

### B5: HOMEOSTASIS & RESPONSE

#### Homeostasis

**Homeostasis** an organism's ability to regulate/control its internal conditions so crucial reactions (including those involving enzymes) can happen at optimal rates

What needs to be regulated?

- Blood glucose concentration
- Internal temperature
- Water levels

#### The Nervous System

**CNS** Central Nervous System (brain and spinal cord)

**PNS** Peripheral Nervous System (all other nerves)

**Normal Response** Stimulus  
Receptor  
Sensory Neurone  
Relay Neurone  
CNS  
Motor Neurone  
Effector

**Synapse** the gap between two neurones  
- electrical messages get converted into chemical neurotransmitters which diffuse across the synapse to the other neurone

**Reflex Arc** Stimulus  
Receptor  
Sensory Neurone  
Relay Neurone  
Motor Neurone  
Effector  
Response

#### The Nervous System (cont)

**Effectors** glands or muscles

Mnemonic for Reflex Arc = SRSRMER  
Remember that a reflex arc **BYPASSES THE CNS**. It is an **UNCONSCIOUS ACTION**.

#### Reaction Time Practical

- drop ruler between finger and thumb
- measure distance fallen before caught
- repeat and calculate mean

**Independent Variables** - stimulant (eg coffee) which increases neurotransmission  
- depressant (eg alcohol) which decreases neurotransmission

#### The Brain

**Cerebral Cortex** - higher function  
- memory  
- speech  
- problem-solving  
**TOP PART THAT IS FOLDED**

**Cerebellum** - motor skills  
- movement  
- balance  
- coordination  
**BACK PART THAT LOOKS LIKE A LUMP**

**Medulla** - unconscious actions  
- heart and breathing rate  
- signals to adrenal glands to release adrenaline  
**PART THAT CONNECTS TO AND INCLUDING BRAIN STEM**

**MRI Scans** allow doctors to see brain activity without surgery

#### The Brain (cont)

Issues with the brain are difficult/impossible to treat safely due to:

- limited knowledge about the brain
- delicate nature of the brain

#### The Eye

To view near objects, **ciliary muscles CONTRACT** and **suspensory ligaments SLACKEN** which leads to a thick lens

To view far away objects, **ciliary muscles RELAX** and **suspensory ligaments SLACKEN** which leads to a thin lens

**Retina Cells** - rods only detect light intensity  
- cones are sensitive to red, blue or green wavelengths of light and provide colour information  
- these signals travel to the brain via the optic nerve

**Myopia** short-sightedness

**Hyperopia** long-sightedness

To remember which way round it is for accommodation:

- near objects => Ciliary muscles **Contract** and **Suspensory ligaments Slacken** and the opposite must be true for far away objects

#### Thermoregulation

The brain detects blood temperature and then sends nervous and hormonal signals to effectors

**TOO HOT** - vasodilation  
- sweating  
- hairs lie flat on skin

**TOO COLD** - vasoconstriction  
- shivering  
- hairs stand up



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Not published yet.

Last updated 30th May, 2024.

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### Thermoregulation (cont)

Vasodilation/constriction increases or decreases blood flow to the skin which leads to more or less heat dissipated to the surroundings respectively

To remember which way round it is, think about what happens when someone has a fever (too hot) or is very very cold. Fever = hot to touch = vasodilation. Cold = cold to touch = vasoconstriction

### Endocrine System

A system of glands that secrete hormones to send signals to effectors, transported via blood making it slower than the nervous system

Pituitary gland "master gland" which sends hormonal signals to other glands

Thyroid controls growth and basal metabolic rate

Pancreas secretes insulin and glucagon to control blood sugar

Adrenal Glands release adrenaline

Ovaries release eggs and secrete hormones

Testes produces sperm

### Menstrual Cycle

FSH - follicle stimulating hormone  
- produced by pituitary gland  
- causes an egg to mature  
- causes ovaries to produce oestrogen

### Menstrual Cycle (cont)

Oestrogen - produced by ovaries  
- causes uterus lining to thicken  
- inhibits FSH so no more eggs mature until next cycle  
- causes production of LH

LH - luteinising hormone  
- produced by pituitary gland  
- causes egg to be released  
- inhibits oestrogen  
- causes the production of progesterone

Progesterone - produced by ovaries  
- maintains uterus lining  
- inhibits LH  
- causes production of FSH

### REMEMBER FOLP

FSH and LH are both acronyms so both produced in the same place (pituitary)  
Oestrogen and Progesterone sound similar so both produced in the same place.  
Oestrogen and progesterone so produced in ovaries

### Plant Hormones

These can be used to our advantage when growing plants

Gibberellins - induces germination  
- promotes flowering  
- increases fruit size

Ethene - causes ripening

Auxins - control root and shoot growth  
- weedkillers  
- rooting powders  
- promoting growth in tissue cultures

### Plant Hormones (cont)

Phototropism - auxins are destroyed by sunlight  
- they gather on the shaded side of a shoot making it grow more quickly  
- shoot bends towards Sun

Geotropism - auxins gather on the bottom of roots  
- inhibits growth  
- causes downward growth of the roots

### Adrenaline and Thyroxine

Adrenal Glands - release adrenaline into body  
- increases blood flow and breathing rate  
- prepares you for fight or flight

Thyroid - secretes thyroxine  
- controls body's metabolic rate

TOO LOW - hypothalamus releases TRH  
- causes pituitary to release TSH  
- causes thyroid to release more thyroxine

### Fertility Treatments

FSH/LH Injections - simple and relatively cheap

IVF - in-vitro fertilisation  
- hard and expensive  
- relatively low success rate  
- can cause multiple embryos to develop



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### Fertility Treatments (cont)

Process of IVF - eggs collected after inducing release with LH  
 - fertilised in a lab (in-vitro = in glass)  
 - viable embryos inserted back into woman's uterus

### Contraception

FSH-Inhibiting Pills	stops eggs from maturing
Progesterone Injection/Implant	stops eggs from being released
Barrier Methods (eg Condom)	stops sperm entering vagina
Abstinence	not having sex
Vasectomy/Cli-amping Oviduct	stops egg/sperm from reaching uterus

### Kidney Function

ADH - anti-diuretic hormone  
 - produced by pituitary gland  
 - causes tubules in kidneys to reabsorb MORE water into bloodstream

TOO - less ADH made  
 HIGH - more water sent to bladder  
 - more water lost as urine (paler)

TOO - more ADH made  
 LOW - more water reabsorbed (less sent to bladder)  
 - less water lost as urine (more yellow)

### Kidney Function (cont)

Dialysis - blood filtered by machine  
 - must be done regularly due to toxic urea  
 - takes a 4-6 hours 2-3 times a week  
 - diet must be watched  
 - expensive  
 - doesn't work forever  
**HOWEVER**  
 - keeps patient alive until a transplant is possible  
 - no shortage  
 - no need for drugs

Transplant - rejection is common  
 - immunosuppressant drugs must be taken  
 - shortage of organ donors  
 - standard surgical risks  
 - only last 8-9 years on average  
**HOWEVER**  
 - diet doesn't need to be watched  
 - cheaper overall

### Controlling Water and Nitrogen Levels

Water is lost through processes like - exhalation  
 - sweating  
 - urination

Excess water is removed from the blood by the kidneys to the bladder

Water + Urea --> Urine

Urea - contains ammonia  
 - ammonia produced through the deamination of digested proteins in the liver

### Controlling Water and Nitrogen Levels (cont)

Kidneys selectively reabsorb - glucose  
 - useful minerals  
 - useful ions

### Controlling Blood Sugar

TOO HIGH - pancreas secretes insulin  
 - glucose moves from bloodstream into cells to be used for respiration  
 - excess glucose converted into glycogen as energy store in liver

TOO LOW - pancreas secretes glucagon  
 - liver and muscles convert glycogen back into glucose  
 - this leads to a negative feedback loop

Type 1 Diabetes - pancreas cannot produce insulin  
 - insulin injections needed

Type 2 Diabetes - cells do not absorb glucose as they should  
 - need to watch carbs intake in diet  
 - exercising regularly  
 - obesity increases risk

Glucose comes from digestion  
 Glucagon (like gone) makes glycogen go away (converted into glucose)  
 Glycogen is just the other one

## B6: INHERITANCE, VARIATION & EVOLUTION

### Meiosis

Meiosis the process by which cells that are genetically different from parent cells are made, for example, gametes

### Meiosis (cont)

Process

- chromosomes in diploid cell copied
- similar chromosomes pair up and genes swapped between them
- cell divides to produce two diploid cells
- these divide again to produce 4 haploid cells (gametes)

There are 46 chromosomes (23 pairs) in a human diploid cell

### Sexual and Asexual Reproduction

Most animals reproduce sexually, while plants can reproduce both sexually (pollen and egg) and asexually.

Asexual reproduction happens by **MITOSIS** which means that the daughter cells will be identical (cloned)

Sexual Advantage: offspring can become better adapted to the environment

Asexual Advantage: only one organism is needed to reproduce

### DNA and Protein Synthesis

Genome the entire genetic code in an organism

DNA double helix polymer which stores genetic code

Gene portion of DNA that codes for a protein  
- mapping these allows us to identify causes of disorders

Genotype an organism's specific genetic code

Phenotype how this code is expressed in physical characteristics

### DNA and Protein Synthesis (cont)

Monomer - the monomers of DNA are nucleotides  
- they are made from a sugar/-phosphate group

Bases A + T pair, C + G pair.  
- every three bases code for an amino acid

Protein Synthesis (transcription)  
- code is copied by mRNA  
- this is taken to the ribosomes  
- ribosomes assemble amino acids into polypeptides then proteins (translation)

### Inheritance

Characteristics are determined by the type and quantity of proteins synthesised. Some are controlled by one gene; however most are a result of two or more genes interacting.

Alleles different versions of the same gene

Dominant Alleles - expressed even when the genotype contains a recessive allele (BB or Bb)  
- always represented by a capital letter (B)

Recessive Alleles - only expressed when there is no dominant allele (bb)  
- always represented with a lowercase letter (b)

Homozygous alleles - BB = homozygous dominant  
- bb = homozygous recessive

Heterozygous Bb

Polydactyly is caused by a dominant allele (PP or Pp)

Cystic Fibrosis is caused by a recessive allele (only cc)

### Inheritance (cont)

Females have XX chromosomes

Males have XY chromosomes

### PUNNETT SQUARES ARE ALSO IN THIS SECTION

### Variation, Adaptation and Evolution

Variation in offspring is a result of both genetic and environmental factors

Darwin's Theory of Evolution - random mutations results in variation  
- some organisms are better adapted to environment  
- these compete in "survival of the fittest"  
- those better adapted are more likely to survive  
- over time, these desirable characteristics are more pronounced

Lamarck's Theory of Evolution - mutations/adaptation are a result of the environment affecting characteristics inherited by offspring.  
- not a random process

Antibiotic-Resistant Bacteria - often used as evidence for Darwinian evolution  
- if not all bacteria killed, those most resistant will reproduce

Species if two organisms can breed to produce a fertile offspring, they are of the same species



### Variation, Adaptation and Evolution (cont)

Selective breeding organisms that have desired characteristics to produce offspring in which they are more pronounced

Darwin = taller giraffes can get more food and therefore survive to reproduce while the short ones die off, therefore giraffes are taller.

Lamarck = shorter giraffes keep stretching up to get food



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