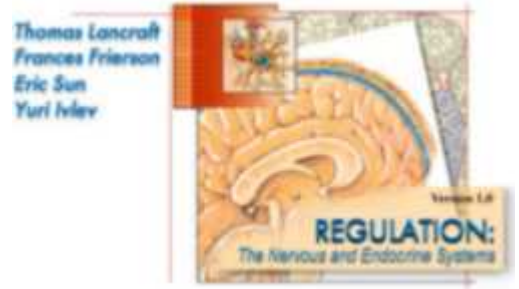


Animation:
General Adaptation Syndrome



Directions:

- a. Click the "Contents" button,
- b. Open the Endocrine System File,
- c. Click Animations,
- d. Click General Adaptation Syndrome

1. Name the three successive stages of the *general adaptation syndrome*.



2. During an *alarm reaction*, how are each of the following affected?



a. Lungs _____

b. Liver _____

c. Heart _____

d. Blood Flow _____

e. Adrenals _____

f. Summarize the results of the alarm reaction explaining how this contributes to homeostasis.

3. Describe how each of the following hormones contribute to homeostatic stability during the resistance reaction.



a. Aldosterone _____

b. Cortisol _____

c. hGH _____

d. Summarize how the resistance reaction usually overcomes stressful conditions and maintains body chemistry within homeostatic limits.

