

Health: Mod. 2

INFLUENCES ON THOUGHTS & FEELINGS

1. Emotions & thoughts are influenced by _____ & _____ forces.
2. The _____ system sends electrical impulses through the nerves while the _____ system sends chemical messages through the bloodstream.
3. The nervous system consists of _____, _____ & _____.
4. The entire system depends on nerve cells called _____.
5. Name the parts of the neuron: _____, _____ & _____.
6. Neurons communicate with electrical _____. They travel 1 way. Sensory nerves bring information TOWARD the brain while motor nerves carry impulses AWAY from the brain to cause an action.
7. _____ are neurons that specifically react to a stimulus- pain, temperature, chemicals, pressure, etc even mucous membranes.
8. The stimulus produces a _____ action.
9. The brain is enclosed in a dense bony shell called the _____.
10. The main parts of the brain include: cerebrum
cerebellum
brain stem
thalamus
Hypothalamus
11. _____ is the space between the sending neurons axon & the receiving neurons dendrite.
12. There are several types of neurotransmitters: glutamate, GABA, Acetylcholine, opioid, norepinephrine, dopamine & serotonin.
13. Let's touch on several of the main brain illnesses: concussion-
seizure-
CVA-stroke-
Infections-
14. Name some of the brain foods.
15. The _____ system is made up of glands.
16. _____ are chemicals these glands produce & secrete via the bloodstream that regulate our human bodies. This balance is called _____.
17. Certain cells of the body have _____ for each particular hormone. A target cell is a cell with a receptor.
18. The adrenal glands are sitting on top of the kidneys. They produce 3 chemicals. Name them.
19. At the front base of the neck, the thyroid gland sits. It affects our _____ rate.
20. The pancreas produces enzymes for digestion as well as _____ which controls our blood glucose levels. Our brain prefers glucose.
21. Proteins & fats are digested more slowly & release glucose into the blood gradually.
22. There are 2 types of diabetes, type I & type II. What is the main difference?
23. Puberty is growth changes in which a child becomes an _____ adult.
24. Males have testes that produce _____.
25. Females have ovaries that produce _____, _____ & _____.
26. What 2 hormones affect our posture?