	Parasympathetic
Heart Rate	Increased	Decreased
Breathing Rate	 Widens air passages Increased 	Decreased
Pupil Size	Increased	Decreased
Digestion	Decreased Activity	Increased Activity
Neurotransmitters	Noradrenalin	Acetylcholine
Overall Response	"fight or flight"	Relaxed state



"Fight or Flight" Response

- Release of noradrenalin from sympathetic neurons causes the release of adrenalin from the medulla of the adrenal glands
- Noradrenalin + adrenalin initiates the "fight or flight" response to prepare the body to respond to perceived danger

5 Steps of "fight or flight"

- 1. Increased heart rate so more blood is supplied to the body quickly
- 2. Altering blood flow patterns reduced flow to surface tissues & digestive system and increased flow to skeletal muscles
- 3. Widening of air passages increased air exchange
- 4. Contraction of skeletal & other muscles tenses the body up for action
- 5. Contraction of irises to widen pupils maximize visual alertness