



Types of Nervous Systems

1. Central Nervous System (CNS)

- includes your brain and spinal cord
- ↳ Like the coach

2. Peripheral Nervous System (PNS)

- made of sensory and motor neurons that run throughout the body gathering and delivering information for the CNS both inside and outside of your body
- ↳ Like the team

• Autonomic Nervous System = controls body functions NOT under our conscious control
↳ heart rate, sneezing, breathing

• Somatic Nervous System = sends messages to muscles under voluntary control
↳ picking your nose, kicking a soccer ball