

# Human Body Stations

Directions: Use the information on the station diagrams to answer the questions/fill in the information.

## Station One

1. Were you able to catch the basketball before it hit the floor the first time? \_\_\_\_\_

2. Did it become easier after practice? Why do you think this happened?

\_\_\_\_\_  
\_\_\_\_\_

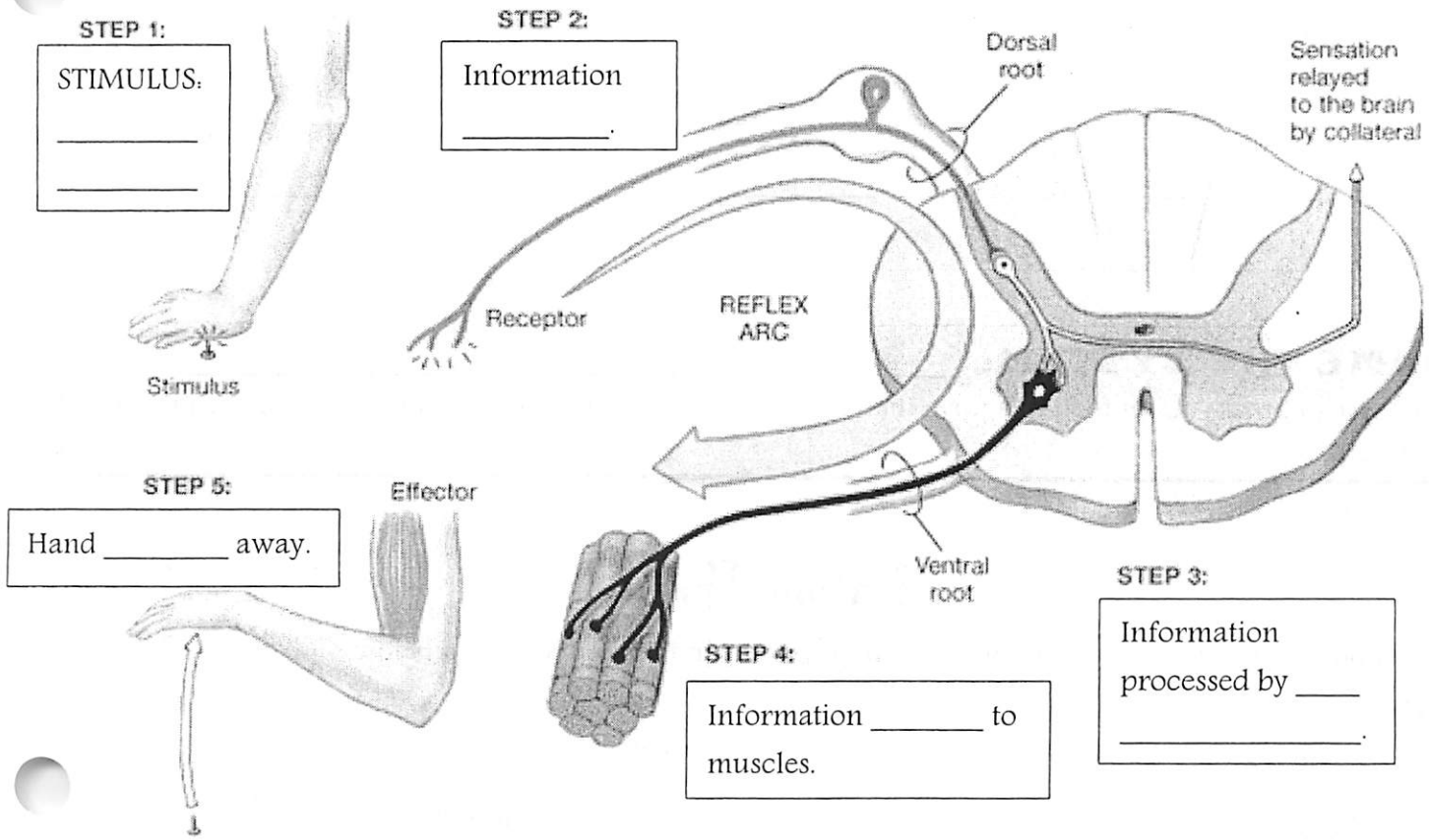
3. Was this activity an example of a reflex or a response reaction? What makes you say that?

\_\_\_\_\_  
\_\_\_\_\_

Define reflex: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Fill in the missing information in the boxes below:



**NAME THE SYSTEM:** \_\_\_\_\_  
 This system receives and responds to messages from the rest of the body to maintain homeostasis.

# Station Two

Define the following terms.

Mechanical Digestion- \_\_\_\_\_  
\_\_\_\_\_

Chemical Digestion- \_\_\_\_\_  
\_\_\_\_\_

Directions. Answer the following questions as you follow the "cracker procedure" on the stations guide.

1. As the cracker is crushed into smaller pieces by your teeth, is this a physical or chemical change?

\_\_\_\_\_

2. As you continue to chew without swallowing the cracker, what happens to the texture and actual amount of cracker?

\_\_\_\_\_  
\_\_\_\_\_

3. Are the changes you noticed in question 2 an example of a mechanical or chemical digestion?

Explain your answer.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**NAME THE SYSTEM:** \_\_\_\_\_

This system breaks down food to a form that your body is able to use and eliminates food that cannot be broken down.

# Station Three

Directions. Follow the procedure on the stations packet and record your data below.

Part 1.

1. Resting pulse rate 15 seconds \_\_\_\_\_ beats

2. Multiply that number by 4= \_\_\_\_\_ beats per minute

3. What was your pulse rate after one minute of exercise? \_\_\_\_\_ beats per minute

4. When was the pulse the highest?

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5. Why was it necessary for the pulse rate to increase?

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**Part 2.**

1. What materials are dropped off once the blood (YOU) reach the lungs? \_\_\_\_\_

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2. What material are you picking up in the lungs to transport back to the heart?

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**Challenge Questions**

What materials are in the blood as it travels throughout the body? \_\_\_\_\_

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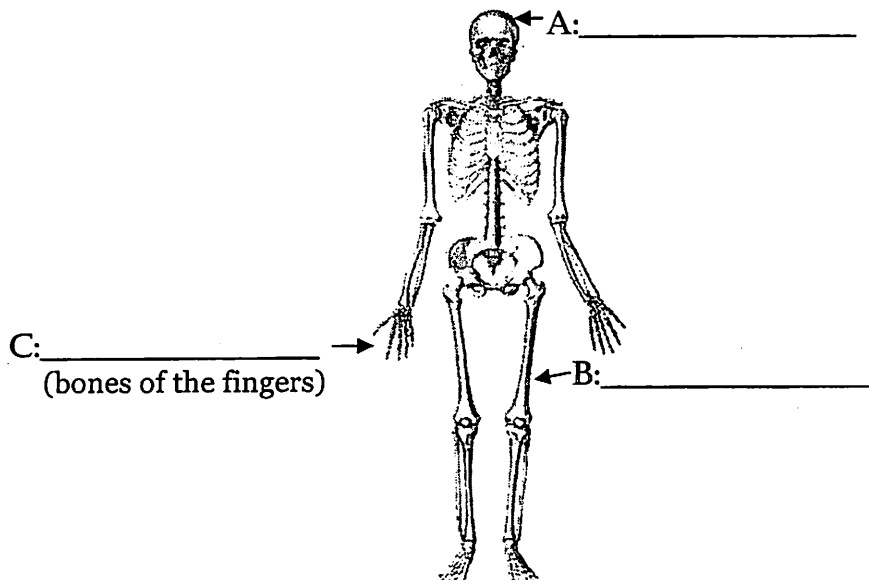
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**NAME THE SYSTEM:** \_\_\_\_\_

This system transports materials to and from your cells.

## Station Four

Directions. View the skeleton on the table. Label the bones on the diagram below.



1. What organ is found under bone A? \_\_\_\_\_
2. Why is bone A important for this organ? \_\_\_\_\_
3. Bone B is one of the long bones of the body. What is created in the long bones? (Hint: What is one of the functions of this system?) \_\_\_\_\_
4. What would your fingers be unable to do if they were made up of only one bone as opposed to many small ones? \_\_\_\_\_

**Challenge Questions**

What is the term for the spot where two bones meet? \_\_\_\_\_

What is the tissue that holds bone to bone called? \_\_\_\_\_

**NAME THE SYSTEM:** \_\_\_\_\_

This system protects your organs, gives shape and support, stores minerals like calcium, allows for movement, and produces blood cells.

## Station Five

Directions: Complete the activity on the station guide using the balloon, the straw, and string. Answer the following questions.

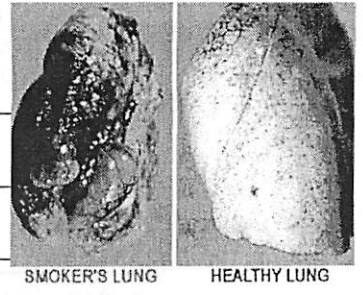
1. What organ did the balloon represent? \_\_\_\_\_
2. What was the primary gas that filled the balloon when you blew it up? \_\_\_\_\_
3. Explain what happened when you had to use the straws to blow up the balloon? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Smoking decreases lung capacity (how much air the lungs can hold) and can feel like you are breathing through a straw. How would this affect the normal functioning of this system?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



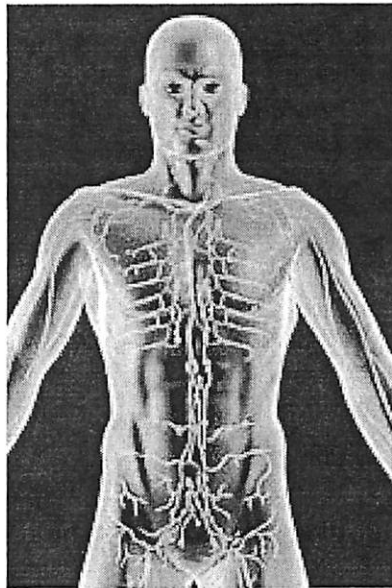
**NAME THE SYSTEM:** \_\_\_\_\_

This system exchanges gases. It takes in oxygen and removes carbon dioxide and water.

# Station Six

Directions: Answer the following questions as you watch the BrainPop video.

1. Lymph, like blood, is made mostly of: \_\_\_\_\_
2. Leftover plasma that is not reabsorbed and cellular wastes travel to \_\_\_\_\_  
\_\_\_\_\_
3. This system removes \_\_\_\_\_ and excess \_\_\_\_\_  
from your body.
4. This system helps in digestion by absorbing \_\_\_\_\_  
that eventually reach your cells.
5. Some of the lymphatic organs in your body are the \_\_\_\_\_  
\_\_\_\_\_
6. This system fights infection by bringing pathogens like bacteria to the nearest lymphoid organ where  
they are destroyed by \_\_\_\_\_



**NAME THE SYSTEM:** \_\_\_\_\_

This system stores and carries white blood cells that fight disease. When you're sick, you might have swollen nodes.