

Physiology Class 5: Endocrine and Immune Physiology

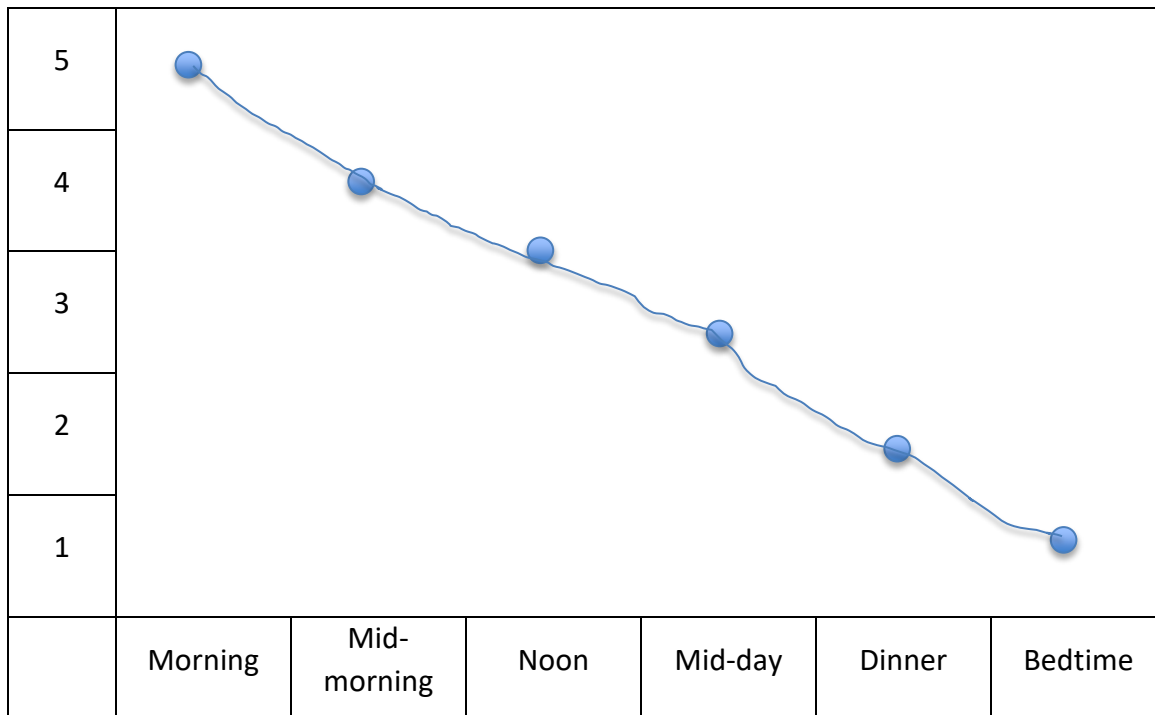
Activities

These activities are designed to be done at home. There is no grade given for these and they do not have to be turned in. The answer key has been emailed to your grown up.

Track Your Energy Levels

Let's figure out what your cortisol rhythm might look like. Keep a daily log for 7 days of what your energy level is throughout the day. Use the student chart to mark your energy levels for each day using a different color for each day. When you are done, you will have a graph of your energy levels. Think about the results! When in the day are your energy levels the highest? When are they the lowest? How might this be explained by your cortisol levels? Levels: 1 = very little energy, 3 = not too much and not too little, 5 = most energy. You can choose any number 1-5 to describe your level of energy. Mark it with a colored dot. The first one is an example of 1 day for the teacher. What does yours look like?

Teacher Example



Student Chart

5						
4						
3						
2						
1						
	Morning	Mid-morning	Noon	Mid-day	Dinner	Bedtime

Coming Up

- Zoom
- Next topic: Integrating Anatomy and Physiology

Pre-Assessment Quiz: Endocrine and Immune Physiology

1. What is the main job of the endocrine system?

- A. To send messages using hormones
- B. To digest food
- C. To pump blood
- D. To move muscles

2. Which gland is known as the master gland?

- A. Thyroid
- B. Adrenal
- C. Pituitary**
- D. Pineal

3. What does the thyroid gland control?

- A. How fast your body uses energy**
- B. Your blood pressure
- C. Your immune memory
- D. Your digestion

4. Which hormone helps your body react quickly in emergencies?

- A. Insulin
- B. Adrenaline**
- C. Melatonin
- D. Growth hormone

5. What is the job of insulin?

- A. To help you sleep
- B. To unlock cells so sugar can enter**
- C. To fight bacteria
- D. To raise body temperature

6. Which gland helps control your sleep schedule?

- A. Thyroid
- B. Pituitary
- C. Pineal**
- D. Adrenal

7. What is the main job of the immune system?

A. To send electrical signals

B. To protect the body from germs

C. To make hormones

D. To control movement

8. Which cells help destroy germs and infected cells?

A. Red blood cells

B. White blood cells

C. Skin cells

D. Nerve cells

9. Which of the following is a sign of inflammation?

A. Shivering

B. Swelling

C. Sleepiness

D. Hunger

10. What is a negative feedback loop?

A. When the body stops working

B. When the body keeps the same problem going

C. When the body brings itself back into balance

D. When the immune system attacks itself