**Hormone Quiz (Converted to 60 quiz pts). Your Name:**

**Please TYPE your answers in an MS Word Document. When complete send your exam answers as an ATTACHMENT to an Email to Dr. Kravitz. Dr. Kravitz will INFORM Class of DUE DATE of the HORMONE Quiz. No late papers accepted. Also, academic honesty is totally active here. Please do your OWN work!** Please complete the Hormone Quiz as you go through the YOUTUBE Video.

**Negative Feedback Systems of the Body**

1. Definition: Please define how negative feedback systems work. (3 pts)

2. Go through the 6 steps of antidiuretic hormone, describing how the negative feedback system works with this hormone. (18 pts)

3. Go through the 7 steps of a negative feedback system NOT working with Type 2 diabetes. (21 pts)

4. In your own words, lease explain how insulin binds to its protein receptor and activates the GLUT4 protein. (6 pts)

5. Why are aerobic and resistance training exercise so important to the prevention or management of Type 2 diabetes? (3 pts)

6. How long do the GLUT4 proteins stay activated from exercise? (3 pts)

7. To prevent or help manage Type 2 diabetes, how OFTEN do most organizations (i.e. American Diabetes Organization) recommend doing exercise? (3 pts)

**Hormones of Exercise: GH, Aldosterone, Epinephrine and Norepinephrine**

1. What role does growth hormone play with fat metabolism with triglycerides? (3 pts)

2. What role does growth hormone play in muscle with triglycerides? (3 pts)

3. What one factor best describes the response of growth hormone from exercise? (3 pts)

4. How is the hormone aldosterone involved in exercise? (3 pts)

5. How are epinephrine and norepinephrine involved in exercise? (3 pts)

6. List four sympathetic-like physiological responses of epinephrine and norepinephrine? (4 pts)

**Cortisol and Protein Synthesis Inhibition**

1. Short essay: Using an exerciser example (as described in the YouTube video), describe how cortisol is really involved in protein synthesis inhibition? (20 pts)

**Glucose Hormonal Regulation: Regulation of Fat Metabolism**

1. Explain the plasma glucose hormonal regulation mechanism. (4 pts)

2. Explain the hormonal regulation of fat metabolism. (4 pts)

3. Explain why insulin levels drop in trained and untrained persons doing aerobic exercise. (4 pts)

4. Which hormone is the strongest INHIBITOR of fat metabolism (before and during exercise)? (3 pts)

**End of Hormone Quiz.**