Name:_____ Date: _____

Instructions: Write the letter of the vocabulary word on the blank line next to the corresponding definition.

A. Cortisol

B. Female sex hormones

C. Epinephrine

D. Ghrelin

E. Autonomic (involuntary) nervous

F. Adrenal Gland

G. Circadian Rhythms

H. Hormones

I. Melatonin

_____ An endocrine organ that secretes hormones including epinephrine and glucocorticoids.

_____ Messages sent through this system redirect nutrients and oxygen to those muscles.

_____ Unlike neurons, these deliver messages more slowly but can affect a larger set of tissues, producing large-scale changes in metabolism, growth, and behavior.

_____ A stress hormone secreted in the greatest quantities before dawn, readying the body for the activities of the coming day.

_____ This hormone, also called adrenaline, makes the heart pump faster and relaxes the arterial walls that supply muscles with blood, so they can respond more quickly.

_____ Over the course of the month-long menstrual cycle, these exert both positive and negative feedback on gonadotropin-releasing hormone (GnRH), follicle stimulating hormone (FSH), and luteinizing hormone (LH).

_____ This hormone keeps the body fed by activating hunger circuits in the hypothalamus that drive a search for food.

_____ A hormone that influences sleep behaviors.

_____ A cycle of behavior or physiological change lasting approximately 24 hours.

J. Oxytocin

_____ The tendency of your body's tissues and organ systems to maintain a condition of balance or equilibrium.

K. Homeostasis

_____ When this hormone binds to neurons in the hypothalamus, the hormone suppresses the activity of hunger circuits and reduces the desire to eat.

L. Glucocorticoid

_____ The tiny group of neurons that act like a metronome for the rest of the body, emitting a steady stream of action potentials during the day and becoming quiet at night.

M. Leptin

_____ A capillary-rich area above the pituitary.

N. Median eminence

_____ These hormones stimulate the production and release of sugar from storage sites such as the liver, making energy available to muscles.

O. Pineal gland

_____ A hormone produced in the hypothalamus and released by the pituitary gland that initiates the release of milk from mammary glands and stimulates uterine contractions.

P. Somatic (voluntary) Nervous

_____ This response weaves together three of the brain's parallel communication systems, coordinating the activity of voluntary and involuntary nervous systems, muscles, and metabolism to achieve one defensive goal.

Q. Suprachiasmatic nucleus (SCN)

_____ A small pinecone-shaped gland embedded between the cerebral hemispheres which secretes melatonin into the bloodstream at night.

R. Pituitary Gland

_____ An endocrine organ closely linked with the hypothalamus; activation of specific neurons releases either vasopressin or oxytocin into capillaries within the organ.

S. Stress

_____ Messages sent to muscles through this system prime the body to fight or run from danger (the fight-or-flight response).