

## **GCSE Biology – The Brain - Transcript**

You might have heard that we only use 10% of our brain. Well, that's actually a myth. We use all of it! It's an amazing organ that controls everything from movement and memory to emotions and vital functions.

Because it's so important, it needs some serious protection, and the skull does a great job. The brain is part of the central nervous system, the CNS and works with the spinal cord to coordinate responses and process information.

When you walk the brain sends impulses down the spinal cord to your leg muscles causing them to contract and move your legs! The brain is made of billions of interconnected neurones and has different regions that carry out different functions.

There are four main areas of the brain and each has a different function. The Cerebrum, the large bit at the top, is split into two cerebral hemispheres. The wrinkly outer layer is called the cerebral cortex. This is where conscious thought, memory, language and emotions are processed.

The cerebellum is underneath at the back. This helps with coordination, movement, and balance, it's what keeps us upright and moving. The medulla oblongata controls unconscious activities like the heart rate and breathing.

And finally, there's the hypothalamus - it controls body temperature, water balance and is in charge of the release of many hormones. The brain is so complex and delicate that it makes investigating and treating brain conditions very difficult.

So that's the brain, always giving 100%!