

Endocrine System Worksheet

Name _____

Section A: Endocrine vs. Nervous Systems

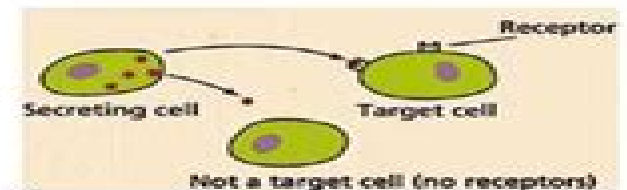
The endocrine and nervous systems function to regulate body activities. Since both systems are involved in regulation, how does the endocrine system differ in regulation compared to the nervous system? The nervous system uses electrical impulses and neurotransmitters to control processes. These impulses are localized and are extremely fast. The endocrine system is comprised of glands that use chemical messengers to influence a wide range of activities such as growth, development and metabolic activities. These chemical messengers called hormones regulate processes at a slower rate. The hormonal effects last longer and are more widespread within the body.

1. How are the nervous system and the endocrine system different?

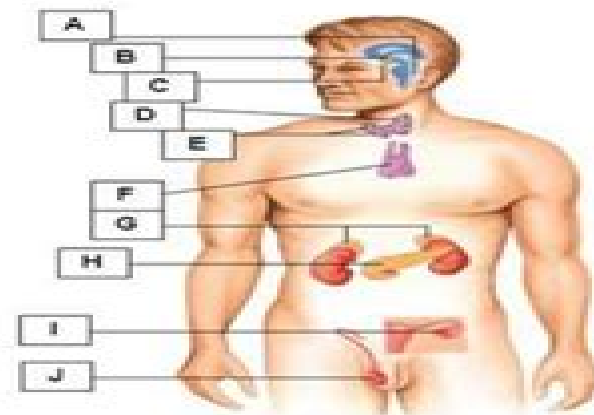
Nervous System	Endocrine System

Section B: Intro to endocrine

- What are hormones? _____
- Most hormones circulate in blood and come into contact with essentially all cells. However, a specific hormone usually affects only a limited number of cells called _____ which contain receptors for that hormone. When hormones bind to receptors, it triggers a cascade of reactions within the cell that affects function.
- Endocrine glands secrete hormones directly into the bloodstream while exocrine glands release secretions through ducts into cavities or body surfaces. Some endocrine glands have other functions beyond hormone production and secretion. These organs are called mixed glands. For example: In addition to hormone production, the pancreas secretes digestive enzymes into the small intestines. Consider the other endocrine glands and list glands that would be considered mixed based on the above criteria. _____
- Label the endocrine organs in the diagram. thyroid, thymus, pineal, hypothalamus, pituitary, ovaries, testes, parathyroid, adrenal, pancreas



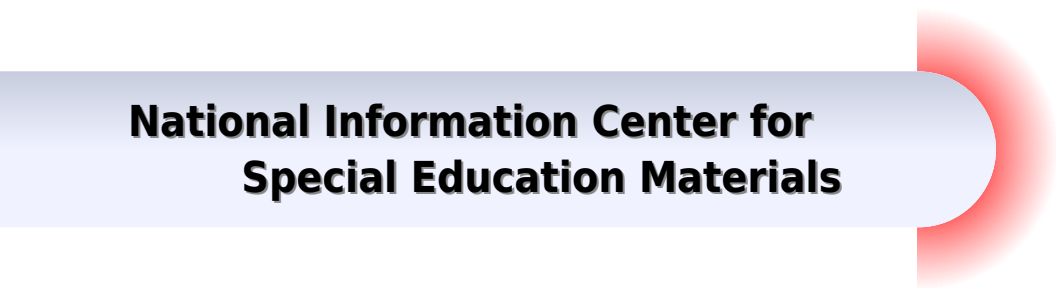
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Endocrine

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Human Anatomy & Physiology Coloring Workbook Paul D. Anderson, 2008-04-25 This valuable student resource is intended for use in the undergraduate human anatomy and physiology class The latest edition of Human Anatomy and Physiology Coloring Workbook is designed to help students learn introductory anatomy and physiology and is organized to complement the leading texts in the field Virtually every structure of the human body typically studied in an introductory course is examined Chapters are short concise and complete enabling the student to master smaller sections of information in a cohesive manner 2009 292 pages *Human Anatomy and Physiology Coloring Workbook and Study Guide* Paul D. Anderson, 1990 **Workbook to Accompany Understanding Anatomy & Physiology** Gale Sloan Thompson, 2019-10-16 Here s the ideal companion to Understanding Anatomy Physiology A Visual Interactive Approach 3rd Edition or as a stand alone guide to reinforce A P concepts **Mosby's Essential Sciences for Therapeutic Massage - E-Book** Sandy Fritz, 2012-04-16 The fourth edition of this science essentials text for massage students features new full color photos and illustrations along with an easy to read conversational style that explains A P concepts clearly The book not only helps students learn the information they need to pass certification exams but it also helps them see how scientific content applies to actual practice This new edition also features a very enhanced Evolve resource package along with new material on boosting your knowledge of nutrition and research two subjects of growing interest in the massage therapy profession Clinical reasoning activities included in the workbook section for each chapter promote problem based learning Format combining workbook and textbook features gives you immediate review tools in the form of matching exercises short answer questions fill in the blank questions drawing exercises and critical thinking questions Sections on pathologic conditions feature intervention protocols as well as indications and contraindications for therapeutic massage Expert author Sandy Fritz provides credibility and authority to the information presented Practical Applications boxes in each chapter enable you to see the way material applies to real practice and supports competency based learning Highly illustrated format features over 700 full color line drawings and photos Updated chapters and artwork have all been revised to reflect the most current industry information and reviewer feedback MTBOK mapping for instructors on the Evolve website includes a mapping document that links the student objectives in the book to the components of the MTBOK New muscle illustrations in Chapter 9 clearly show attachments and actions as well as the relationships between different muscles in composite drawings Coverage of nutrition now in Chapter 12 includes information on the digestive process basics of solid nutrition how vitamins and minerals affect the body and how proper nutrition affects the functions of all systems of the body Enhanced pathology and indications contraindications appendix includes more illustrations to increase your understanding of what you may encounter during practice Improved biomechanics chapter activities that use photos instead of drawings help you better understand and apply gait assessment and muscle testing concepts What Every Singer Needs to Know About the Body, Fourth Edition Melissa

Malde, MaryJean Allen, Kurt-Alexander Zeller, 2020-06-05 What Every Singer Needs to Know About the Body Fourth Edition gives singers and teachers a Body Mapping resource from anatomy and physiology to body awareness that helps them discover and correct misconceptions about how their bodies are designed and how they function This book provides detailed descriptions of the structures and movements necessary for healthy and efficient body awareness balance breathing phonation resonance articulation and gesture Many voice books focus on the anatomical facts but leave singers asking How can I apply this to my singing What Every Singer Needs to Know About the Body helps to answer that question providing practical exercises and detailed illustrations New to This Edition Updated and revised content throughout the text Bulleted review sections for each chapter New and updated links to recommended videos Information on Biotensegrity and how it pertains to Body Mapping along with helpful links to resources on the subject An expanded glossary What Every Singer Needs to Know About the Body includes audio and video recordings of the exploratory exercises This book provides the technical foundation for singers of all styles The authors do not espouse a single method or attempt to teach singing techniques or styles Rather they describe the movements of singing with accuracy and detail so that singers may experiment on their own and communicate with each other in a common language **Mosby's Pathology for Massage Therapists -**

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