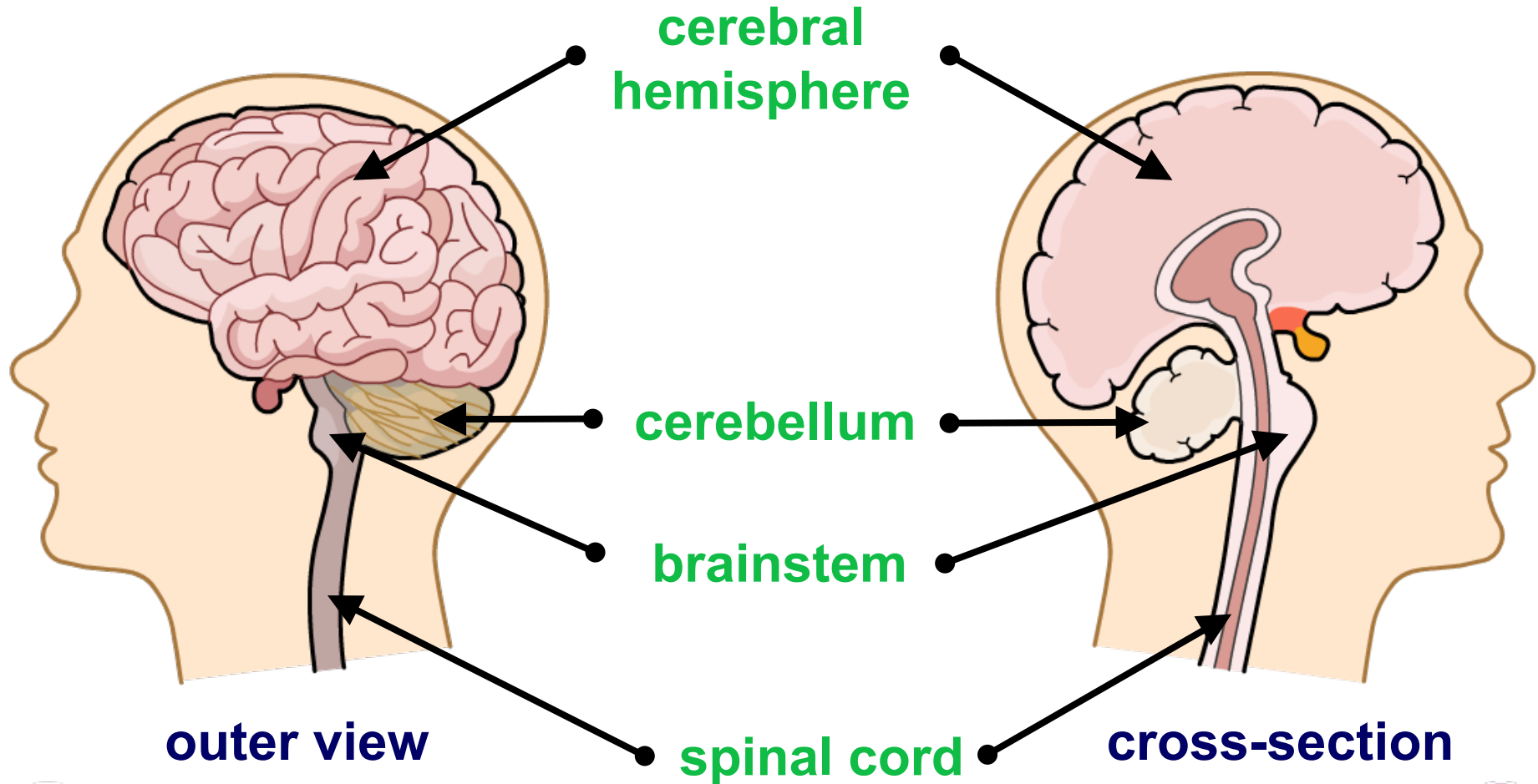


## The Brain

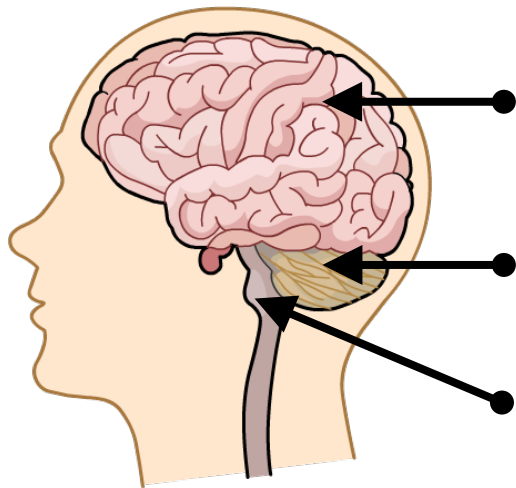


# What is the central nervous system?

The central nervous system (CNS) is made up of the brain and spinal cord.



The cerebral cortex is the outer layer of the brain and controls voluntary movements. Voluntary movements take longer than reflex movements because electrical impulses have further to travel.



**cerebral cortex** – initiates actions

**cerebellum** – fine tunes muscle control

**brainstem** – coordinates reflexes

Trained sportspeople seem to move faster than the brain can respond. They do this by **anticipating** what will happen instead of waiting for a message from their senses.

# What can go wrong?

