

## Assignment Instructions.

you will find a large number of resources throughout the summary below that you can link out to on the Internet on the topic of Reproduction. Review the resources available below. Identify three resources that you found to be the most helpful to your learning. In a five paragraph essay, describe what you learned from each resource and why you chose each particular resource. Remember - you must use the links resources listed below.

APA format. Five paragraphs essay format. Introduction, 1,2, 3 bodies supporting paragraphs and conclusion.

Need in-text citation and references.

## RESOURCES LINKS AND READING FOR ASSIGNMENT.

### The Male Reproductive System

<https://www.youtube.com/watch?v=i0ziehdvjbc>

### The Female Reproductive System

<https://www.youtube.com/watch?v=5uPNr27eSVA>

## Reference

Greenberg, J. S., Bruess, C. E., & Oswalt, S. B. (2014). *Exploring the dimensions of human sexuality* (5<sup>th</sup> ed.). Burlington, MA: Jones & Bartlett Learning.

- [Interactive Glossary](http://sexuality.jbpub.com/dimensions/5e/glossary.aspx)  
<http://sexuality.jbpub.com/dimensions/5e/glossary.aspx>

<http://www.anatomyarcade.com/videos/yt/ReproductiveA.html>

<http://kidshealth.org/en/parents/female-reproductive-system.html?ref=search>

[http://sexuality.jbpub.com/dimensions/5e/sel\\_weblinks.aspx?chapter=4](http://sexuality.jbpub.com/dimensions/5e/sel_weblinks.aspx?chapter=4)

<http://kidshealth.org/en/parents/male-reproductive.html?ref=search>

## Reproduction

In this lesson we will be discussing reproduction. By the end of the lesson you will be able to identify the parts of the female and male, internal and external, reproductive system. You will also be able to explain the role of hormones as they pertain to sexuality, including being able to describe what occurs during menstruation, including menarche, the menstrual cycle, and problems associated with each.

# The Female Reproductive System

### **create** *Learning Activity 3.1: Female Reproductive System and Menstrual Cycle Interactive*

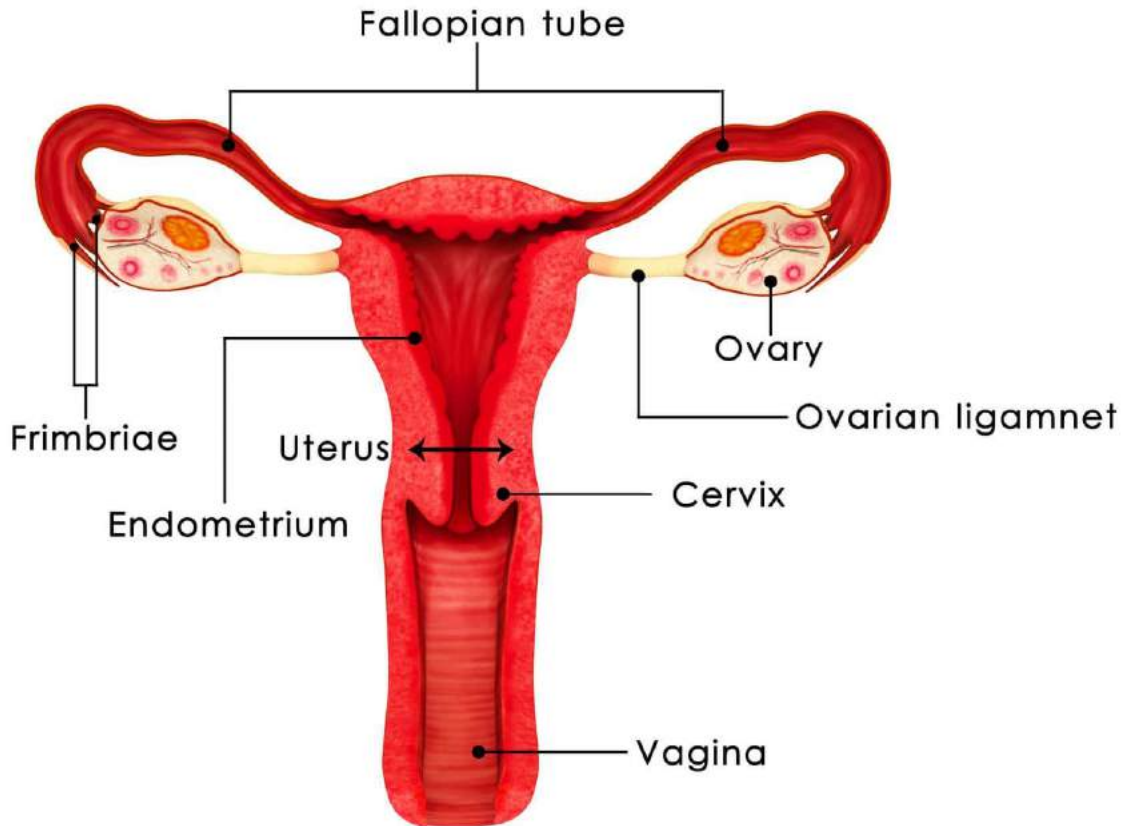
*The Female and Male Reproductive Systems: Presented by Dr. Fabian*

<http://www.anatomyarcade.com/videos/yt/ReproductiveA.html>

*The Female Reproductive System and Menstrual Cycle*

<http://kidshealth.org/en/parents/female-reproductive-system.html?ref=search>

Please note that this is an interactive demonstration. Ensure that your speakers are turned on.



The outer one-third of the vagina is where the nerve endings are located. Consequently, penis length is generally irrelevant to sexual satisfaction. Furthermore, the vagina contracts around any object inserted within it, making the width of the penis also generally irrelevant to the woman's sexual satisfaction from coitus. Some experts believe there is a particular location, referred to as the Grafenberg spot or G-spot, on the anterior wall of the vagina that is extra sensitive to manual stimulation. When stimulated at this location, some women exhibit a discharge thought to be equivalent to an ejaculate. However, there is disagreement regarding the existence of any uniquely sensitive vaginal area or of a female prostate that would secrete an ejaculate.

The uterus consists of three layers: the perimetrium, which is very elastic and enables the uterus to stretch during pregnancy; the myometrium, which is made up of smooth muscle that helps push the newborn through the cervix; and the endometrium, which is loaded with blood vessels and provides the nourishment necessary to sustain a developing baby.

## EXTERNAL FEMALE GENITALS

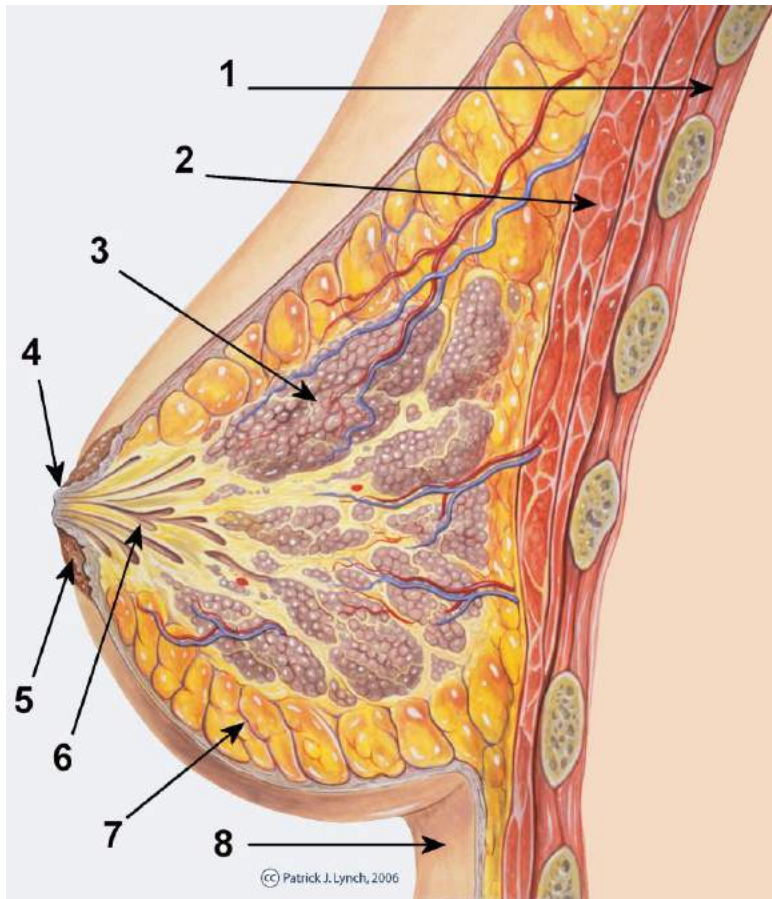
It is as important to know about sexual anatomy and reproductive functioning as it is to know about any other part of your body. The external female genitals (the vulva) consist of the *mons pubis*, *labia majora*, *labia minora*, *clitoris*, *vestibule*, and *urethral opening*. The clitoris, protected by the clitoral hood, is a very sensitive structure because of its abundance of nerve endings.

## INTERNAL FEMALE GENITALS

The internal female genitals consist of the *vagina*, *uterus*, *fallopian tubes*, and the *ovaries*. Large numbers of ova, or eggs, are present in each ovary at birth. The egg develops inside a capsule called a Graafian follicle and is discharged from the capsule when it has matured. As the egg or ovum moves through the fallopian tube to the endometrium in the uterus, the egg is attached or expelled depending on whether it has been fertilized.

## The Breasts

Breasts have significance in sexual arousal as well as in providing milk for the newborn baby. The stimulation of the newborn sucking on the nipple causes the pituitary gland to secrete prolactin, stimulating production of breast milk. Additionally, the nipples are richly supplied with nerve endings that respond with pleasurable sexual feeling when stimulated. During sexual arousal, the nipples become erect. However, neither the size nor the shape of the breast is related to the amount of sensitivity experienced by a woman. Today, many women have their breasts enlarged. Contrary to popular belief, no convincing evidence exists that chronic disease is more likely to develop in women with silicone breast implants than in women without implants.



(1) Chest wall (2) Pectoralis muscles (3) Lobules (4) Nipple surface (5) Areola (6) Lactiferous duct (7) Fatty tissue (8) Skin

## Hormones

Hormones are chemical substances secreted into the bloodstream by endocrine glands and carried to tissues and organs, which they stimulate. The pituitary is a pea-shaped gland located at the base of the brain that serves as a master gland to the others. It secretes sexual hormones called gonadotropins that act to stimulate the gonads (ovaries and testes). The two principal gonadotropins are follicle-stimulating hormone (FSH) and luteinizing hormone (LH).

- Testosterone-*correct*
- FSH-*correct*

- LH-*correct*
- Estrogen
- HGC-*correct*
- Androgens-*correct*
- Progesterone-*correct*
- Prolactin-*correct*

A. Male sex hormones

B. A hormone secreted by the pituitary that stimulates ovulation

C. A hormone secreted by the pituitary that instructs the ovaries to prepare an egg to be released by a follicle

D. A pituitary hormone that stimulates the production of milk in the mammary glands

E. A hormone secreted by the corpus luteum that signals the endometrium to develop in preparation for a zygote

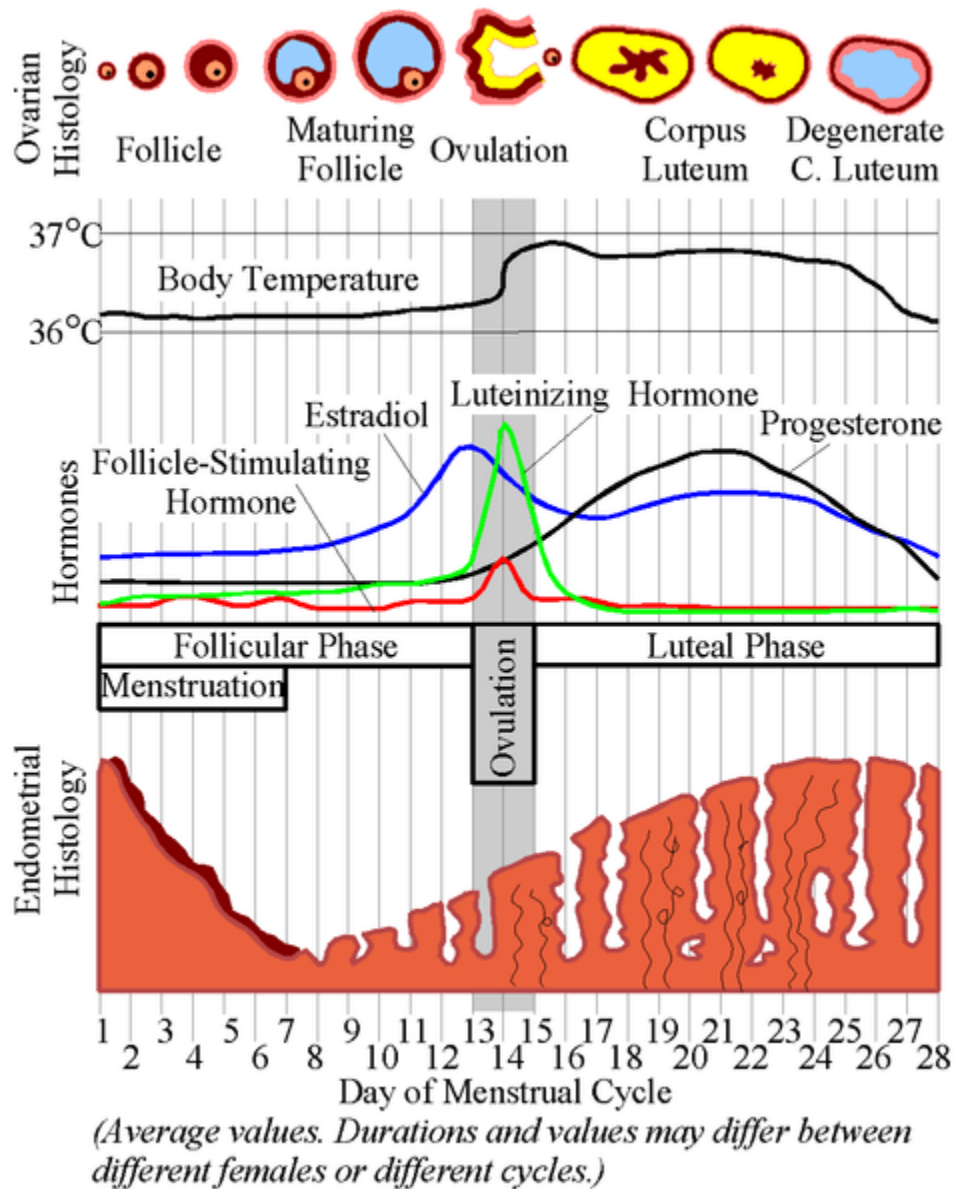
F. A hormone secreted by the placenta, whose presence in a woman's urine is the most common method of detecting pregnancy

G. A hormone secreted by the ovaries, whose level in the blood helps control the menstrual cycle

H. The male sex hormone produced in the testes that is responsible for the development of male secondary sex characteristics

Try Again

# Menstruation



It is not entirely clear why menstruation begins (menarche). One hypothesis is that the increase in body fat that results from hormonal secretions during puberty "turns on" menstruation. Women begin menstruating at about 8 to 16 years of age. The menstrual cycle is often characterized according to three

phases or changes that occur in the uterus: 1) proliferative, 2) secretory, and 3) menstrual. Alternatively, scholars in human sexuality sometimes divide the menstrual cycle based on changes that occur in the ovaries into three phases: 1) the follicular phase, 2) ovulation, and 3) the luteal phase. Although menstrual cycles vary in length, the luteal phase (from ovulation to menstruation) lasts approximately 4 days.

Several conditions are commonly associated with menstruation, including [\*dysmenorrhea\*](#), [\*amenorrhea\*](#), and [\*premenstrual syndrome \(PMS\)\*](#). Menstruation that is painful or uncomfortable is referred to as dysmenorrhea. Menstruation that is accompanied by the absence of a menstrual flow is called *amenorrhea*. Menstruation that is accompanied by mood changes or other emotional discomforts is referred to as PMS.

## Sexually-Related Diseases: Self-Care and Prevention

Self-care and disease prevention focus on many of the sexual organs, including breasts, cervix, uterus, ovaries, and vagina. Breast cancer is the leading cancer in woman and the second major cause of cancer death. Surprisingly, no specific cause of breast cancer is known. However, certain risk factors that predispose women to breast cancer are known. Breast self-care includes monthly self-exams, clinical breast exams, and mammograms. Other breast disorders include cystic mastitis, fibroadenoma, nipple discharge, and breast abscess (infection).

**[http://sexuality.jbpub.com/dimensions/5e/sel\\_weblinks.aspx?chapter=4](http://sexuality.jbpub.com/dimensions/5e/sel_weblinks.aspx?chapter=4)**

## The Male Reproductive System

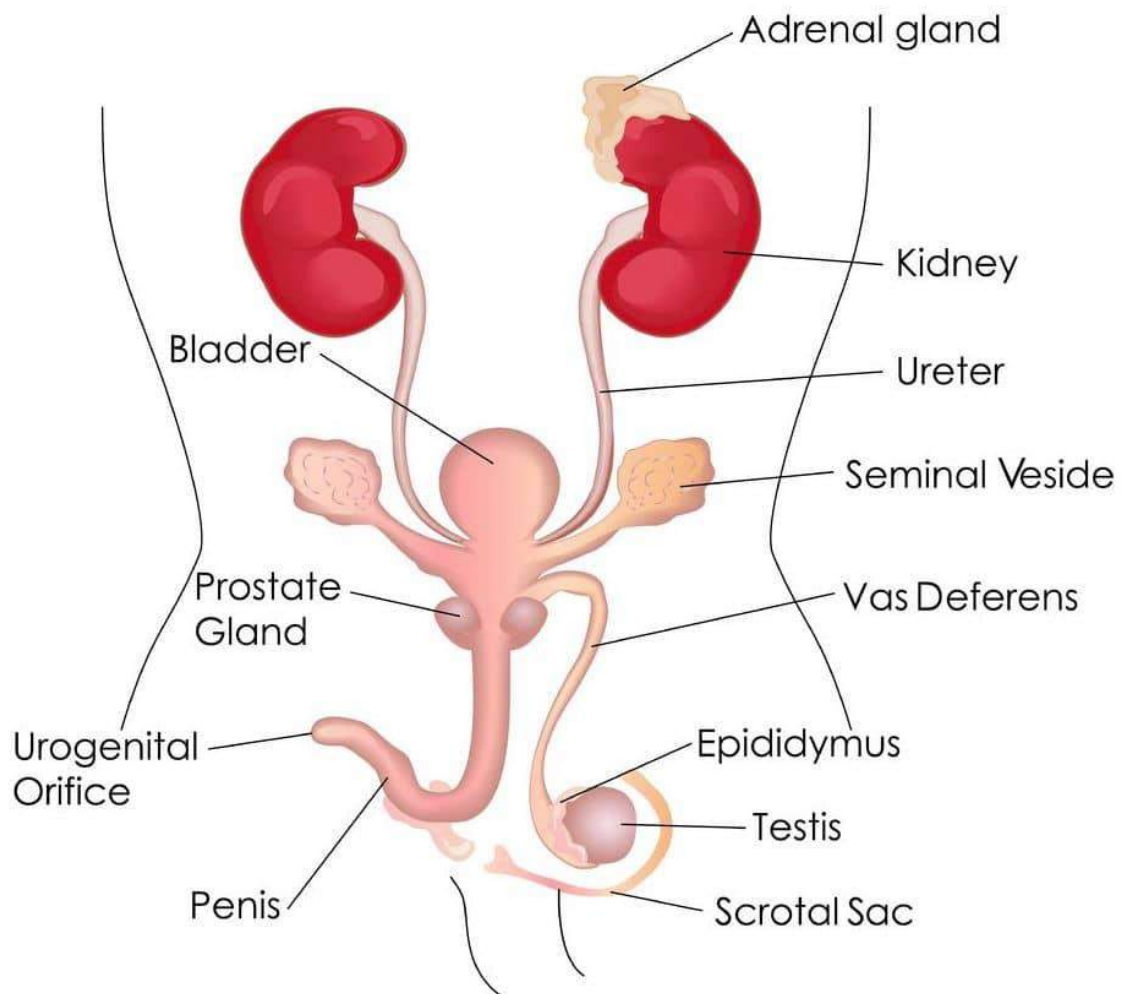


## create *Learning Activity 3.5: Male Reproductive System*

### *The Male Reproductive System*

Please note that this is an interactive demonstration. Ensure that your speakers are turned on.

<http://kidshealth.org/en/parents/male-reproductive.html?ref=search>



### MALE EXTERNAL GENITALS

The **male external genitals** consist of the *penis* and the *scrotum*. The penis contains the urethra, through which the ejaculate is emitted. Some penises have the foreskin (prepuce) intact, whereas others have had the foreskin surgically removed, a process called circumcision. The medical rationale for circumcision has varied over the years. The latest thinking is that circumcision may prevent urinary tract infections in male infants as well as decrease the incidence of certain types of cancer in males and reproductive problems in females. Circumcisions are also performed for religious and cultural reasons.

The **male internal genitals** contain numerous structures including the *urethra*, *corpora cavernosa*, *corpus spongiosum*, and the *testes*. It is the engagement of blood in the corpora cavernosa and the corpus spongiosum

during sexual stimulation that makes the penis erect. The testes are where sperm are produced (in the seminiferous tubules) and where testosterone is manufactured (in the interstitial cells). Sperm are produced in the *seminiferous tubules*; are stored in the *epididymis*; travel up the *vas deferens*; meet with secretions of the *prostate*, *Cowper's glands*, and *seminal vesicles* to form *semen*; and are ejaculated through the *urethra*. Normal sperm contain 23 chromosomes. Each sperm contains a sex chromosome that determines the sex of the offspring. Testosterone, which is responsible for male secondary characteristics, is manufactured in the testes located between the seminiferous tubules. Ejaculation is the expulsion through the penis of semen, the mixture in which the sperm are carried. Approximately 300 million sperm are expelled in a single ejaculation.

## Hormones

During puberty, boys become capable of reproduction. The capacity for male reproduction is a product of increased secretion of androgens and the development of secondary sexual characteristics. Accompanying male reproductive capacity, and also a result of increased androgen production, is a heightened interest in sex. During puberty, increased testosterone level leads to growth of the penis, prostate, seminal vesicles, and epididymis. Males cannot ejaculate before puberty because the prostate and seminal vesicles are not functional until they are "turned on" by the increased level of testosterone that emerge during puberty.

## Sexually-Related Diseases: Self-Care and Prevention

Males are subjected to various reproductive-system illnesses and conditions. Among these are breast cancer, inflammation of the prostate (prostatitis), enlargement of the prostate (benign prostatic hyperplasia, or BPH), and prostate cancer. There are effective treatments for each of these conditions. However, treatments are most effective when the condition is diagnosed early. Hence males need to obtain regular medical screening and perform self-examinations.

Breast cancer occurs in men, albeit rarely. Although treatment for men and woman are the same, the psychological and emotional consequences of breast removal are not as significant for males as for females. Prostate cancer is the second-leading cause of cancer death in men. Periodic physical exams can help screen for prostate cancer. Testicular cancer occurs most often in men aged 15 to 40. Monthly testicular self-exams can help catch the disease at an early stage, where treatment prognoses are good.

### **WHAT IF A MALE HAS A HISTORY OF BREAST CANCER IN HIS FAMILY?**

[http://www.insidermedicine.com/Insidermedicine\\_Medline\\_Plus2.aspx?spgName=VIDEO\\_If\\_I\\_Had\\_A\\_Family\\_History\\_of\\_Breast\\_Cancer\\_and\\_Was\\_Male\\_Dr\\_William\\_Goodson\\_MD\\_California\\_Pacific\\_Medical\\_Center\\_Research\\_Institute\\_3489](http://www.insidermedicine.com/Insidermedicine_Medline_Plus2.aspx?spgName=VIDEO_If_I_Had_A_Family_History_of_Breast_Cancer_and_Was_Male_Dr_William_Goodson_MD_California_Pacific_Medical_Center_Research_Institute_3489)

## **create** *Learning Activity 3.7:* **Self-Care Assessments and Quizzes** Self-Care Assessments

[http://sexuality.jbpub.com/dimensions/5e/sel\\_weblinks.aspx?chapter=5](http://sexuality.jbpub.com/dimensions/5e/sel_weblinks.aspx?chapter=5)

## **Conclusion**

In this lesson we discussed reproduction. You identified the parts of the female and male, internal and external, reproductive system. You also explained the role of hormones as they pertain to sexuality, including being able to describe what occurs during menstruation, including menarche, the menstrual cycle, and problems associated with each.

In regard to self-care and prevention measures, we learned that "the breast is the leading site of cancer in women, and breast cancer is the second leading cause of cancer deaths among women" (Greenberg et al., 2014, p. 131). Self-care and prevention for women include annual clinical breast exams, mammograms, gynecological exams, and Pap smears. Males too should have regular screenings for cancers and problems associated with the prostate.

