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Crash Course Biology #46: Nervous & Endocrine Systems: What Really Happens When You Step on a Lego

Name: _____ Date: _____

You can access the video here → <https://youtu.be/7hKpU4-S8A?si=13Y5E42HRvZimg7I>

1. Your heart is racing. Your breathing is fast. Are you stressing over a big _____?
2. Our bodies have similar responses for both _____ and excitement.
3. The _____ system and the endocrine system are the two main systems responsible for internal communication in vertebrates.
4. The nervous system includes the brain, the spinal cord, and a network of _____.
5. The three main jobs of the nervous system are collecting, _____, and responding to information.
6. Signals in the nervous system travel fast, between _____ and 120 meters per second.
7. The gaps between neurons where neurotransmitters pass signals are called _____.
8. The endocrine system relies on chemical messengers called _____ to communicate within the body.
9. Unlike neurons, hormones travel through the _____ to reach target cells.
10. The hormone _____ helps prepare the body for stressful situations by increasing heart rate and blood flow.
11. Sensory receptors help animals detect changes in their _____ and internal states.
12. The _____ nervous system processes sensory input and sends signals to respond appropriately.
13. The _____ response is the body's automatic reaction to perceived danger, including the release of stress hormones.
14. Special neurons called _____ send signals from the brain to muscles to produce movement.
15. The _____ system works more slowly than the nervous system but has longer-lasting effects.

Crash Course Biology #46: Nervous & Endocrine Systems: What Really Happens When You Step on a Lego - KEY

1. Your heart is racing. Your breathing is fast. Are you stressing over a big **test**?
2. Our bodies have similar responses for both **anxiety** and excitement.
3. The **nervous** system and the endocrine system are the two main systems responsible for internal communication in vertebrates.
4. The nervous system includes the brain, the spinal cord, and a network of **nerve**s.
5. The three main jobs of the nervous system are collecting, **processing**, and responding to information.
6. Signals in the nervous system travel fast, between **half a meter per second** and 120 meters per second.
7. The gaps between neurons where neurotransmitters pass signals are called **synapses**.
8. The endocrine system relies on chemical messengers called **hormones** to communicate within the body.
9. Unlike neurons, hormones travel through the **bloodstream** to reach target cells.
10. The hormone **adrenaline** helps prepare the body for stressful situations by increasing heart rate and blood flow.
11. Sensory receptors help animals detect changes in their **environment** and internal states.
12. The **central nervous** system processes sensory input and sends signals to respond appropriately.
13. The **fight or flight** response is the body's automatic reaction to perceived danger, including the release of stress hormones.
14. Special neurons called **motor** neurons send signals from the brain to muscles to produce movement.
15. The **endocrine** system works more slowly than the nervous system but has longer-lasting effects.

15 Questions

Answer Key Included

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