Notes for Trainer:

Individual Exercise 1

Endrocrine Gland	***One Hormone Produced***	***Function of Hormone***
Pituitary gland	**Human growth hormone**	Stimulates muscle & bone growth in childhood, increases blood glucose level
Pineal gland	Melatonin	Influences our wake/sleep cycles
Adrenal gland	Adrenalin	**Increases the heart rate & opens the airways to the lungs**
Ovaries	Oestrogen	**Growth of breasts, widening of hips during female puberty; gives feminine characteristics.**
Parathyroid gland	Parathyroid hormone	Releases calcium from the bones to ensure calcium is always available for muscle contractions & blood clotting
Thyroid gland	**Calcitonin**	Slows the rate at which bone is broken down
Thymus	Thymosin	Stimulates the development of disease-fighting T cells
Testes	Testosterone	**Deepening of the voice and growth of facial hair in young males, regulates the development of sperm**
Pancreas	**Insulin**	Gets the cells and liver to absorb glucose when the blood sugar level is too high

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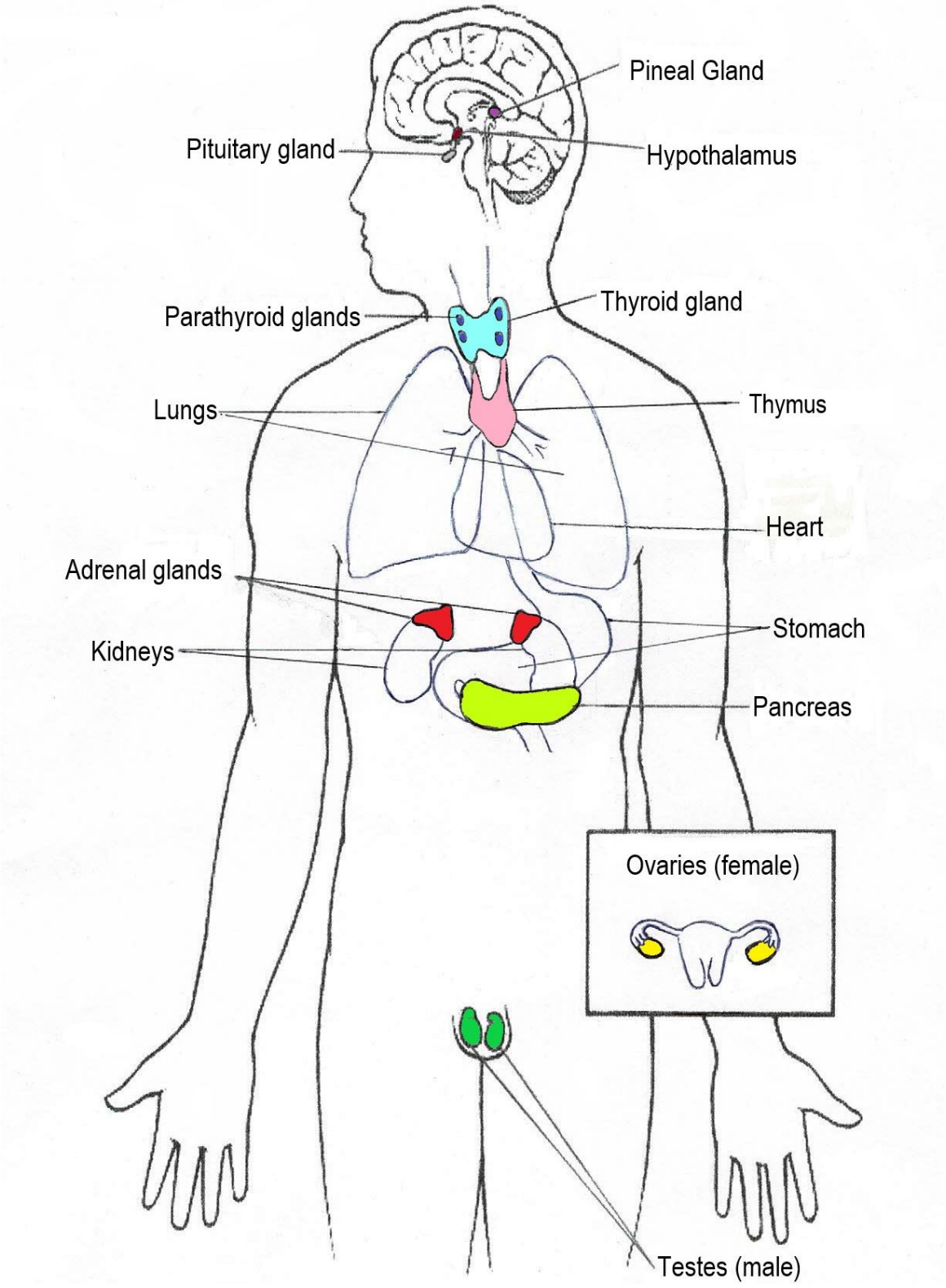
Individual Exercise 2[12]



[12] Adjusted diagram, original by Karen L. Lancour, Endocrine System -Training Handout, www.soinc.org/sites/default/files/uploaded_files/5-17_ENDOCRINE_HANDOUT.pdf, p.4,, with information from Margaret Matt, Human Anatomy Coloring Book, 1982, Dover Publications p.40

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