

Physiology Class 5: Endocrine and Immune Physiology

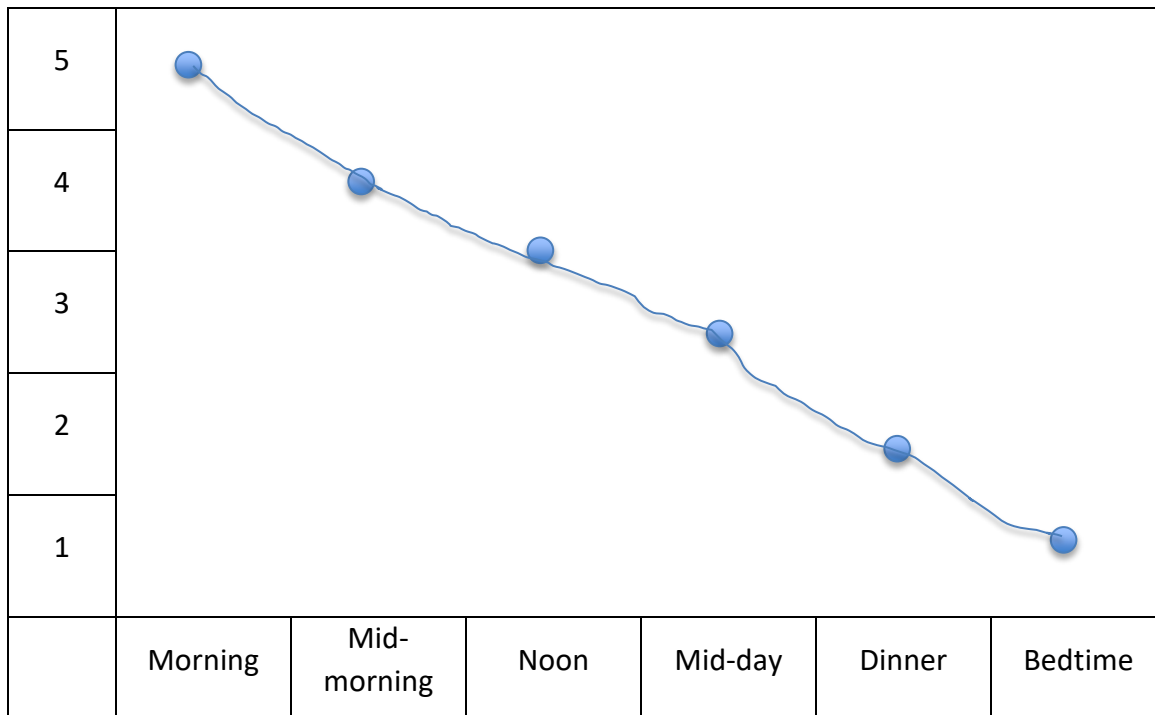
Activities

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

Pre-Assessment Quiz: Endocrine and Immune Physiology

1. What does the endocrine system do?

- A. Helps you see
- B. Sends messages in your body**
- C. Makes your bones hard
- D. Helps you breathe

2. What are the tiny messages in your body called?

- A. Germs
- B. Bones
- C. Hormones**
- D. Muscles

3. Which gland is the tiny “boss gland”?

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

4. What hormone helps you feel sleepy at night?

- A. Adrenaline
- B. Insulin
- C. Melatonin**
- D. Energy

5. What does the thyroid help control?

- A. How fast or slow your body works**
- B. How tall you grow
- C. How much you sleep
- D. How strong your bones are

6. What does insulin help your body do?

- A. Fight germs
- B. Sleep at night
- C. Use sugar for energy**
- D. Heal cuts

7. Which glands help you run fast when you are scared?

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

8. What is the immune system's main job?

- A. To help you grow
- B. To send hormones
- C. To fight germs**
- D. To help you think

9. What are the germ-fighting cells in your blood called?

- A. Red blood cells
- B. White blood cells**
- C. Bone cells
- D. Muscle cells

10. Why does your body make a fever?

- A. To help you sleep
- B. To fight germs**
- C. To help you grow taller
- D. To help you run faster