

**Honors Physiology
Crash Course
Intro to Hormones
Video Notes**

Name: _____

Period: _____

1. How many hormones are currently at work in your body at this very moment?!

2. Hormones control and regulate:

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3. The function of the **Endocrine** system is to _____, _____ and _____ **hormones**.

4. Explain how the Endocrine System and Nervous System work together (compare and contrast!)

Nervous System

Endocrine System

5. What is a **gland**?!

6. What is the **master gland** in our body? Why is it called that?

7. A hormone can only trigger a reaction in a specific cell. This cell is called their _____.
Think about the key/lock analogy!

8. What is the difference between **water-soluble** and **lipid-soluble** hormones?

Water-soluble

Lipid-soluble

9. A hormone alters the activity of a cell by either _____ or _____ some of its functions, with the goal of maintaining (or achieving) **homeostasis**.

10. What is the difference between **insulin** and **glucagon**. These two hormones work as antagonists, to maintain what levels in our body? Where are these two hormones stored?

11. **HYPER** = _____

HYPO = _____

12. What is a hormone cascade?

13. What does **HPA** stand for? **H** _____ **P** _____ **A** _____

The **HPA Axis** regulates what?

What 3 glands are involved in this (and where are they located)?

What branch of the Nervous System does it work with? (which means/controls, what?)