

Big Ideas We'll be Discussing: *Homeostasis and the Human Body*

- Each *organ system* contributes to the *homeostasis* of other systems and of the entire organism. No system of the body works in isolation and the well-being of the person depends upon the well-being of all the interacting *organ systems*. A disruption within one system generally has consequences for several additional organ systems. Most of these organ systems are controlled by hormones secreted from the pituitary gland, a part of the endocrine system.
- Here are some examples of homeostasis in our bodies:
 - The regulation of the amounts of water and minerals in the body (mostly by our kidneys). This is known as osmoregulation.
 - The removal of metabolic waste (called excretion). This is done by the excretory organs such as the kidneys and lungs.
 - The regulation of body temperature. This is mainly done by the skin.
 - The regulation of blood glucose level. This is mainly done by the liver and the insulin and glucagon secreted by the pancreas in the body.

☑ **Assignment #1: Homeostasis and the Human Body Readings**

1. **Log into the HMH Textbook** via Clever (login instructions on my website)
 - a. On the top tab bar in the middle is "Assignments"...click on that.
 - b. Click on **"Student EBook: Explore/Explain 2: Homeostasis and the Human Body"**
 - c. **Read and click/watch the interactives.**
 - I suggest you have the "quiz" open and complete it as you are reading. It will make things go more quickly)
 - **Please skip the Language Arts Connection, Hands on Lab, and Evidence Notebook.**
2. **Please read the article "The Effect of Exercise on Homeostasis" found online at**
<https://www.livestrong.com/article/480961-the-effect-of-exercise-on-homeostasis/>
 - I suggest you have the "quiz" open and complete it as you're are reading. It will make things go more quickly
3. **Take the Living Earth Week 4 Reading "quiz" Questions by clicking the link:**
https://forms.office.com/Pages/ResponsePage.aspx?id=bsSeXYwVI0uXor1txqc9It02SV_cSVJDowk8BQeYaexURE9HTjdaMkNRUzdHME9PWEg4MzVPTENQUC4u

☑ **Assignment # 2: Investigating Homeostasis Lab Activity**

1. **Complete the lab activity "Investigating Homeostasis and Exercise" by clicking the link:**
https://forms.office.com/Pages/ResponsePage.aspx?id=bsSeXYwVI0uXor1txqc9It02SV_cSVJDowk8BQeYaexURVFUVFY3WVAxNkpYR1RFMzRXMUIRWVRLWi4u

That's it for the week! Email/text me if you have any questions.