linked to any file
yet)

StudyTXT messages- Each individual message ordered costs 0.50 cents per message

Code for ALL messages in a group is at 0.50 cents for the 1st msg and 0.30 cents for all other messages->

e.g. 5 messages in total = .50 cents + 4 X .30 cents = $1.70 (instead of $2.50 if all five were downloaded on their own)

Download a PDF file of the message list below for your computer or to print out and use.

The questions have been grouped into sets of 5 messages. This does not overload the SIM card or memory on your cellphone and allows you to study a small group of messages at a time. It is also more economical to download.

Work with other students in your course and co-ordinate what messages you download and forward them to each other to reduce costs. Use the small gaps of time in your day (waiting for a bus, traveling to Uni, etc.) to 'snack on study' with the StudyTXT messages.

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 1 - Introduction to the Human Body**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages→	**HNP**
1	Anatomy & Physiology Definitions		**HNP1**
2	Structural levels of organisation		**HNP2**
3	Description of anatomical position		**HNP3**
4	Position terms	INF=inferior, ANT VENT=anterior ventral, PROX=proximal, LAT=lateral, SUP=superficial	**HNP4**
5	Description of the major body planes	SAG= saggital, COR=coronal, TRANS=transverse	**HNP5**

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 2 - Anatomy terms of movement**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages→	**HNPB**
1	Flexion & Extension	eg = example	**HNPB1**
2	Adduction & Abduction	m'm = movement, 2 wards = towards	**HNPB2**

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
3	Pronation & Supination	eg = example	**HNPB3**
4	Rotation		**HNPB4**
5	Inversion & Eversion	m'm = movement, eg = example	**HNPB5**

Message #	Message Description	Abbreviations used in the message	TXT this code to 3 9 6
ALL	**Group 3 - Chemistry**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages⟶	**HNPC**
1	Atoms	Arms = Atoms, cnsist = consist, +ve = positive	**HNPC1**
2	Chemical Bonds	r = are	**HNPC2**
3	Solution, Solute, Solvent		**HNPC3**
4	Chemical reactions		**HNPC4**
5	Rate of reactions		**HNPC5**

Message #	Message Description	Abbreviations used in the message	TXT this code to 3 9 6
ALL	**Group 4 - ph, acids and bases**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages⟶	**HNPD**
1	Acid & Bases		**HNPD1**
2	pH scale		**HNPD2**
3	Salts		**HNPD3**
4	Buffers		**HNPD4**

Message #	Message Description	Abbreviations used in the message	TXT this code to 3 9 6
ALL	**Group 5 - Organic Chemistry A**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages⟶	**HNPE**
1	Definition	CO_2 = carbon dioxide	**HNPE1**
2	dehydration synthesis	H_2O = water	**HNPE2**
3	hydrolysis	H_2O = water	**HNPE3**
4	carbohydrates -ONE	C=carbon, H=hydrogen, O= oxygen	**HNPE4**
5	carbohydrates - TWO		**HNPE5**

Message #	Message Description	Abbreviations used in the message	TXT this code to 3 9 6

ALL	**Group 6 - Organic Chemistry B**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages——>	**HNPF**
1	Lipids	C=carbon, H=hydrogen, O=oxygen	**HNPF1**
2	Proteins - ONE		**HNPF2**
3	Proteins - Two	C=carbon, H=hydrogen, O=oxygen, N=nitrogen	**HNPF3**
4	Structural proteins		**HNPF4**
5	Functional proteins		**HNPF5**
Message #	**Message Description**	**Abbreviations used in the message**	**TXT this code to 3 9 6**
ALL	**Group 7 - DNA, RNA and plasma membrane**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages——>	**HNPG**
1	Nucleic Acids	C=carbon, H=hydrogen, O=Oxygen, N=nitrogen, P=phosphorus	**HNPG1**
2	Bases	A=adenine, G=guanine, T=thymine, C=cytosine, U=uracil	**HNPG2**
3	Plasma membrane - ONE		**HNPG3**
4	Plasma membrane - TWO		**HNPG4**
Message #	**Message Description**	**Abbreviations used in the message**	**TXT this code to 3 9 6**
ALL	**Group 8 - MOVEMENT ACROSS THE plasma membrane**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages——>	**HNPH**
1	Diffusion		**HNPH1**
2	Osmosis	H2O = water	**HNPH2**
3	Osmotic pressure	H2O = water	**HNPH3**
4	Filtration		**HNPH4**
5	Mediated transport	H2O = water, lrg = large, 2 = to, membrne = membrane	**HNPH5**
Message #	**Message Description**	**Abbreviations used in the message**	**TXT this code to 3 9 6**
ALL	**Group 9 - Movement and Solutions**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages——>	**HNPI**
1	Active transport	ATP = Adenosine triphosphate	**HNPI1**

2	Isotonc solution	H2O = water	HNPI2
3	Hypertonic solution	hghr = higher, movs = moves	HNPI3
4	Hypotonic solution	lwr = lower	HNPI4
5	Endocytosis & exocytosis	refrs = refers, 2 = to	HNPI5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 10 - Cell components A**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages→	HNPJ
1	Nucleus & ribosomes		HNPJ1
2	Endoplasmic reticulum (ER)		HNPJ2
3	Rough & smooth ER	ER= endoplasmic reticulum	HNPJ3
4	Golgi apparatus		HNPJ4
5	Secretary vesicles		HNPJ5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 11 - Cell components B**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages→	HNPK
1	Lysosomes		HNPK1
2	Mitochondria		HNPK2
3	Cilia	frm = from	HNP3
4	Flagella		HNP4
5	Microvilli		HNP5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 12 - Cell division**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages→	HNPL
1	Mitosis		HNPL1
2	Prophase - 1st stage		HNPL2
3	Prophase - 1st stage continued		HNPL3
4	Metaphase - 2nd stage; Anaphase - 3rd stage	Ch=chromosomes; Cent= centromeres; Cr= chromatid; SF= spindle fibres	HNPL4
5	Telophase - 4th stage		HNPL5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 13 - Homeostasis**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages—>	HNPM
1	Definition		HNPM1
2	Negative Feedback A		HNPM2
3	Negative Feedback B		HNPM3
4	Positive Feedback	cr8 = creates	HNPM4
5	Examples of Homeostasis		HNPM5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 14 - Tissues**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages—>	HNPN
1	definition		HNPN1
2	epithelial tissues		HNPN2
3	epithelial tissues		HNPN3
4	epithelial tissues		HNPN4
5	epithelial tissues		HNPN5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 15 - classification according to shape**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages—>	HNPO
1	single layer A	SSE=simple squamous epithelium	HNPO1
2	single layer B	SCE=simple cuboidal epithelium	HNPO2
3	single layer C	SCoE=simple columnar epithelium	HNPO3
4	multi layer A	SSqE=stratified squamous epithelium	HNPO4
5	multi layer B	PsE=pseudostratified epithelium	HNPO5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396

	Group 16 - classification according to shape & functional characteristics	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages—>	HNPP
ALL			
1	multi layer	TE=transitional epithelium	HNPP1
2	functional characterisitics simple epithelium		HNPP2
3	stratefied epithelium		HNPP3
4	shape & function		HNPP4
5	free surface		HNPP5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Group 17 - Types of Tissues	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages—>	HNPQ
1	glands 1		HNPQ1
2	glands 2		HNPQ2
3	connective tissue 1		HNPQ3
4	connective tissue 2		HNPQ4
5	connective tissue 3		HNPQ5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Group 18 - Connective Tissue continued (A)	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages—>	HNPR
1	collagen		HNPR1
2	Dense connective tissue		HNPR2
3	Areolar Connective tissue	L/A CT=loose or areolar connective tissue; sepr8d=separated	HNPR3
4	Adipose tissue	AdT=adipose tissue	HNPR4
5	Cartilage	Cart=cartilage; Mtx=matrix; H2O=water	HNPR5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Group 19 - Connective Tissue continued (B)	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages—>	HNPS

1	Hyaline Cartilage	Hcart=hyaline cartilage; Cart=cartialge	HNPS1
2	Fibro Cartilage		HNPS2
3	Elastic cartilage		HNPS3
4	Bone	Bn=bone; tisu=tissue; Mtx=matrix; Ocyts=osteocytes	HNPS4
5	Blood	Bld=blood; Mtx=matrix;H2O=water; O2=oxygen; CO2=carbon dioxide	HNPS5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 20 - Muscle tissue**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages⟶	HNPT
1	muscle tissue		HNPT1
2	skeletal muscle		HNPT2
3	cardiac muscle 1		HNPT3
4	cardiac muscle 2		HNPT4
5	smooth muscle		HNPT5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	**Group 21 - muscle & nervous tissue**	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages⟶	HNPU
1	smooth muscle - continued		HNPU1
2	nervous tissue 1		HNPU2
3	nervous tissue 2		HNPU3

Message #	Message Description	Abbreviations used in the message	TXT this code to 396