

The nervous system  
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The nervous system is a network of specialised cells (neurons) that transmits signals to various parts of the body and thus coordinates mental processes & behaviour

Processes & responses to information received from the body's internal organs and from the external environment.

Central.N.S

Spinal cord

3 key functions

Transmit sensory signals to the brain

Convey motor signals to peripheral N.S enabling movement

Reflex arc

Brain

Process & interprets incoming information & sends out neural signals to initiate actions

Peripheral.N.S

Is a network of nerves outside of the Central.N.S

Somatic.N.S

2 key functions

Sensory function: detects sensory info and convey afferent signals to the central NS

Motor function: controls skeletal muscle movements

Autonomic.N.S

Is comprised of a network of nerves that connects the central NS to the body's internal organs, muscles & glands

Sympathetic.N.S

Prepares the body for action when under threat via activation of the fight-flight-freeze response

Parasympathetic.N.S

2 key functions

Counteracts the effects of the sympathetic NS after a threat has passed

maintains homeostasis (an optimum level of functioning) during times of low stress