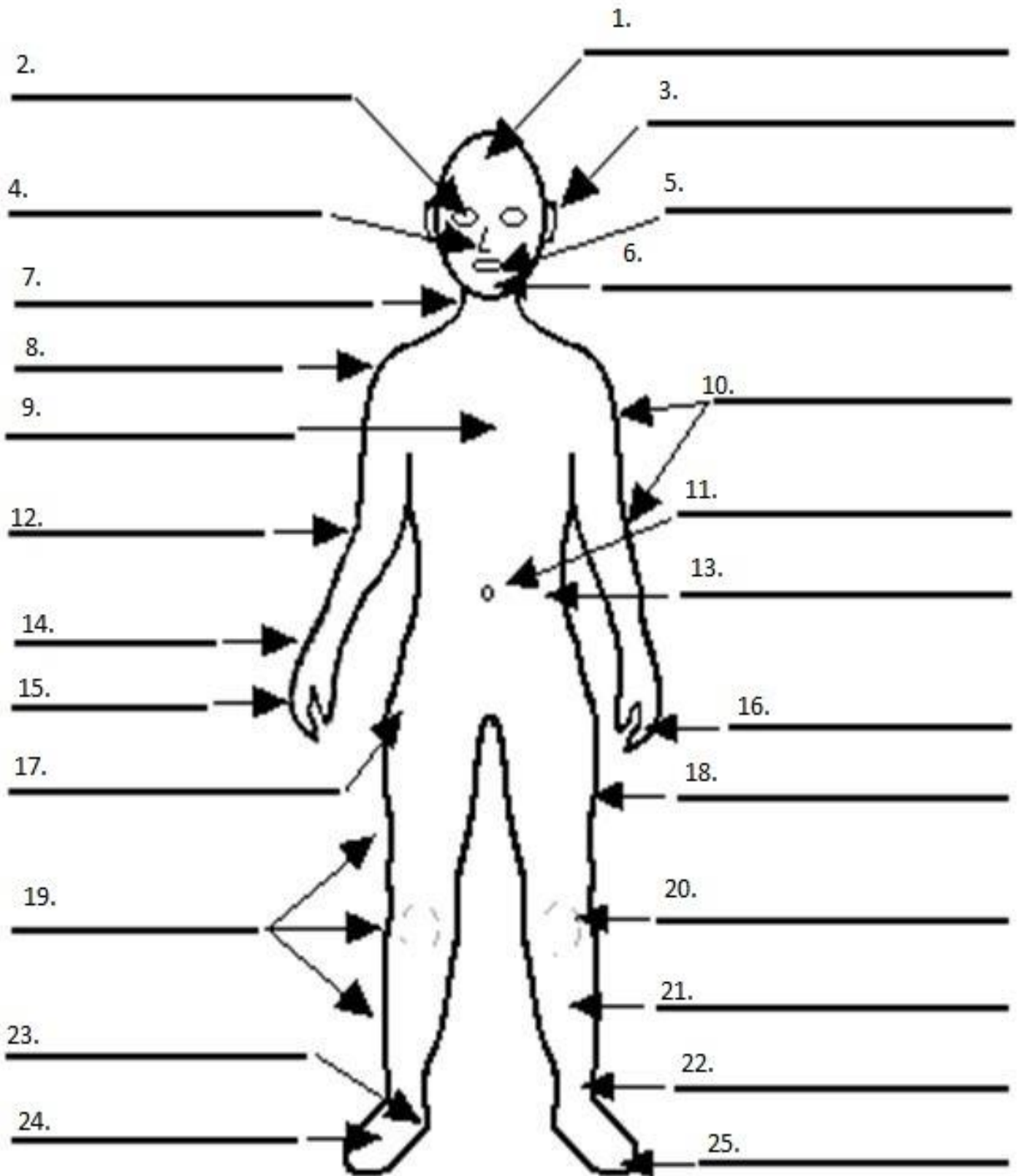


1. Connect the passages so that the text makes sense:

1. The heart is like a powerful pump inside your chest, and its main job is to keep your body supplied with blood.
 2. When you take a breath, air goes through your nose or mouth and travels down a tube called the trachea.
 3. The nervous system is like an intricate web of wires and signals.
 4. Bones are classified into five main categories:
 5. Cells are like the tiny building blocks that make up all living things. Each cell has a specific job to do.
 6. Bones are not just hard and lifeless; they are living tissues that constantly change and adapt.
 7. The term "biceps" is derived from the Latin words "bi," meaning two, and "ceps," meaning heads.
 8. The hamstrings are a group of muscles located on the back of the thigh.
 9. Exercise physiology is the study of how the body responds and adapts to physical activity and exercise.
 10. The triceps is a muscle located on the back of the upper arm. "Tri" means three, and "ceps" refers to heads.
- A. This muscle plays a crucial role in extending (straightening) the elbow joint. For example, when you push a door open or straighten your arm after bending it.
 - B. They have a living, flexible part called cartilage that allows them to bend a bit and absorb shocks.
 - C. When this muscle contracts, it causes flexion at the elbow joint, bringing the forearm closer to the upper arm.
 - D. They flex the knee joint and extend the hip joint.
 - E. Experts in this field study things like how our heart beats faster during exercise to pump more blood, how our breathing changes to get more oxygen, and how our muscles get stronger with regular activity.
 - F. Your heart rate can be best felt in the pulse at the wrist or side of the neck.
 - G. It then splits into two tubes called bronchi, leading to each lung. Inside the lungs, there are tiny air sacs, where the magic of breathing happens.
 - H. long, short, flat, irregular and sesamoid.
 - I. It includes the brain, which is like the command center, and the spinal cord, which connects the brain to the rest of your body.
 - J. Some form your skin, creating a protective layer, while others make up your muscles, allowing you to move. There are even cells in your blood that carry oxygen and nutrients to every part of your body.

2. Name the body parts:



3. Fill in the gaps with the words from the box:

1. The _____ is a strong, flexible bone that protects our brain.
2. The _____ muscles are on our shoulders and help us lift our arms.
3. When we eat, food goes into our stomach in the _____ region.
4. The _____ is the largest bone in our body and helps us stand and walk.
5. The _____ pumps blood through our body, and _____ are the blood vessels that carry it.
6. The _____ is a protective bony structure that covers and supports our chest.
7. Messages travel through our body via the _____ to control our movements.
8. The tiny bone in front of our knee is called the _____.
9. _____ are the basic building blocks of our nervous system.
10. The three energy systems that help our body during exercise are _____, _____ and _____.
11. During intense _____, the muscles require more oxygen, and the cardiovascular system responds by increasing blood flow to meet the increased demand.
12. The _____ system is responsible for protecting the body from infections.
13. The _____ is the body's control center, responsible for thinking and memory.
14. Learning about _____ helps us know how our body is built and organized.
15. The part of our leg between the knee and the hip is called the _____.
16. We wear a watch on our _____.
17. When you stand on your tiptoes, you're using the muscles around the _____.

arteries	anatomy	fibula	nerve cells	the aerobic system	kneecap	brain
heart	wrist	the alactic system	immune	abdomen	spinal cord	
the lactate system	exercise	thigh	skull	femur	deltoid	rib

4. Answer the questions below:

1. What does the cardiovascular system consist of? _____
2. What does the nervous system consist of? _____
3. What are the three primary functions of the skeleton? _____

5. Insert the correct article (a, an, the):

1. I have _____ nose, two eyes, and _____ mouth.
2. _____ heart pumps blood throughout _____ body.
3. _____ brain is responsible for thinking and memory.
4. She has _____ stomachache after eating too quickly.
5. _____ skin protects _____ body from the outside world.
6. _____ lungs help us breathe by taking in oxygen.
7. He has _____ bruise on his leg from the fall.
8. She is _____ doctor.
9. It is not _____ experimental vaccine.
10. I visited _____ hospital where my friend works.
11. He is _____ good coach.
12. Eat _____ apple a day to keep _____ doctor away.

6. Translate the following sentences:

A) Bones provide support for our body and protect delicate organs like the brain.

B) The immune system shields the body against bacteria and viruses.

C) Muscles consist of fibers that contract and relax to allow movements.

D) Povredio sam koleno i ne mogu da treniram danas.

E) Srce je organ koji pumpa krv. _____