

STUDY GUIDE FOR SUMMER PE/HEALTH
TEST – Summer 2019

The following will help you prepare for the objective test (40-50 questions) at the end of Summer PE. You do NOT need to turn these pages in to your teacher but should use them to help you study/prepare.

Sun Safety

Resources:

Be Safe in the Sun from the American Cancer Society

<https://www.cancer.org/healthy/be-safe-in-sun.html>

Tanning from the Nemours Foundation and KidsHealth.Org

<https://kidshealth.org/en/teens/tanning.html?WT.ac=ctg#catskin-stuff>

1. What is UV radiation?
2. Why is it important to consider protection against both UVA **and** UVB rays?
3. Why do people generally not look for protection from UVC rays?
4. What does the term “invisible sun” mean?
5. When is the sun strongest?
6. Complete the chart below:

UV Index Number	Exposure Level	Minutes to Burn
0 to 2		60
3 to 4	Low	
5 to 6	Moderate	30
7 to 9		15
10+	Very high	

7. The lighter your skin, the less _____ it has to absorb UV and protect itself.
8. How is skin cancer caused?
9. What are the two non-melanoma types of skin cancers? Describe.
10. Describe melanoma cancer:
11. How often do you need to reapply sunscreen if you are swimming or sweating a lot?

Human Reproduction

Resources:

Male Reproductive System from Nemours Foundation and KidsHealth.Org

<https://kidshealth.org/en/teens/male-repro.html?WT.ac=ctg#catchanging-body>

Female Reproductive System from Nemours Foundation and KidsHealth.Org

<https://kidshealth.org/en/teens/female-repro.html?WT.ac=ctg#catchanging-body>

Teen Sexual Health from National Institute of Health and National Library of Medicine

<https://medlineplus.gov/teensexualhealth.html>

The Reproductive System from Khan Academy

<https://www.khanacademy.org/science/high-school-biology/hs-human-body-systems/hs-the-reproductive-system/v/welcome-to-the-reproductive-system>

Male Reproductive System

Terms to define/questions to answer:

1. Sperm
2. Testes
3. Scrotum
4. Epididymis
5. Vas Deferens
6. Prostate Gland
7. Semen
8. Urethra
9. Penis
10. Testosterone
11. Cowper's Gland
12. Seminal Vesticles
13. How long does it take an immature sperm to mature?
14. What are some signs that a male is going through puberty?

Female Reproductive System

Terms to define/questions to answer:

15. Eggs
16. Ovaries
17. Ova
18. Fallopian Tubes
19. Uterus
20. Cervix
21. Endometrium
22. Placenta

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23. Vagina
24. Menstruation
25. Menstrual Cycle
26. What are the two female hormones our body produces? What do each do?
27. Girls have all of their eggs at birth. On average, how many are there?
28. When do eggs mature?
29. How often do eggs mature?
30. Where are eggs fertilized?
31. What happens to the egg if it is not fertilized?

Human Reproduction

32. How long can sperm survive in a women's reproductive system?
33. Approximately how long is a female's fertile window?
34. Three stages of menstruation
35. If fertilization does not occur, what happens on day 1 of the menstrual cycle?
36. Where an ovum would be fertilized?
37. Where does a fertilized egg implant?
38. What does semen contain?
39. What are the three parts of a sperm? What do they do?
40. How many sperm can be released in an ejaculation?
41. What four circumstances can make conception difficult?
42. How many sperm can fertilize an egg?
43. Sperm + egg = _____
44. Two-cell stage until about nine weeks after fertilization= _____
45. From the 3rd month until birth the baby is called a _____
46. What contributes to a healthy pregnancy?
47. Amniotic sac
48. Job of the placenta
49. List three benefits of breastfeeding

TRUE/FALSE: Determine whether each of the following statements is true or false. Write the whole word "TRUE" or the whole word "FALSE" on the line.

- _____ 50. A woman can become pregnant the **first** time she has sex.
- _____ 51. Fertilization of an egg (by a sperm) takes place in the uterus.
- _____ 52. A male ejaculation contains 300-500 million sperm.
- _____ 53. An egg needs to be present in the uterus in order to become fertilized by a sperm.
- _____ 54. An egg can only be fertilized by one or two sperm.
- _____ 55. Sperm can live up to 3-5 days in the female reproductive tract.
- _____ 56. A pregnancy test can work as quickly as six days after fertilization.
- _____ 57. The digestive system is the first working body system in a fetus.

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- _____ 58. A blood test can determine the sex of the baby after 12 weeks.
- _____ 59. Human pregnancy is 30 weeks or approximately 210 days.
- _____ 60. The male sperm ultimately determines the gender of a baby.
- _____ 61. After ovulation, an egg is only viable for 48-96 hours.

Erikson's 8 Life Stages

Resources:

Erikson's 8 Stages of Psychosocial Development

<https://courses.lumenlearning.com/teachereducationx92x1/chapter/eriksons-stages-of-psycho-social-development/>

Erikson's Stages of Psychosocial Development

https://en.wikipedia.org/wiki/Erikson%27s_stages_of_psychosocial_development

1. Identify Erikson's Eight Stages of Development.
2. Describe the conflict that occurs in each stage.
3. Describe the characteristics of each stage.