

Four Types of Tissue

Includes:

- **Connective tissue**
 - supports and binds other tissues in the body
 - holds organs in place and attaches epithelial tissue to underlying tissues
 - consists of the following fibers:
 - elastic
 - collagenous
 - reticular

- **Epithelial tissue**
 - consists of flattened cells pushed closely together which make up the inside or outside lining of the body
 - protects internal organs
 - secretes hormones and lubricating fluids
 - excretes waste products
 - diffuses gases, liquids and nutrients
 - removes foreign bodies
 - reduces friction between blood and the walls of blood vessels

- **Muscle tissue**
 - gives the ability to move and relax movements in the body
 - consists of the following:
 - smooth muscle tissue
 - skeletal muscle tissue
 - cardiac (heart) muscle tissue

- **Nervous tissue**
 - reacts to stimuli and conducts impulses to various organs in the body, which then give a response to the stimulus
 - includes the following:
 - brain
 - spinal cord
 - peripheral nerves, which are located all throughout the body