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VIDEO GUIDE · UNIT 1 · TOPIC 1.3

Hormones

Watch the lesson

Name _____ Class _____ Date _____

NOTES: FILL IN THE BLANKS WHILE YOU WATCH

Hormones vs. neurotransmitters

1. The _____ is the system of glands that release hormones, chemical messengers that reach cells throughout the body.
2. Unlike neurotransmitters, _____ travel through the bloodstream, so they act more slowly, but their effects often last longer.

Five hormones to know

3. _____ prepares the body to respond to stress or danger, similar to the neurotransmitter norepinephrine; in a stress response, the nervous and endocrine systems work together.
4. _____ signals hunger and _____ signals fullness. Memory trick: _____ makes your stomach growl.
5. _____ helps regulate the sleep-wake cycle; the body releases more when it's dark.
6. _____ is involved in social bonding and plays an important role in childbirth and breastfeeding.

CHECK YOUR UNDERSTANDING

1. A drug blocks the effects of leptin. What is the most likely result after a large meal?

(A) The person feels sleepy because melatonin rises

(B) The person's heart pounds as if in danger

(C) The person doesn't feel as full as expected

(D) The person feels a stronger urge to bond with others

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2. Researchers measure a hormone in volunteers' blood every hour. Its level climbs after sunset, peaks overnight, and drops after sunrise. Which hormone are they most likely measuring?

(A) Ghrelin

(B) Melatonin

(C) Oxytocin

(D) Adrenaline

3. A car swerves into a driver's lane. The danger passes in a second, but her heart keeps pounding for several minutes. Which explanation fits best?

(A) Adrenaline is a hormone carried in the bloodstream, so its effects last longer

(B) Norepinephrine crosses synapses slowly, so it takes minutes to act

(C) Ghrelin keeps signaling after a stressful event

(D) Melatonin release is blocked by the stress

NOTES

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