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Crash Course Anatomy & Physiology #7: The Integumentary System Part 2 – Skin Deeper

Name: _____ Date: _____

You can access the video here → <https://youtu.be/EN-s-XXYwQ?si=5dQdFkuAHs7yeBJ>

1. The _____ system includes your skin, hair, nails, and various glands.
2. One of the main roles of the integumentary system is to act as a _____ barrier.
3. Structures in the skin called _____ sensory receptors help you sense touch, pressure, and other stimuli.
4. _____ corpuscles register the sense of pressure, such as a hand on your shoulder.
5. Waste products like urea and ammonia can be excreted in small amounts through _____.
6. Your skin stores about 5% of your total _____ volume.
7. Insensible _____ is the unnoticeable sweat your body produces even at rest.
8. A yellowing of the skin called _____ may indicate liver dysfunction.
9. The pigment _____, produced by melanocytes, determines your skin color and protects against UV rays.
10. The active form of vitamin D, also called _____, is produced after your skin is exposed to UV light.
11. Hair consists of dead _____ protein cells that grow from follicles in the skin.
12. The two types of sweat glands are _____ and apocrine glands.
13. _____ glands are most abundant in the palms, soles, and forehead and secrete watery sweat.
14. _____ glands secrete sebum, an oily substance that lubricates the skin and hair.
15. Mammary and ceruminous glands are modified types of _____ sweat glands.

Crash Course Anatomy & Physiology #7: The Integumentary System Part 2 – Skin Deeper KEY

1. The **integumentary** system includes your skin, hair, nails, and various glands.
2. One of the main roles of the integumentary system is to act as a **protective** barrier.
3. Structures in the skin called **cutaneous** sensory receptors help you sense touch, pressure, and other stimuli.
4. **Lamellar** corpuscles register the sense of pressure, such as a hand on your shoulder.
5. Waste products like urea and ammonia can be excreted in small amounts through **sweat**.
6. Your skin stores about 5% of your total **blood** volume.
7. Insensible **perspiration** is the unnoticeable sweat your body produces even at rest.
8. A yellowing of the skin called **jaundice** may indicate liver dysfunction.
9. The pigment **melanin**, produced by melanocytes, determines your skin color and protects against UV rays.
10. The active form of vitamin D, also called **calcitriol**, is produced after your skin is exposed to UV light.
11. Hair consists of dead **keratin** protein cells that grow from follicles in the skin.
12. The two types of sweat glands are **eccrine** and apocrine glands.
13. **Eccrine** glands are most abundant in the palms, soles, and forehead and secrete watery sweat.
14. **Sebaceous** glands secrete sebum, an oily substance that lubricates the skin and hair.
15. Mammary and ceruminous glands are modified types of **apocrine** sweat glands.

15 Questions

Answer Key Included

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