

CLASS X/ BIOLOGY

CONTROL AND COORDINATION

Date : 09/07/2020

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Peripheral Nervous System

It includes cranial and spinal nerves that connect the central nervous system with receptors and effectors of the body. These nerves run outside the central nervous system. There are three types of nerves which make up the peripheral nervous system. They are

- i) Cranial Nerves**
- ii) Spinal Nerves**
- iii) Visceral Nerves**

- i) **Cranial Nerves:** The nerves associated with the brain are called cranial nerves. Most of these nerves are connected to sense organ or muscles in the head. 12 pairs of cranial nerves are found it carries both sensory and motor nerves.
- ii) **Spinal Nerves:** The nerves that are connected with the spinal cord are called spinal nerves. There are 31 pair of spinal nerves in man spread throughout the body except head. They have both sensory and motor neuron fibres.
- iii) **Visceral Nerves:** These are special types of nerves which mostly arise from the spinal cord only few arise from the brain. Visceral nerves are connected to the internal organs to the body. These are also having both sensory and motor nerves.

Autonomic Nervous System

These part of the nervous system controls the body's involuntary activities such a beating of heart, movement of the gut, secretion of sweat. The nerves of autonomic nervous system are connected with the smooth muscles of various internal organ of the body such as heart, blood vessel, alimentary canal, lungs, kidneys, urinary bladder, gland and skin etc. Thus this system controls and regulates the functions of all the internal organ of the body.