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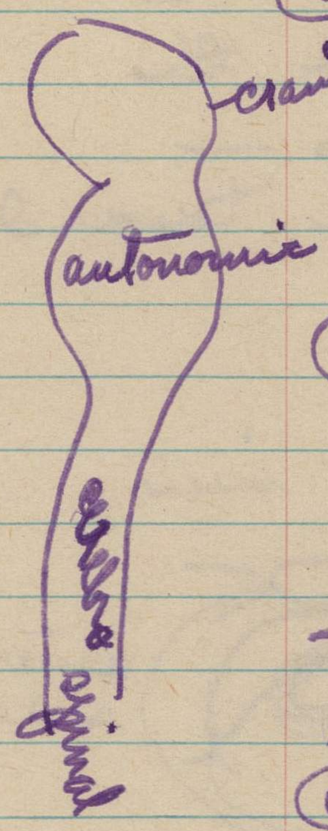
Kinesiology

VIII Describe the nervous system — the cranial the cerebro-spinal and the autonomic



@ The cranial is situated in the skull and is the most developed of the brains - it has our memory and past experiences - our mind that thinks but logical answers.

@ Cerebro-spinal - is connecting the brains and spinal cord together and it takes care of the functions such as walking, reactions or things that have become a habit - helps with motor + sensory.

@ autonomic is situated in the medulla - an is functioned through a sympathetic and para-sympathetic system. The autonomic nervous system takes care of digestive heart and circulatory system and any other systems that are ~~[illegible]~~ receiving a nerve supply constantly without our telling ourselves to stop + start the heart or digestion etc.