
NASM-CPT (7th Edition) Chapter 5 Study Guide 100% Correct Answers

Human Movement System (HMS) *Ans* ⚡ The collective components and structures that work together to move the body: muscular, skeletal, and nervous systems.

Kinetic Chain *Ans* ⚡ A concept that describes the human body as a chain of interdependent links that work together to perform movement.

Nervous System *Ans* ⚡ A network of specialized cells called neurons that transmit and coordinate signals, providing a communication network within the human body.

Neuron *Ans* ⚡ Specialized cell that is the functional unit of the nervous system.

Nucleus *Ans* ⚡ Cellular structure or organelle that contains the majority of the cell's genetic material in the form of chromosomes.

Organelles *Ans* ⚡ Tiny cellular structures that perform specific functions within a cell. Examples include nuclei, mitochondria, lysosomes, ribosomes, and the endoplasmic reticulum.

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