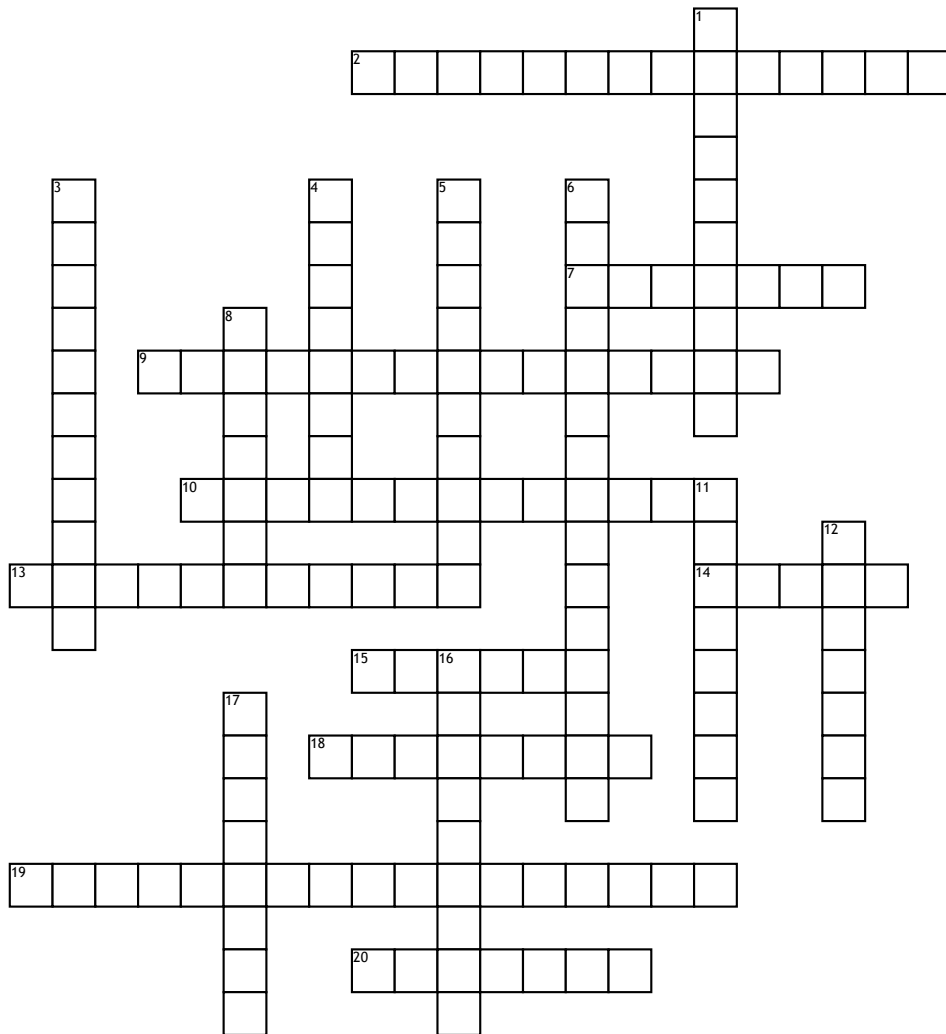


Hormones and Exercise



Across

2. What is it called when glycogen turns into glucose
 7. lipid soluble hormone
 9. Turning glycerol or protein into glucose is called
 10. Upregulation: increase number of receptors during high plasma hormone levels
 13. A primary role of the Endocrine System is to maintain body _____
 14. Hormone producing tissue
 15. Cells that hormones talk to/deliver message to _____ cells

18. What hormone is used if the body is hypoglycemic?

19. Which gland secretes hormones in response to a stress and releases growth hormones?

20. Which gland releases catecholamines and corticosteroids?

Down

1. not lipid hormone
 3. steroid hormones made from _____
 4. molecules that communicate with target tissues
 5. non-steroid hormones are made from _____

6. Downregulation: decrease number of receptors during high plasma concentration

8. Steroid hormones deliver message directly to what in the cell?

11. Homeostasis is protected by _____ feedback

12. What hormone is used if the body is hyperglycemic?

16. non-steroid hormones use _____ to communicate with cells

17. An example of a steroid hormone (adrenal hormone)

Word Bank

- | | | | | |
|-------------|---------------|-----------------|-------------------|-----------------|
| Cholesterol | Adrenal | cortisol | aminoacids | Glycogenolysis |
| Glucagon | sensitization | insulin | Anteriorpituitary | steroid |
| Negative | gland | nucleus | nonsteroid | gluconeogenesis |
| target | receptors | desensitization | Hormones | Homeostasis |