

Chapter 24 Section 3**Contributing Characteristics for Exercise**

1. **Endocrine/Glands and Signaling Molecules** As you read the material, identify the endocrine/glands and signaling molecules that support exercise conditioning.

Marked each of the following with appropriate endocrine/gland(s):

1. Pituitary gland(s)

2. Hypothalamus and associated glands

3. The adrenal gland(s) and

4. "Stress" hormone(s)

5. Growth hormone

6. The reproductive system

Mark the point of the following with the endocrine/gland(s) and signaling molecule(s):

1. Hypothalamus and Pituitary

2. A "talk" gap between the brain and muscle system

3. A representative endocrine response

What endocrine system the following play in the exercise conditioning?

1a. Brain itself

1b. Pituitary

1c. Adrenal Glands

2. **Signaling Molecules** Mark where the signaling molecule(s) activity acts in the following:

Endocrine

Signaling

Paracrine/Local system

Direct

Endocrine (long)

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Emilie Sanchez



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