



The Nervous System

Nervous system is composed of 2 parts- Peripheral and central

I. Central

The central nervous system (CNS) is broken down into the brain and the spinal cord.

A. Brain

B. Spinal Cord

II. Peripheral

The peripheral nervous system (PNS) is broken down into efferent and afferent nervous systems.

A. **Afferent**

These are sensory neurons that carry nerve impulses from sensors to the CNS.

B. **Efferent**

Responsible for stimulating muscle contractions (motor neurons)

1. **Autonomic**

Associated with involuntary control of heart rate, digestion, respiration rate, salivation, and perspiration.

a. **Sympathetic**

Fight or flight

b. **Parasympathetic**

Rest and digest

2. **Somatic**

Associated with voluntary control of body movements via skeletal muscles.