

<b>QUESTION</b>	<b>ANSWER</b>
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**Quiz Cards: .....**

**How to use the quiz cards to learn the key facts**

- 1) Take 6 quiz cards at a time and read through them
- 2) Cover up the answer side of the page.

Question	Answer
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- 3) Take the first quiz card and ask yourself the question. Either write the answer down or say it out loud.
- 4) Check your answer using the answer side of the card.
- 5) Do this question again until you get it right.
- 6) Repeat the process for the second question.
- 7) Before going onto the third question repeat question one and two.
- 8) When you have gone through all of the questions try and do them in a random order to really test your knowledge.

**ONCE YOU HAVE LEARNT THEM ALL ....**

- 9) Complete some exam questions to apply your knowledge.
- 10) Check your answer with the mark scheme and correct any errors in green pen.
- 11) Repeat steps 9-10 until you get the answers correct all of the time.

QUESTION	ANSWER
<p><b>What is homeostasis?</b></p>	<p><b>Regulation of the internal conditions of a cell or organism in response to internal and external changes</b></p>
<p>List 4 things that are controlled by homeostasis</p>	<p>Water, Ions, Temperature and Sugar</p>
<p>What are receptors?</p>	<p>Cells that detect stimuli (changes in the environment)</p>
<p><b>What are effectors?</b></p>	<p>Muscles or glands that bring about responses that restore optimal levels</p>
<p>What should human body temperature be?</p>	<p>37°C</p>
<p>Why does human body temperature need to stay at 37°C?</p>	<p>To provide an optimum temperature for enzymes to work</p>

QUESTION	ANSWER
Which part of the brain monitors and controls body temperature?	The thermoregulatory centre
What is the name for the widening of blood vessels	Vasodilation
Give two changes that occur if body temperature is too high	Vasodilation directs more blood to the surface of the skin and more sweat is produced from the sweat glands and evaporates
Give three changes that occur if body temperature is too low	Vasoconstriction, sweating stops, shivering
<b>What makes up the central nervous system?</b>	The brain and spinal cord
What are reflex actions?	Automatic and rapid responses that protect the body

QUESTION	ANSWER
<p>What is the pathway that a reflex action takes as it passes through the nervous system</p>	<p>Stimulus, receptor, sensory neurone, relay neurone (in the CNS) motor neurone, effector</p>
<p>What are synapses?</p>	<p>Gaps between neurones</p>
<p><b>What are hormones?</b></p>	<p>Chemical messengers that are carried in the blood to a target organ where they cause an effect</p>
<p><b>Which organ monitors and controls blood glucose concentrations?</b></p>	<p>The pancreas</p>
<p><b>Name two hormones involved with the control of blood glucose</b></p>	<p><b>Insulin and glucagon</b></p>
<p>Which hormone increases blood glucose levels?</p>	<p>Glucagon</p>

QUESTION	ANSWER
<b>Which hormone reduces blood glucose levels?</b>	Insulin
<b>Give a risk factor of type 2 diabetes</b>	Obesity
<b>Name the 4 hormones involved in the control of the menstrual cycle</b>	FSH, Oestrogen, LH and Progesterone
<b>Which 2 hormones are released from the pituitary gland?</b>	FSH and LH
<b>What is the function of FSH in the menstrual cycle?</b>	Causes eggs to mature in the ovaries
<b>What is the function of LH in the menstrual cycle?</b>	Stimulates the release of an egg from the ovary

<b>QUESTION</b>	<b>ANSWER</b>
<b>Which hormones are found in oral contraceptives?</b>	Oestrogen and progesterone
<b>Give two non-hormonal methods of contraception</b>	Condoms and intrauterine devices