MIDDLE SCHOOL ANATOMY & PHYSIOLOGY


System Requirements

• Any DVD-compatible player

What's Inside Your Body? is an exciting and engaging introduction to human anatomy and physiology. As part of SVE’s Science Is Elementary series, these DVDs explore six of the major body systems. When the disc is first placed into the machine it starts automatically, a very nice feature. The screen then presents a menu where the viewer can select from the systems covered on the disc, or can select the “see full program” option to view the entire film. About 20 minutes each, these DVDs give a short yet fairly intense overview of each body system.

The hosts of this journey through the human body are Lori Laboratory and her two assistants, Charlie and Jesse. These live-action characters describe the aspects of each system through a collection of witty conversation, video clips, and computer-generated animations. The first stop on the Heart & Blood/Digestion & Respiration disc was in the Circulatory System. Here, Lori and friends tell the importance of the heart, blood, and blood vessels, and then the blood takes on its journey through the heart. The viewer is then brought to the respiratory system, where she/he learns about the differences between external and internal respiration, and the anatomy of the upper and lower respiratory systems. Lori then decides to present the anatomy and physiology of the digestive system. She discusses the gastrointestinal tract and the accessory organs and enzymes involved with digestion. Finally, Lori describes how all three of these systems are related, bringing a logical close to the film.

The other disc in the What's Inside Your Body? series covers the Skeletal, Muscle, and Nervous Systems. Lori and her assistants start off with a discussion of the basic organization of life. From here, they describe the main functions of the skeletal system and identify some of the 206 different bones that exist in the human body. Then, they go on to recognize the two divisions of the skeletal system and finish with the types of joints in the body and how they assist in movement. From here, the discussion shifts into the muscle system and the three types of muscle. Finally, they introduce the nervous system, discussing the importance of the brain and spinal cord, as well as the differences between the central and peripheral nervous systems.

The series is an excellent collection of information appropriate for grades 5 through 8. The Teacher’s Manual that comes with each DVD indicates grades 3 through 6 but because of the difficulty of the vocabulary and ideas presented, younger children would have a very difficult time understanding the concepts introduced. However, the Teacher’s Manual does include a complete transcript of the DVD and a list of vocabulary words and a glossary, as well as a couple of worksheets for reinforcement. Each of the discs also contains an on-screen glossary to look up difficult terms. With the brevity of the segments and the presentation of the material the DVDs in the What's Inside Your Body? series provide an excellent way to introduce students to the systems of the human body.

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Web Site Review

SCIENCE & TECHNOLOGY EXPLORATION SITE

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Operating under the premise “to discover how the same basic principles influence and control how