

Reproductive Health

OBJECTIVES/RATIONALE

Proper functioning of the reproductive system ensures the survival of the species. The student will recognize the importance and significance of the reproductive process as it relates to the health of future generations.

TEKS Health ed. 115:32(b)(3)(A-C),(b)(7)(H,I,K,L),(14)(C)

TAKS ELA 3, 4, 5

Duration 4 (11/2 hour) classes

KEY POINTS

I. Male Reproductive System

- A. Function – production of sperm and transferring the sperm into the female for fertilization
- B. Terminology
 1. Testosterone – male hormone produced by the testes which causes the testes to begin producing sperm
 2. Testes – testicles, male sex glands, two small glands that produce testosterone and sperm
 3. Scrotum – sac outside the male body that contains testes, protects them by keeping the temperature constant
 4. Sperm – reproductive cell, tadpole shaped, head contains the nucleus and tail provides movement
 5. Epididymis – coiled tube in the testes where sperm is stored and matured
 6. Vas deferens – tube that connects epididymis to urethra, it is about 18 inches long
 7. Seminal vesicles – secrete a fluid that mixes with sperm to produce nourishment and makes them more mobile
 8. Prostate gland – donut shaped gland the urethra passes through, secretions are mixed with the sperm
 9. Cowper’s glands – small glands that secrete fluid to mix with sperm
 10. Semen – seminal fluid, mixture of sperm and other fluids from the prostate, seminal vesicles, and Cowper’s glands
 11. Urethra – extends through the penis and out of the body
 12. Penis – external reproductive organ, increase blood flow causes an erection
 13. Ejaculation – semen leaves the body
- C. Problems of the Male Reproductive System

1. Sterility – unable to reproduce, problems with sperm can be caused by temperature changes, smoking, illness, medication, and complications from sexually transmitted diseases
2. Enlarged prostate – usually happens after the age of 50, compresses the urethra causing problems with urination
3. Cancer of the prostate - #2 cancer in males, early detection is important, regular physical examinations, blood tests – PSA

II. Female Reproductive System

- A. Function – produce egg cells, reception of sperm for fertilization , nourishment and protection of the baby
- B. Terminology
 1. External anatomy – vulva
 - a) mons pubis – soft tissue that covers the pubic bone
 - b) labia majora – outer folds of skin
 - c) labia minora – inner folds of skin
 - d) clitoris – erectile/erogenous tissue
 2. Internal anatomy
 - a) ovaries – female sex glands located on each side of the lower abdomen
 - (1) ova – egg cells – a female is born with over 1 million in the ovaries
 - (2) ovulation – after puberty, monthly release of ovum
 - b) fallopian tubes – fimbriated (fingerlike) ends, sweep the ovum into the tube
 - (1) cilia, tiny hair like structures, and muscle contractions sweep the ovum to the uterus
 - (2) fertilization – occurs in the fallopian tube, ovum and sperm unite
 - c) uterus – small, muscular, pear shaped organ, houses the baby
 - d) cervix – neck of the uterus
 - e) vagina – birth canal, muscular, elastic tube, passageway from the uterus to outside the body
- C. Menstruation – shedding of the lining of the uterus, cyclic, regulated by hormones
- D. Problems of the Female Reproductive System
 1. Sterility – unable to reproduce, may be caused by blocked fallopian tubes, failure of ovaries or sexually transmitted diseases
 2. Ovarian Cysts – cyst on the ovary
 3. Cancer of the cervix, uterus, ovaries – early detection is important, regular checkups, pap smears, blood tests
 4. Breast cancer – 1 out of 9 women will have breast cancer, self breast exams should be done monthly, regular check ups and mammograms, early detection and treatment is important

III. Prenatal Development

- A. Zygote – fertilized ovum in the fallopian tube
- B. Blastocyst – cluster of cells that makes it's way to the uterus

- C. Embryo – cluster of cells implanted in the uterus – at about 6 weeks.
- D. Placenta – blood rich tissue that connects to the mother
- E. Umbilical cord – connects the embryo to the placenta
- F. Amniotic sac – sac filled with fluid
- G. Fetus – from the 8th week until birth
- H. Prenatal care – should begin once the woman knows she is pregnant and continue regularly until birth
 - 1. Physical examination
 - 2. Pregnancy education
 - 3. Nutrition information
 - 4. Infant / child car information and classes
 - 5. Labor and delivery information and classes
- I. Alcohol, Drugs, and Tobacco during Pregnancy
 - 1. Harmful Effects of Alcohol and Drugs
- J. Three Stages of Birth
 - 1. Labor – causes the cervix to dilate and thin by uterine contractions
 - 2. Delivery of the baby
 - 3. Delivery of the placenta
- K. Teenagers and Abstinence
 - 1. Abstinence from sexual activity is the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.
 - 2. Abstinence from sexual activity is the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, and the transmission of HIV / AIDS and the emotional trauma associated with adolescent sexual activity.

ACTIVITIES

- I. Write an essay on the sequence of events that occur during human development.

MATERIALS NEEDED

Library resources

Internet resources

KEY: Reproductive System Test

<http://www.discovery.com>

ASSESSMENT

Successful completion of essay.

Reproductive System Test

ACCOMMODATIONS

For reinforcement, the student will review terminology and anatomy structures by making flash cards.

For enrichment, the student will research a genetic disease and present a paper on it.

REFLECTIONS

Reproductive System Test

1. A fertilized egg is called
 - a. An ovum
 - b. A blastocyst
 - c. A zygote
 - d. A fetus

2. Twins who look alike are
 - a. Identical
 - b. Fraternal
 - c. Genetic
 - d. Amniotic

3. The use of sound waves to get a picture of a fetus is
 - a. An x-ray
 - b. Ultrasound
 - c. Amniocentesis
 - d. Chorionic villi sampling

4. The umbilical cord connects the embryo to
 - a. The amniotic fluid
 - b. The zygote
 - c. The ovaries
 - d. The placenta

5. Fallopian tubes are
 - a. Part of the digestive tract
 - b. The site of fertilization
 - c. In the ears
 - d. Developed during pregnancy

6. A fetus
 - a. Does not have a nervous system
 - b. Is an unborn child from the eighth week of pregnancy until birth
 - c. Does not have a brain
 - d. Can live on its own at 18 weeks

7. Chromosomal abnormalities
 - a. Can cause cold and flu
 - b. Can disappear
 - c. Can result in cleft palate
 - d. Do not affect health

8. The Apgar test is
 - a. Given to teen parents
 - b. Given to all parents
 - c. Given to newborns
 - d. Seldom used anymore

9. Insertion of a needle through the abdominal wall to test the fluid surrounding the fetus is called
 - a. Ultrasound
 - b. X-ray
 - c. Amniocentesis
 - d. Chorionic villi sampling

10. Most miscarriages that occur early in pregnancy are due to
 - a. Poor nutrition
 - b. Chromosomal abnormalities
 - c. Poor prenatal care
 - d. Injury to the mother

11. Activities and accomplishments that need to occur during specific stages of life are
 - a. Stumbling blocks
 - b. Childhood complications
 - c. Life's hurdles
 - d. Developmental tasks

12. Confidence to control one's own body impulses and environment is called
 - a. Inferiority complex
 - b. Initiative
 - c. Autonomy
 - d. Industry

13. A conscience is
 - a. Developed in adulthood
 - b. A sense of right and wrong
 - c. Self - confidence
 - d. Autonomy

14. The ability to start something on one's own is
 - a. Initiative
 - b. Industry
 - c. Self - confidence
 - d. Autonomy

15. If an infant's needs are not met promptly and lovingly, he or she will learn to
 - a. Give up
 - b. Cry louder
 - c. Mistrust
 - d. Be independent

16. Well - balanced adolescents should be concerned about
 - a. Peer pressure and sex
 - b. What others say about them
 - c. How they feel about themselves
 - d. How popular they are

17. Making mud pies, cookies, and kites while a child are examples of
 - a. A sense of doubt
 - b. A building instinct
 - c. A sense of industry
 - d. A sense of humor

18. The best time to decide not to have sex as a teenager is
 - a. When you go out on a date
 - b. Before you are in a situation where you have to decide
 - c. When you are older
 - d. During infancy

19. Adolescence is
 - a. The stage between childhood and adulthood
 - b. A time of emotional stability
 - c. A time of few changes
 - d. Easier for boys

20. Accepting one's physique and using one's body effectively is an example of
 - a. A mental change
 - b. Peer pressure
 - c. A secondary sex characteristic
 - d. A developmental task

21. Where does suicide rank as a cause of death among teens?
 - a. First
 - b. Second
 - c. Third
 - d. Fourth

22. During puberty, body developments enable a person to
- a. See better
 - b. Hear better
 - c. Think more clearly
 - d. Reproduce
23. Body hair and breast and muscle developments are
- a. Secondary sex characteristics
 - b. Results of exercise
 - c. Signs of disease
 - d. Unhealthy
24. Puberty results from
- a. Hormonal changes
 - b. The inability to cope
 - c. Radiation
 - d. Exercise
25. The factors you believe make you unique are
- a. Identification markers
 - b. Value quotients
 - c. Your personal identity
 - d. Genetic markers
26. A male hormone is
- a. Testosterone
 - b. Progesterone
 - c. Estrogen
 - d. Menopause
27. A female hormone is
- a. Testosterone
 - b. Estrogen
 - c. Androgen
 - d. Menopause
28. Goals are
- a. Definite plans you have
 - b. Hopes
 - c. Dreams
 - d. Seldom achieved

29. Which of the following is NOT an example of a value?
- a.Honesty
 - b.Respect for others
 - c.Money
 - d.Religious beliefs
30. Peer pressure is
- a.A teacher's influence
 - b.The influence of those the same age
 - c.Parental influence
 - d.The influence of religious leaders
31. STD's are transmitted by
- a.Shaking hands
 - b.Unclean restrooms
 - c.Coughing or sneezing
 - d.Sexual contact
32. If you have decided not to have sex, compromise can be
- a.A slow way of saying yes
 - b.A good way to keep a relationship going
 - c.The best route
 - d.A good way to demonstrate love
33. Testes
- a.Are located behind the belly button
 - b.Are not part of the reproductive system
 - c.Produce sperm
 - d.Are the sacs around the scrotum
34. The epididymis
- a.Stores sperm
 - b.Is located around the urethra
 - c.Is present in males and females
 - d.Is a common infection
35. Fluid from the Cowper's glands, prostate gland, and seminal vesicles forms
- a.Sweat
 - b.Semen
 - c.Urine
 - d.Tears

36. The sac that holds the testes is the
- Epididymis
 - Prostate
 - Hernia
 - Scrotum
37. The birth canal is the
- Ovary
 - Uterus
 - Vagina
 - Fallopian tubes
38. When the lining of the uterus is present abnormally in the abdominal cavity, the condition is called
- Endometriosis
 - Trichomoniasis
 - Psychosis
 - Vaginitis
39. Cancer of the cervix can be detected with
- X-rays
 - A pap smear
 - An ink blot
 - A blood test
40. Shedding the lining of the uterus is
- Fatal
 - Menstruation
 - Unhealthy
 - Treatable
41. A sperm is propelled by
- Chemicals in the nucleus
 - Fission
 - The tail
 - Muscles
42. Sperm are shaped like
- Pears
 - Apples
 - Tadpoles
 - Circles

43. In male, a hernia
- a. May occur near the scrotum
 - b. Is a rare disease
 - c. Results from strained arm muscles
 - d. Is treated with radiation
44. Sterility
- a. Results from too many sperm
 - b. Can cause birth defects
 - c. Can be caused by an STD
 - d. Is not a male problem
45. The first sign of cancer of the testes is
- a. Infertility
 - b. Redness
 - c. Enlargement of a testis
 - d. Pain
46. Prostate cancer
- a. Is a common male cancer
 - b. Has no treatment
 - c. Is not serious
 - d. Is a very rare cancer
47. The release of mature eggs each month is
- a. Ovation
 - b. Ovulation
 - c. The ovary cycle
 - d. Evaluation
48. Females should examine their breasts for lumps
- a. Weekly
 - b. Monthly
 - c. Semi - annually
 - d. Annually
49. X-ray examinations of the breast to screen for cancer are called
- a. Mammograms
 - b. Ultrasound
 - c. Arteriograms
 - d. Cardiograms

50. According to statistics, how many women will develop breast cancer during their lifetimes?
- a. 1 out of 7
 - b. 1 out of 18
 - c. 1 out of 36
 - d. 1 out of 72

Essay: How can becoming a teenaged parent affect your health and life style now and in the future?

KEY
Reproductive System Test

- 1.c
- 2.a
- 3.b
- 4.d
- 5.b
- 6.b
- 7.c
- 8.c
- 9.c
- 10.b
- 11.d
- 12.c
- 13.b
- 14.a
- 15.c
- 16.c
- 17.c
- 18.b
- 19.a
- 20.d
- 21.b
- 22.d
- 23.a
- 24.a
- 25.c
- 26.a
- 27.b
- 28.a
- 29.c
- 30.b
- 31.d
- 32.a
- 33.c
- 34.a
- 35.b
- 36.d
- 37.c
- 38.a
- 39.b
- 40.b
- 41.c
- 42.c

43.a
44.c
45.c
46.a
47.b
48.b
49.a
50.a

Essay will have varied answers.