



## Menstrual Cycle & Puberty

1 Name the main hormones responsible for puberty in males and females

- Males - Testosterone
- Females - Oestrogen

[ 2 marks ]

2 Describe the changes that take place during puberty

- Growth spurt
- Development of genitalia
- Hair grown e.g. face, armpits, around genitals
- Breast development
- Onset of menstruation

[ 3 marks ]

3 Discuss the difference between ovum (egg) and sperm production

- Women are born with all of the eggs they ever have
  - One is released each month
  - They are stored in the ovaries
- Sperm production takes place continually
  - Produced in testes

[ 3 marks ]

4 Name the four hormones involved in the menstrual cycle and where they are produced

- 1) Oestrogen is made in the ovaries
- 2) Progesterone is made in the ovaries
- 3) LH is made in the
- 4) FSH is made in the pituitary gland

[ 6 marks ]

5 What is the release of an egg on day 14 called?

- Ovulation

[ 1 mark ]

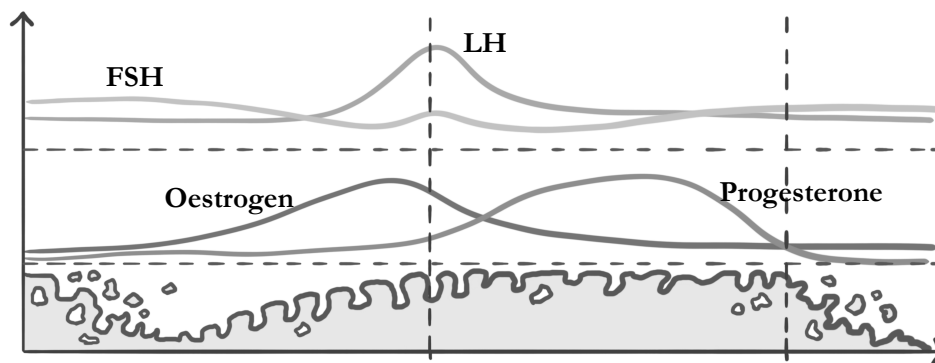
6 Describe the process of the menstrual cycle (you may want to separate you answer into stages)

- The menstrual cycle takes place every ~28 days
- Stage 1 - Menstruation takes place in the first 4 days and is the breakdown of the uterine lining
- Stage 2 takes until day 14 and involves the build up of the uterine lining
  - So that it is ready for a fertilised egg to implant
- Stage 3 is ovulation and takes place on day 14 -
  - It involves the release of an egg from one of the ovaries
- Stage 4 lasts until day 28 and maintains the lining of the uterus, ready for an egg to implant
- If no fertilised egg implants then the cycle starts over

[ 6 marks ]

**Higher Tier**

7 Match the four lines to the hormones they represent



[ 4 marks ]

8 Match the hormones to their function

LH	Stimulates the uterus lining to grow and once it's concentration gets high it stimulates LH to be released
Oestrogen	Causes an egg to mature in one of the ovaries, in a structure called a follicle
FSH	Maintains the lining of the uterus and inhibits LH and FSH
Progesterone	Stimulates the release of an egg

[ 4 marks ]

[ Total 29 marks ]