Lab Report

Name

Institution

**Respiratory System**

**Parts of upper respiratory system**: mouth, nasopharynx, oropharynx, laryngopharynx, larynx (Bevan, 2015).

**Parts of lower respiratory system**: trachea, lungs and diaphragm (Bevan, 2015).

**Basic process of respiratory system initial respiration and gaseous exchange:** during the process of inhalation, diaphragm moves upward and lungs are expanded, air enters into the lungs and oxygen movies into the blood capillaries whereas carbon dioxide of the blood moves into the lungs through lung walls and bronchioles. The time for exhalation arrives, diaphragm moves downward and lungs contract; air present within the lungs moves outside the body through mouth and nasal pathways. Hence, gaseous exchange takes place in association with the respiration (Bevan, 2015).

**Cardiovascular system**

Heart and blood vessels (arteries, veins and capillaries) are the structures of cardiovascular system (Bevan, 2015).

**Process of blood circulation:** oxygenated blood moves from left atrium to the left ventricle through tricuspid valves. It then pumps blood to the aorta and reaches whole body through arteries and capillaries. Deoxygenated blood moves from the right atrium to the right ventricle and then moves to the pulmonary artery where its oxygenation takes place (Gylys & Wedding, 2013).

**Skeletal system**

Bones, cartilage, tendons and ligaments are the structures of skeletal system.

**Muscular system**

Skeletal muscles are the main structures of muscular system.

**Nervous system**

Brain and spinal cord are the main structures of nervous system.

**The basic process of movement in football player with reference to musculoskeletal and nervous system**

**Scenario: a football player kicking field goal**

While executing a systematic movement, nervous system coordinates the logical reasoning based decision making and musculoskeletal movement. A football player would first start processing in his prefrontal cortex about how much force is required to take the ball in the goal area, he would think systematically and his brain would command his bones and limb muscles to exert instant pressure on the football. Hence, in collaboration with the nervous, muscular and skeletal system, football player would kick a field goal (Bevan, 2015).

References

Bevan, J. (2015). structue and function of the human body. 10th ed. Chicago: Mosby year book inc, pp.24-36.

Gylys, B. A., & Wedding, M. E. (2013). Medical terminology systems: A body systems approach (7th ed.). Philadelphia, PA: F.A. Davis Co..