

## Apologia Young Explorer: Anatomy & Physiology

\*\*Please note that some MP3-capable CD players have trouble reading all tracks on this CD. If your brand has issues, we recommend playing the last couple of Lessons on a computer or burning the MP3's to a new CD.

### MP3 Audio

CD	Textbook Section	MP3 Audio CD	Audiobook
<b>Track</b>	<b>Lesson 0</b>	<b>Filename</b>	<b>Start Time</b>
1	Main Theme	00001.mp3	0:00:00

Track	Lesson 1	Filename	Start Time
2	Introduction	01001.mp3	0:00:00
3	History Of Anatomy	01002.mp3	0:02:23
4	Ancient Egyptians	01003.mp3	0:02:39
5	Ancient Hebrews	01004.mp3	0:04:33
6	Creation Confirmation	01005.mp3	0:05:22
7	Narration Prompt	01006.mp3	0:08:09
8	Ancient Greeks	01007.mp3	0:08:30
9	Try This	01008.mp3	0:12:03
10	Aristotle	01009.mp3	0:12:10
11	Creation Confirmation	01010.mp3	0:13:48
12	Ancient Rome	01011.mp3	0:14:34
13	Creation Confirmation	01012.mp3	0:16:15
14	European Scientists	01013.mp3	0:16:58
15	Try This	01014.mp3	0:20:41
16	Narration Prompt	01015.mp3	0:20:48
17	Cells	01016.mp3	0:21:03
18	Cell Anatomy	01017.mp3	0:22:00
19	Cell Membrane	01018.mp3	0:22:53
20	Mighty Mitochondria	01019.mp3	0:25:02
21	Lysosome Patrols	01020.mp3	0:27:32
22	Grocer Golgi	01021.mp3	0:29:30
23	Narration Prompt	01022.mp3	0:30:17
24	ER Delivery	01023.mp3	0:30:33
25	Centrioles	01024.mp3	0:32:26
26	The Nucleus Government	01025.mp3	0:33:17
27	Inside The Nucleus	01026.mp3	0:34:56
28	DNA	01027.mp3	0:35:11
29	RNA	01028.mp3	0:38:45
30	Narration Prompt	01029.mp3	0:40:06
31	Cell Creation	01030.mp3	0:40:21
32	What Do You Remember	01031.mp3	0:44:56

Track	Lesson 2	Filename	Start Time
33	Introduction	02001.mp3	0:00:00
34	Try This	02002.mp3	0:01:08

35	Aren't You Glad	02003.mp3	0:01:16
36	What Do Bones Do?	02004.mp3	0:01:56
37	Try This	02005.mp3	0:02:33
38	You Are Beginning	02006.mp3	0:02:40
39	Got Blood?	02007.mp3	0:03:04
40	Warehouse Wonder	02008.mp3	0:03:56
41	Bone Brawn	02009.mp3	0:06:17
42	Let's Get Moving	02010.mp3	0:08:18
43	Narration Prompt	02011.mp3	0:08:50
44	Bone Anatomy	02012.mp3	0:09:03
45	On The Outside	02013.mp3	0:09:41
46	Made To Last	02014.mp3	0:10:39
47	Bouncy Bone	02015.mp3	0:11:55
48	In The Marrow	02016.mp3	0:12:47
49	Narration Prompt	02017.mp3	0:14:10
50	Bones A Growin'	02018.mp3	0:14:23
51	Try This	02019.mp3	0:16:09
52	So You Have	02020.mp3	0:16:16
53	Deep And Wide	02021.mp3	0:17:22
54	Broken Bones	02022.mp3	0:19:49
55	Narration Prompt	02023.mp3	0:22:16
56	Bone Basics	02024.mp3	0:22:27
57	Shapin Up	02025.mp3	0:23:20
58	Dem Bones	02026.mp3	0:24:26
59	Connect The Bones	02027.mp3	0:25:15
60	Ligaments	02028.mp3	0:26:20
61	Ahead Of The Game	02029.mp3	0:27:24
62	Let's Face It	02030.mp3	0:28:28
63	Shivers Down Your Spine	02031.mp3	0:29:43
64	Baby Back Ribs	02032.mp3	0:31:29
65	A Peck Of Peppers	02033.mp3	0:33:05
66	Narration Prompt	02034.mp3	0:33:47
67	Armed And Dangerous	02035.mp3	0:34:01
68	Try This	02036.mp3	0:35:12
69	Girdles Around	02037.mp3	0:35:18
70	The Last Leg	02038.mp3	0:36:07
71	Try This	02039.mp3	0:37:06
72	Narration Prompt	02040.mp3	0:37:13
73	Try This	02041.mp3	0:37:27
74	Joint Venture	02042.mp3	0:37:34
75	Try This	02043.mp3	0:38:08
76	It's Much Easier	02044.mp3	0:38:15
77	Kinds Of Joints	02045.mp3	0:39:04
78	What Do You Remember	02046.mp3	0:40:03

Track	Lesson 3	Filename	Start Time
79	Introduction	03001.mp3	0:00:00

80	Try This	03002.mp3	0:01:49
81	Just Like Bones	03003.mp3	0:01:57
82	Skeletal Muscles	03004.mp3	0:05:13
83	Try This	03005.mp3	0:07:23
84	Your Skeletal Muscles	03006.mp3	0:07:31
85	Tendons	03007.mp3	0:08:44
86	Moving Skeletons	03008.mp3	0:10:34
87	Muscle Cells	03009.mp3	0:13:38
88	Try This	03010.mp3	0:16:00
89	Get A Move On	03011.mp3	0:16:07
90	Let's Face It	03012.mp3	0:19:13
91	Try This	03013.mp3	0:20:50
92	Contracting Muscles	03014.mp3	0:20:57
93	Try This	03015.mp3	0:21:51
94	Mighty Muscle Mitochondria	03016.mp3	0:21:58
95	Growing Muscles	03017.mp3	0:25:47
96	Pack The Protein	03018.mp3	0:27:53
97	Narration Prompt	03019.mp3	0:28:23
98	Cardiac Muscle	03020.mp3	0:28:36
99	Smooth Muscle	03021.mp3	0:29:44
100	Try This	03022.mp3	0:30:50
101	What Do You Remember	03023.mp3	0:30:57

Track	Lesson 4	Filename	Start Time
102	Introduction	04001.mp3	0:00:00
103	Try This	04002.mp3	0:01:44
104	Grand Opening Mouth	04003.mp3	0:03:03
105	Terrific Teeth	04004.mp3	0:03:42
106	Try This	04005.mp3	0:06:27
107	Super Saliva	04006.mp3	0:06:34
108	Try This	04007.mp3	0:08:17
109	Terrific Tongue	04008.mp3	0:08:24
110	Narration Prompt	04009.mp3	0:11:09
111	Stirring Stomach	04010.mp3	0:11:22
112	Creation Confirmation	04011.mp3	0:15:25
113	Stomach Stories	04012.mp3	0:17:08
114	Try This	04013.mp3	0:18:08
115	Chyme To Go	04014.mp3	0:18:16
116	Try This	04015.mp3	0:19:22
117	Chyme Continued	04016.mp3	0:19:29
118	Narration Prompt	04017.mp3	0:21:25
119	Living Liver	04018.mp3	0:21:38
120	Try This	04019.mp3	0:23:06
121	Living Liver Continued	04020.mp3	0:23:13
122	Pancreas Potential	04021.mp3	0:23:58
123	Narration Prompt	04022.mp3	0:24:52
124	Large Intestine	04023.mp3	0:25:10

125	The Renal System	04024.mp3	0:29:40
126	What Do You Remember	04025.mp3	0:32:47

Track	Lesson 5	Filename	Start Time
127	Introduction	05001.mp3	0:00:00
128	Necessary Nutrients	05002.mp3	0:01:23
129	Win With Water	05003.mp3	0:02:50
130	Try This	05004.mp3	0:04:50
131	Carb Control	05005.mp3	0:04:57
132	Simply Energetic	05006.mp3	0:05:56
133	Complex Carbohydrates	05007.mp3	0:08:05
134	Carbs, The Inside Story	05008.mp3	0:09:10
135	Try This	05009.mp3	0:11:43
136	Narration Prompt	05010.mp3	0:11:50
137	Power Packed Protein	05011.mp3	0:12:03
138	Getting The Essentials	05012.mp3	0:13:25
139	Proteins, The Inside Story	05013.mp3	0:14:33
140	Try This	05014.mp3	0:15:27
141	The Skinny On Fats	05015.mp3	0:15:34
142	Fundamental Fatty Acids	05016.mp3	0:16:35
143	Try This	05017.mp3	0:18:56
144	Counting Calories	05018.mp3	0:19:03
145	Try This	05019.mp3	0:20:59
146	Narration Prompt	05020.mp3	0:21:07
147	Victorius Vitamins	05021.mp3	0:21:18
148	Vitamin A	05022.mp3	0:24:56
149	Vitamin C	05023.mp3	0:25:50
150	Where's The C At Sea?	05024.mp3	0:26:53
151	Try This	05025.mp3	0:27:59
152	Vitamin D And K	05026.mp3	0:28:06
153	B Vitamins	05027.mp3	0:29:45
154	Vitamins, The Inside Story	05028.mp3	0:30:17
155	Narration Prompt	05029.mp3	0:31:15
156	Minerals	05030.mp3	0:31:28
157	What Do You Remember	05031.mp3	0:35:18

Track	Lesson 6	Filename	Start Time
158	Introduction	06001.mp3	0:00:00
159	Try This	06002.mp3	0:03:40
160	Hairy Catchers	06003.mp3	0:03:47
161	Mucky Mucus	06004.mp3	0:04:23
162	Try This	06005.mp3	0:04:57
163	Slashing Cilia	06006.mp3	0:05:05
164	Crazy Conchae	06007.mp3	0:06:36
165	Try This	06008.mp3	0:07:17
166	Holes In Your Head	06009.mp3	0:07:23
167	Try This	06010.mp3	0:11:49

168	Speaking Strings	06011.mp3	0:11:55
169	Try This	06012.mp3	0:14:44
170	Narration Prompt	06013.mp3	0:14:51
171	Trachea Tract	06014.mp3	0:15:08
172	Try This	06015.mp3	0:15:37
173	Bronchi Branches	06016.mp3	0:15:44
174	Baby Bronchioles	06017.mp3	0:16:51
175	Alveoli Alley	06018.mp3	0:17:57
176	Catching Cold	06019.mp3	0:18:55
177	Asthma Attack	06020.mp3	0:20:44
178	Smoking Insanity	06021.mp3	0:21:57
179	Narration Prompt	06022.mp3	0:23:39
180	The Great Exchange	06023.mp3	0:23:52
181	Filled To Capacity	06024.mp3	0:24:56
182	Try This	06025.mp3	0:27:10
183	As You Know	06026.mp3	0:27:18
184	Diaphragm Design	06027.mp3	0:27:33
185	Try This	06028.mp3	0:29:28
186	Heimlich Maneuver	06029.mp3	0:29:35
187	Tasty Diaphragms	06030.mp3	0:31:00
188	What Do You Remember	06031.mp3	0:32:02

Track	Lesson 7	Filename	Start Time
189	Life In The Blood	07001.mp3	0:00:00
190	Super Highway	07002.mp3	0:04:29
191	Artery Highways	07003.mp3	0:05:54
192	Capillaries	07004.mp3	0:08:03
193	Try This	07005.mp3	0:10:54
194	Transporter	07006.mp3	0:11:01
195	Protector	07007.mp3	0:11:58
196	Message Carrier	07008.mp3	0:13:14
197	Thermostat	07009.mp3	0:14:37
198	Narration Prompt	07010.mp3	0:15:59
199	Blood Basics	07011.mp3	0:16:13
200	Plasma	07012.mp3	0:16:55
201	Red Blood Cells	07013.mp3	0:17:49
202	Life Of A Red Cell	07014.mp3	0:21:17
203	Try This	07015.mp3	0:23:57
204	Narration Prompt	07016.mp3	0:24:04
205	White Blood Cells	07017.mp3	0:24:16
206	Platelets	07018.mp3	0:25:39
207	Wound Care	07019.mp3	0:27:30
208	Making Blood	07020.mp3	0:29:00
209	Need Blood	07021.mp3	0:29:59
210	Blood Types	07022.mp3	0:30:58
211	What Do You Remember	07023.mp3	0:36:17

Track	Lesson 8	Filename	Start Time
212	Introduction	08001.mp3	0:00:00
213	Heart Matters	08002.mp3	0:02:39
214	Heart Anatomy	08003.mp3	0:04:03
215	Try This	08004.mp3	0:06:56
216	Pumping Iron	08005.mp3	0:07:09
217	Try This	08006.mp3	0:10:54
218	Pumping Iron continued	08007.mp3	0:11:01
219	Heart Health	08008.mp3	0:11:45
220	Signs Of A Heart Attack	08009.mp3	0:13:24
221	Narration Prompt	08010.mp3	0:15:01
222	Capillary Switch	08011.mp3	0:15:18
223	Try This	08012.mp3	0:18:07
224	Narration Prompt	08013.mp3	0:18:14
225	Cardiac Components	08014.mp3	0:18:31
226	Open Sesame	08015.mp3	0:20:08
227	Narration Prompt	08016.mp3	0:21:21
228	Try This	08017.mp3	0:21:36
229	Beating Heart	08018.mp3	0:21:43
230	Vascular Vehicles	08019.mp3	0:24:57
231	Try This	08020.mp3	0:26:10
232	Vascular Vehicles continued	08021.mp3	0:26:17
233	Narration Prompt	08022.mp3	0:28:30
234	Zoe's Life	08023.mp3	0:28:43
235	What Do You Remember	08024.mp3	0:33:42

Track	Lesson 9	Filename	Start Time
236	Introduction	09001.mp3	0:00:00
237	The Central Highway	09002.mp3	0:01:27
238	Try This	09003.mp3	0:06:25
239	Peripheral Points	09004.mp3	0:06:32
240	Narration Prompt	09005.mp3	0:07:35
241	On My Nerves	09006.mp3	0:07:49
242	Try This	09007.mp3	0:12:53
243	Narration Prompt	09008.mp3	0:13:00
244	Sense And Do	09009.mp3	0:13:12
245	Between It All	09010.mp3	0:14:28
246	Integration Sensation	09011.mp3	0:14:58
247	Sensing The SNS	09012.mp3	0:16:46
248	Try This	09013.mp3	0:18:39
249	ANS Unaware	09014.mp3	0:18:46
250	Try This	09015.mp3	0:20:43
251	Narration Prompt	09016.mp3	0:20:50
252	Ending With Endocrine	09017.mp3	0:21:03
253	What Do You Remember	09018.mp3	0:24:44

Track	Lesson 10	Filename	Start Time
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254	Introduction	10001.mp3	0:00:00
255	Try This	10002.mp3	0:01:45
256	Half A Brain	10003.mp3	0:01:52
257	Shapely Cerebrum	10004.mp3	0:02:43
258	Frontal Fractions	10005.mp3	0:03:47
259	Temporal Tones	10006.mp3	0:04:23
260	Occipital Optics	10007.mp3	0:05:00
261	Parietal Position	10008.mp3	0:05:15
262	Try This	10009.mp3	0:06:19
263	What's The Matter	10010.mp3	0:06:26
264	My Myelin	10011.mp3	0:07:09
265	Try This	10012.mp3	0:08:07
266	Narration Prompt	10013.mp3	0:08:14
267	Swinging Cerebellum	10014.mp3	0:08:29
268	Try This	10015.mp3	0:09:06
269	Bossy Brainstem	10016.mp3	0:09:13
270	Sorting Stimuli	10017.mp3	0:10:22
271	Try This	10018.mp3	0:11:34
272	Narration Prompt	10019.mp3	0:11:41
273	The Spinal Cord	10020.mp3	0:11:57
274	Try This	10021.mp3	0:15:04
275	Narration Prompt	10022.mp3	0:15:11
276	The Reflex Arc	10023.mp3	0:15:27
277	Packaged And Protected	10024.mp3	0:17:20
278	Try This	10025.mp3	0:18:23
279	Bigger Brains	10026.mp3	0:18:30
280	My Brain	10027.mp3	0:20:11
281	What Do You Remember	10028.mp3	0:22:56

Track	Lesson 11	Filename	Start Time
282	Introduction	11001.mp3	0:00:00
283	Old Fashioned Olfaction	11002.mp3	0:02:17
284	Try This	11003.mp3	0:02:35
285	Old Fashioned Olfaction cont	11004.mp3	0:02:42
286	Try This	11005.mp3	0:05:53
287	Old Fashioned Olfaction cont	11006.mp3	0:06:00
288	Try This	11007.mp3	0:07:15
289	Old Fashioned Olfaction cont	11008.mp3	0:07:23
290	Narration Prompt	11009.mp3	0:08:18
291	Tasty Taste Buds	11010.mp3	0:08:33
292	Try This	11011.mp3	0:09:46
293	Dissolving Donuts	11012.mp3	0:09:53
294	Get It While It's Hot	11013.mp3	0:10:52
295	Try This	11014.mp3	0:11:38
296	Get It While It's Hot cont	11015.mp3	0:11:45
297	Try This	11016.mp3	0:12:49
298	Narration Prompt	11017.mp3	0:12:56

299	Now Hear This	11018.mp3	0:13:10
300	External Ear	11019.mp3	0:13:45
301	Middle Ear	11020.mp3	0:14:32
302	Inner Ear	11021.mp3	0:15:05
303	Hearing In A Nutshell	11022.mp3	0:15:31
304	Try This	11023.mp3	0:17:09
305	Sound Off	11024.mp3	0:17:16
306	Try This	11025.mp3	0:17:50
307	Sound Off cont	11026.mp3	0:17:57
308	All Fall Down	11027.mp3	0:19:30
309	Try This	11028.mp3	0:22:51
310	Narration Prompt	11029.mp3	0:22:58
311	Seeing Is Believing	11030.mp3	0:23:12
312	Eyeball To Eyeball	11031.mp3	0:23:51
313	Try This	11032.mp3	0:27:40
314	Color My World	11033.mp3	0:27:49
315	Cornea Control	11034.mp3	0:28:27
316	Try This	11035.mp3	0:29:16
317	Glass Helpers	11036.mp3	0:29:23
318	Upside Down World	11037.mp3	0:30:46
319	Try This	11038.mp3	0:31:31
320	Double Vision	11039.mp3	0:31:38
321	Try This	11040.mp3	0:32:12
322	Eye Will Protect You	11041.mp3	0:32:19
323	Eye Understand	11042.mp3	0:34:00
324	What Do You Remember	11043.mp3	0:34:34

Track	Lesson 12	Filename	Start Time
325	Introduction	12001.mp3	0:00:00
326	Stretch And Grow	12002.mp3	0:02:14
327	Dearly Departed Hair	12003.mp3	0:03:06
328	Skin Stories	12004.mp3	0:04:59
329	Thick Skin	12005.mp3	0:06:09
330	Your Epidermis Is Showing	12006.mp3	0:06:57
331	Skin Deep	12007.mp3	0:10:11
332	Carrots Please	12008.mp3	0:11:04
333	Melanin Melody	12009.mp3	0:12:29
334	Narration Prompt	12010.mp3	0:16:02
335	The Dermis	12011.mp3	0:16:16
336	Try This	12012.mp3	0:17:13
337	Bruising	12013.mp3	0:17:20
338	Bursting Blisters	12014.mp3	0:19:22
339	Don't Sweat It	12015.mp3	0:20:45
340	Try This	12016.mp3	0:21:36
341	Heat Exhaustion	12017.mp3	0:21:43
342	Thermostat	12018.mp3	0:22:51
343	Hair Controls	12019.mp3	0:23:20



344	Try This	12020.mp3	0:24:05
345	Very Hairy	12021.mp3	0:24:12
346	Try This	12022.mp3	0:26:21
347	Layered Hair	12023.mp3	0:26:28
348	Straight Or Curly	12024.mp3	0:27:58
349	Dermal Indentations	12025.mp3	0:28:37
350	Happy Hypodermis	12026.mp3	0:31:54
351	Try This	12027.mp3	0:32:23
352	Sensing General Senses	12028.mp3	0:32:29
353	Try This	12029.mp3	0:33:50
354	Sensing General Senses cont.	12030.mp3	0:33:57
355	Try This	12031.mp3	0:35:07
356	Narration Prompt	12032.mp3	0:35:14
357	Nails	12033.mp3	0:35:29
358	What Do You Remember	12034.mp3	0:38:08

Track	Lesson 13	Filename	Start Time
359	Introduction	13001.mp3	0:00:00
360	The Bad Guys	13002.mp3	0:03:00
361	Pathological Parasites	13003.mp3	0:04:34
362	Bad Bacteria	13004.mp3	0:04:54
363	Freaky Fungi	13005.mp3	0:05:43
364	Wonky Worms	13006.mp3	0:06:26
365	Viral Villans	13007.mp3	0:07:03
366	Cursed Cancer	13008.mp3	0:08:24
367	Dastardly Disease	13009.mp3	0:09:10
368	Our Faithful Father	13010.mp3	0:10:49
369	Narration Prompt	13011.mp3	0:11:32
370	The Lymphatic System	13012.mp3	0:11:47
371	The Spleen	13013.mp3	0:16:44
372	Thymus	13014.mp3	0:18:49
373	Narration Prompt	13015.mp3	0:19:15
374	Immunity	13016.mp3	0:19:28
375	Special Agents B and T	13017.mp3	0:24:54
376	Antibodies and Antigens	13018.mp3	0:26:33
377	Antibody Antics	13019.mp3	0:30:10
378	Immunity Modes	13020.mp3	0:31:51
379	Acquired Immunity	13021.mp3	0:33:28
380	Vaccinations	13022.mp3	0:34:24
381	Amazing Antibiotics	13023.mp3	0:37:41
382	What Do You Remember	13024.mp3	0:39:33

Track	Lesson 14	Filename	Start Time
383	Introduction	14001.mp3	0:00:00
384	Dividing Cells	14002.mp3	0:01:41
385	Try This	14003.mp3	0:05:22
386	Developments In The Womb	14004.mp3	0:05:29

387	Development Outside The Womb	14005.mp3	0:10:10
388	Try This	14006.mp3	0:12:59
389	Genetics	14007.mp3	0:13:06
390	Try This	14008.mp3	0:14:09
391	Chromosome Commotion	14009.mp3	0:14:16
392	Merry Mitosis	14010.mp3	0:16:42
393	Magnificent Meiosis	14011.mp3	0:17:35
394	Time For Twins	14012.mp3	0:21:23
395	Redhead Revelation	14013.mp3	0:23:35
396	Gregor Mendel	14014.mp3	0:25:46
397	Try This	14015.mp3	0:30:21
398	Narration Prompt	14016.mp3	0:30:28
399	Personhood	14017.mp3	0:30:45
400	In His Image	14018.mp3	0:31:25
401	Apes And Apemen	14019.mp3	0:34:42
402	What About Cavemen	14020.mp3	0:41:29
403	Why Did God Create Me	14021.mp3	0:43:04
404	Grow In Wisdom	14022.mp3	0:46:06
405	What Do You Remember	14023.mp3	0:49:50