## Contents

Preface 1

**Section A Organisms and the environment**
- Characteristics of living things and cells 2
- Cell specialisation – tissues, organs and systems 4
- Movement of substances across cells 6
- Plant nutrition – photosynthesis 8
- Human dependence on plants and food chains 10
- The carbon and nitrogen cycles 12

**Section B Life processes**
- The parts of the skeleton and their function 14
- Joints and their function 16
- The nervous system, coordination and control 18
- Mental illness 19
- Nerves, neurones and synapses 20
- Reflex action, spinal cord structure and voluntary action 22
- Structure and functions of the eye 24
- Accommodation and correction of eye defects 25
- The endocrine system 26
- Circulation and the heart 28
- Structure and functions of the circulatory system 30
- Blood vessels, blood pressure and heart attacks 32
- The supply of blood and lymph to tissues 34
- Structure and functions of the blood 36
- Structure and functions of the respiratory system 38
- Control of breathing rate 41
- Cellular respiration 43
- The effects of cigarette smoking 45
- The major nutrients 46
- Mineral salts and vitamins 48
- A balanced diet 49
- Food hygiene 51
- Teeth 52
- Enzymes 54
The digestive system 58  
Excretion 62  
Homeostasis 64  
Structure and functions of skin 66  
Reproduction 68  
Placenta and birth 71  
Fetal growth, care and development 72  
Family planning and birth control 74

**Section C Heredity and variation**

Mitosis and meiosis 76  
Genetic terminology 78  
Types of inheritance 79  
Mutation and multiple allelism 82  
Protein synthesis 83  
Variation 84

**Section D Disease and its impact on humans**

Health and disease 86  
Organisms affecting human health 88  
Chronic diseases 94  
Transmissible diseases 96  
Sexually transmitted diseases 98  
Vectors of disease 102  
Pathogens – means of entry 107  
Personal hygiene 108  
Destruction of microorganisms 110  
Immunity 112  
How the body resists infection 114  
Drug use and abuse 115  
The effects of alcohol 118  
Summary table of diseases 120

**Section E Impact of health practices on the environment**

Pollution and pollutants – air pollution 121  
Water pollution 124  
Test for bacterial presence 126  
Water supply and purification 127  
Sewage and its disposal 129  
Domestic refuse disposal 132
Section F Tackling the CSEC examination

Hints on answering Paper 1 135
Hints on answering Paper 2 138
Paper 1 Sample multiple choice question paper 142
Answer sheet for multiple choice question paper 149
Paper 2 section A Sample short answer question paper 150
Paper 2 section B Sample essay or prose type question paper 156
Appendix: Answers to the sample multiple choice questions 157
Index 159
Preface

- The essential facts for the CSEC Human and Social Biology examinations have been put together to aid quick understanding and memorisation.
- The book should prove useful for pupils working on their own and they will find it most suitable for quick revision.
- Main headings in red are based on the syllabus objectives, followed by the necessary facts concisely stated.
- The facts, stated in simple language, are those which a teacher would want their best pupils to have in their exercise books.
- Many teachers will find it useful to have the most significant facts selected for use in their lessons.
- Only objectives written in the syllabus are covered.
- Each type of the CSEC examination assessment (multiple choice, short answer and essay type questions) and how they are marked is explained.
- One sample paper of the CSEC type, with multiple choice, short answer and essay type questions, is included for the student to practise.
- Many diagrams have labels, with the essential facts in note form and essential functions in red – study them carefully.
- Diagrams that students may be required to draw in the examination have black headings – practise drawing them.
- Diagrams that students are unlikely to have to draw in an examination have red headings – you may have to answer questions about them.
- Revision Hints throughout this guide are shown as sections in red print and give specific advice on how to revise, generally followed by examples and questions for pupils to try.
- While revision examples are taken from the preceding pages, such revision techniques can and should be practised on any topics suitable throughout this revision book.
- These hints include working with a friend to test and explain facts to each other. Also included are how to answer examination questions and interpret the specific words used. The hints explain how to read and construct graphs, solve problems and various other ideas to make revision more thorough and interesting.