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

__F.__ An endocrine organ that secretes hormones including epinephrine and glucocorticoids.

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

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

__C.__ 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.

__B.__ 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).

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

__I.__ A hormone that influences sleep behaviors.

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

J. Oxytocin

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

K. Homeostasis

__M.__ 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

__Q.__ 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

__N.__ A capillary-rich area above the pituitary.

N. Median eminence

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

O. Pineal gland

__J.__ 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

__S.__ 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)

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

R. Pituitary Gland

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

S. Stress

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