Introduction to Health Care & Careers

Chapter 30

Answers to Checkpoint and Review Questions

Checkpoints

1. What are the three functions of testosterone?

The three functions of testosterone are to develop and maintain the reproductive structures, to develop sperm cells, and to develop secondary sex characteristics.

2. What is the order of the tubes and ducts through which sperm cells travel?

Sperm cells are manufactured in the seminiferous tubules and then stored in the epididymis. From there, they travel through the vas deferens, ejaculatory duct, and urethra.

3. Where are the female ova formed?

The female ova are formed in the ovarian follicles.

4. What is the process of releasing an egg cell from an ovary called?

The process of releasing an egg cell from an ovary is called ovulation.

5. What are the stages of childhood?

The stages of childhood are embryo, fetus, neonate, infant, toddler, preschool child, school-aged child, and adolescent.

6. What are the major developments of the young adult years?

Major developments of the young adult years are choosing a vocation and establishing a family.
7. What are the eight developmental tasks or crises in Erik Erikson’s theory of development?

The eight developmental tasks or crises in Eric Erikson’s theory of development are Trust vs. Mistrust, Autonomy vs. Shame and Doubt, Initiative vs. Guilt, Industry vs. Inferiority, Identity vs. Role Confusion, Intimacy vs. Isolation, Generativity vs. Stagnation, and Ego Integrity vs. Despair.

8. What are the five levels in Maslow’s hierarchy of basic human needs?

The five levels in Maslow’s hierarchy of basic human needs are physiologic needs, safety and security needs, love and belonging needs, self-esteem needs, and self-actualization needs.

Review Questions

Matching

_e__ 1. This stage usually involves a gradual decline of function.
   a. school-aged child

_c__ 2. At this stage, most body systems function at maximum levels.
   b. adolescent

_d__ 3. Menopause occurs at this stage.
   c. young adult

_a__ 4. At this stage, the brain reaches 90 to 95 percent of adult size.
   d. middle-aged adult

_b__ 5. At this stage, genital organs mature, and secondary sex characteristics develop.
   e. older adult
Multiple Choice

6. The male gonads are the
   a. exocrine glands
   b. spermatozoa
   c. testes
   d. seminal vesicles

7. Which health-care professional performs ultrasound scans to assess a fetus’s condition?
   a. diagnostic medical sonographer
   b. obstetrician
   c. radiologist
   d. clinical laboratory technologist

8. Which is a primary organ of the female reproductive system?
   a. perineum
   b. vagina
   c. breast
   d. ovary

9. Which of the following is NOT a sexually transmitted disease?
   a. chlamydia
   b. yeast infection
   c. genital herpes
   d. HPV infection
10. Which of the following is a factor that might facilitate or delay growth and development?
   a. heredity
   b. environment
   c. nutrition
   d. all of the above

Completion

11. The health-care specialist who is responsible for a woman’s reproductive and sexual health is a/an **gynecologist**.

12. The main male sex hormone is **testosterone**.

13. The process of releasing an ovum from the ovary is called **ovulation**.

14. **Puberty** is the time when the ability to reproduce begins.

15. **Development** is an orderly pattern of changes in structure, thoughts, feelings, or behaviors resulting from maturation, experiences, and learning.

Short Answer

16. Describe the effects of aging on the male and female reproductive systems.

   **As men get older, production of testosterone gradually decreases. Women undergo menopause, the period in which menstruation gradually ceases. Menopause is caused by a normal decline in ovarian function.**
17. In the U.S., what is the most common type of cancer among men ages 20 to 35? What is the second most common type of cancer among all men in the U.S.? What is the most common type of cancer among women in the U.S.?

In the U.S., the most common type of cancer among men ages 20 to 35 is testicular cancer. The second most common type among all men is prostate cancer. The most common type of cancer among women is breast cancer.

18. Compare and contrast Erikson’s and Havighurst’s theories of development at the level of young adulthood. Do you agree or disagree with their concepts? Explain your views.

Erikson identified developmental goals for each stage, which a person either achieves or doesn’t achieve. In his view, young adulthood is a time of intimacy vs. isolation. The young adult unites self-identity with identities of friends and makes commitments to others. Fear of such commitments results in isolation and loneliness. Havighurst identified developmental tasks (learned behaviors) for certain periods in life. In young adulthood, examples are starting a family, rearing children, and getting started in an occupation. Answers for the remainder of the question will vary.

19. Describe the five stages of grief, according to Elisabeth Kübler-Ross.

The first stage is denial. The person denies that he or she will die and may isolate himself or herself from reality. The second stage is anger. The person expresses rage and hostility about impending death. In the third stage, bargaining, the person tries to barter for more time. The fourth stage is depression, in which the person goes through a period of grief, often characterized by crying and not speaking much. The
fifth stage is acceptance. The person feels tranquil about death and is prepared to die.

20. Describe the five levels in Maslow’s hierarchy of basic human needs.

Level 1 is physiologic needs, such as oxygen, water, food, elimination, sexuality, and physical activity. This level is the most basic in the hierarchy and the most essential to life. Level 2 is safety and security needs: being protected from potential or actual harm, including emotional safety and security. Level 3 is love and belonging needs, including the understanding and acceptance of others in both giving and receiving love and the feeling of belonging. Level 4 is self-esteem needs, which include the need to feel good about oneself, to feel pride and a sense of accomplishment, and to believe that others also respect and appreciate one’s accomplishments. Level 5 is self-actualization needs, which include the need for individuals to reach their full potential through development of their unique capabilities.