NAME : \_\_\_ANSWER KEY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_HOUR:\_\_\_\_\_\_\_\_\_\_\_

**FINAL EXAM REVIEW**

**HUMAN REPRODUCTION**

What best describes the following:

Prostate Gland: secretes 3rd component of semen.

Cowpers Gland: lubricating mucus of semen.

Seminal Vesicles: secrete sugary fluid as part of semen.

Scrotum: sac holding testes.

Epididymis: sperm stored here & receive tails.

Testes: produce sperm.

Vas Deferens: tube connecting testes and urethra (sperm travel on way to ejaculation).

Fallopian Tube: fertilization occurs & tubes connecting ovaries to the uterus.

Cervix: opening between uterus and vagina.

Vagina: female sex organ, aka birth

Uterus: where baby is housed during pregnancy.

Ovaries: produce ovum (egg cells)

Endometrium: lining of uterus, fertilized egg cell embeds itself here, during menstruation this and small amount of blood are excreted

What happens during Menopause? Menstruation cycle stops (usually age 45-55).

HIV attacks what type of cell? (Name and color) white blood cell.

What is the ONLY 100% way to make sure you or your partner does not get pregnant? abstinence.

What is Testosterone? Mainly male hormone (small amounts found in females as well.

Estrogen? Female hormone.

Progesterone? Female hormone.

Is a male condom 100% effective in preventing pregnancy? no.

Do all STI infections show symptoms? no.

**PERSONAL WELLNESS**

What is the best way to practice sun safety? Wear sun screen.

What is the main reason people choose not to practice sun safety? Our culture.

Four things make up body image. What are they? 1. Heredity 2. Posture

3. Amount of Body Fat 4. Muscle Tone.

What are some things that require immediate medical attention? Head trauma (loss of consciousness), severe burn, cut where bleeding won’t stop

How can you prevent the spread of disease? Wash your hands, don’t share needles, wear condoms.

How can you prevent the spread of illness? Wash your hands, cover your mouth/nose when sneezing/coughing.

**Drugs, Alcohol, and Tobacco**

Define the Following:

Nicotine: addictive stimulant found in tobacco

Withdrawal: you’re your body goes through when you are dependent on a drug and taken off it

Carcinogens: cancer causing agents

Stimulant: increases CNS functions

Passive Smoke: non-smoke breathes in smoke from a smoker

Mainstream Smoke: smoker inhales their own smoke

Synergism: mix of any two drugs

Tolerance: body becomes accustomed to/builds a resistance to a drug

Black Out: not remembering what happened for a period of time

Is Alcohol a stimulant or depressant? DEPRESSANT

Is Tobacco a stimulant or depressant? STIMULANT

**SOCIAL AND EMOTIONAL**

What are the 3 parts to an “I” message? 1. WHEN 2. I FEEL 3. I WANT

What are the two types of goals? Long term and short term

What type of word is used in an “I” statement? Emotional

What is a risk factor for suicide? Depression, divorce, abuse, death/loss in family , health issue, stress.

**FITNESS AND NUTRITION**

What does BMI stand for? BODY MASS INDEX

What does BMI provide? A reasonable judgement of body fat

What is the definition for Body Image? The way a person perceives how his/her body looks.

What are the 4 things that make up body image? Heredity, muscle tone, posture, body fat

Do males suffer from body image issues as well? yes

What is the definition of an eating disorder? Condition in which a person has a compelling need to starve, binge, or purge

Define binge – eating uncontrollably

Define purge – excrete food shortly after eating (take laxatives, throw up)

Which eating disorder is a “starvation sickness”? ANOREXIA

What is bulimia? – binge and purge

Who generally suffers most from eating disorders? Teen girls

Is skipping meals is a good way to lose weight? No \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the formula the makes up weight?

Calorie intake – calories burned = weight

Nutrients are divided into how many groups? 6

What are the groups?

1. Carbohydrates
2. Protein
3. Fats
4. Minerals
5. Vitamins
6. Water

Which food group would you eat if you wanted to eat a lot of carbohydrates? Grains

Which food group would you eat if you wanted a lot of Protein? Meat

Which food group would you eat if you wanted a lot of Calcium? Dairy

Which food group would you eat if you wanted to heal cuts and scrapes? Fruits & Veggies

What is the single most important nutrient? WATER

A person should stay active for how long on most days?

60 minutes

What are the three types of exercise?

1. Aerobic – cardio 2. Anaerobic – lifting weights 3. Flexibility – stretching/yoga

What are some benefits of regular physical activity?

Lose weight, more energy, increased muscle mass, lowers blood pressure, increases brain function

What is the difference between moderate and vigorous?

Moderate – can talk easily but not sing words to song

Vigorous – can only say a couple words before stopping to take a breath