

Topic 5 – Homeostasis and response

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5.1 Homeostasis

What is homeostasis?

• Regulation of internal conditions of a cell or organism to maintain optimal conditions

Why is homeostasis important in body? (1)

Maintain optimal conditions for enzymes action & all cell functions

In human body, these include control of:

- Blood glucose con
- Body temp
- Water levels

These automatic control systems may involve nervous or chemical responses

All control systems include:

- Receptors cells which detect stimuli (changes in environment)
- Coordination centres eg brain, spinal cord & pancreas receive & process info from receptors
- Effectors, muscles or glands restore optimum levels

5.2 The human nervous system

5.2.1 Structure and function

Central	nervou
system	(CNS)

- Brain & spinal cord
- Coordinates response of effectors eg muscles contracting / glands secreting hormones

Stimulus \rightarrow receptor \rightarrow coordinator (CNS) \rightarrow effector \rightarrow response

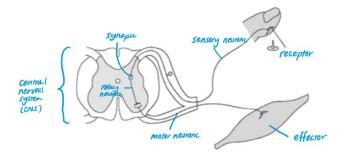
Describe the function of receptors. (2)	Describe the function of effectors. (2)
 Detect changes in surroundings 	 Convert impulse to an action
 Convert stimulus to impulse 	Eg muscle / gland

Reflex action

- Automatic & rapid
- Over short period of time
- Don't involve conscious part of brain
- Involves nerve cells & impulses
- Affects only one part of body



Structure in a reflex action



Type of effector	Response effector makes
muscle	contraction
gland	Produce chemical / enzyme

Describe the stages that happened in a reflex action. (6)

Stimulus \rightarrow receptor \rightarrow sensory neurone (in peripheral) \rightarrow synapse \rightarrow relay neurone (in CNS) \rightarrow synapse \rightarrow motor neurone (in peripheral) \rightarrow effector \rightarrow response

- 1. Stimulus detected by receptor
- 2. Receptor sends electrical impulses along sensory neurons and reaches synapse
- 3. Chemical releases from sensory neurons
- 4. Chemical diffuses across synapse and attaches to relay neurone to stimulate electrical impulse
- 5. Impulse passes along relay neurone and reaches synapse
- 6. Chemical release from relay neurone
- 7. Chemical diffuses across synapse and attaches to motor neurone to stimulate electrical impulse
- 8. Impulse passes along motor neurone to an effector
- 9. Effector causes a response

How can you tell that it's not a conscious action? (1)

- Not connected to brain
- Coordinated only by spinal cord

Reflex actions like this are useful. Explain why. (2)

Rapid response protects body from damage or pain

Reflex action times investigation

- 1. Student A sits with his elbow resting on the edge of a table.
- 2. Student B holds a ruler with the bottom of the ruler level with the thumb of Student A.
- 3. Student B drops the ruler.
- 4. Student A catches the ruler and records the distance.
- 5. Steps 1 to 4 are then repeated.

Give two variables the students controlled in their investigation. (2)

- Drop ruler from same height
- Use same weight of ruler

What improvement could the students make to the method so the results are more valid? (1)

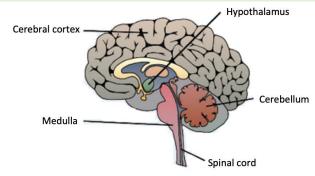
• Carry out more repeats

Give a conclusion about the effect of caffeine on reflex actions & reaction time. (1)



• Caffeine speeds up reflex actions & decreases reaction time

5.2.2 The brain (biology only)



Functions

Cerebral cortex - consciousness, intelligence, memory & language

Cerebellum - coordination of muscular activity & balance

Medulla - unconscious activities eg heartbeat & breathing

Methods of finding out how much the brain is damaged

Neuroscientists map regions of brain to particular functions by...

- 1. Studying patients with brain damage
- 2. Electrode stimulation electrically stimulating different parts of brain
- 3. MRI scan

Name the technique a doctor would use to find out if the man's brain has been damaged. (1)

MRI scan

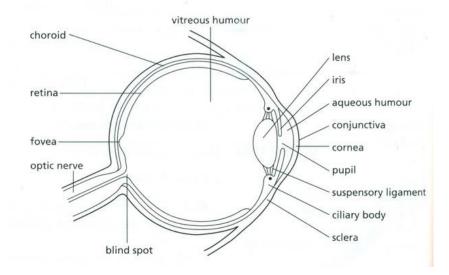
Difficulties of brain investigation

Explain why it is difficult to treat brain damage. (1)

- High risk of causing more damage to brain
- It's complex & delicate
- Difficult to treat brain disorders

5.2.3 The eye (biology only)

Eye - a sense organ containing receptors sensitive to light intensity & colour



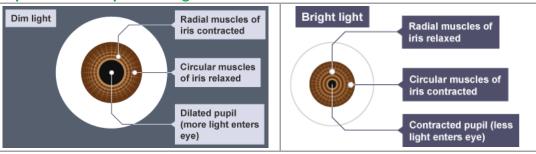
Functions



Homeostasis and response

Retina	contains light receptors, rods & cones	
Optic nerve	carries sensory neurons from retina to brain	
Sclera	tough outer coat	
Cornea	Focus light onto retina	
Iris	controls amount of light entering eye	
Ciliary muscles	• controls shape of lens	
Suspensory ligaments	attach lens to ciliary muscles	

Pupil reflex in response to light



Accommodation

• process of changing the shape of the lens to focus on near or distant objects

To focus on near object	To focus on a distant object
 ciliary muscles contract suspensory ligaments loosen lens is then thicker & refracts light rays strongly 	 ciliary muscles relax suspensory ligaments are pulled tight lens is then pulled thin & only slightly refracts light rays

Eye defects

• Occur when light doesn't focus on retina

Types	Myopia (short sightedness)	Hyperopia (long sightedness)
	Lens too curvedDistant objects appear blurry	Lens too flatCannot refract light enough

Treatments



Homeostasis and response

1. Spectacle lenses	Refract light rays so they focus on retina		
	Муоріа	Hyperopia	
	Concave lens bends light so light focuses on the retina	Convex lens bring rays together	
	locuses on the retina		
2. Contact lenses	Hard or soft last for different lengths of time		
3. Laser surgery	Myopia	Hyperopia	
	Reduce thickness of corneaSo it refracts less light	Change its curvatureSo it refracts light more strongly	
4. Replacement lens	 Treat hyperopia by replacing it with artificial lens Could damage retina 		

5.2.4 Control of body temperature (biology only)

Describe what happens in the body to keep the body temperature constant. (6)

- Body temp monitored by thermoregulatory centre (TC)
- TC contains thermoreceptor
- Thermoreceptor in skin send nervous impulses to TC, giving info about skin temp

If core body temp too high

- Blood vessels supplying blood to skin dilate
- So more blood flows near skin surface
- More heat loss
- Sweat glands release more sweat to cool body

If core body temp too low

- Blood vessels supplying blood to skin constrict
- Less blood flows near skin surface
- Less heat loss
- Muscles may shiver to release heat energy

Why it is important to control body temperature. (1)

- Enzymes work best
- So chemical reactions are fastest
- Prevent damage to cells

5.3 Hormonal coordination in humans

5.3.1 Human endocrine system

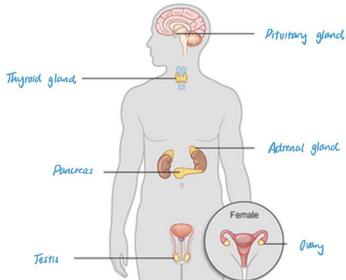
Endocrine system

- Composed of gland which secrete chemicals called hormones into bloodstream
- Hormone transported in bloodstream to target organ where it produces an effect
- Effect slower but longer compare to nervous system



What is a hormone? (1)

· Chemical messenger produced by endocrine gland



Pituitary gland	 Acts as 'master gland' Secretes hormones into blood in response to body conditions (Some hormones act on other glands to stimulate other hormones to produce different hormones) In men - stimulate ovaries In women - stimulate testes 	
Thyroid gland	 Produce thyroxine Controls metabolic rate Controlled by negative feedback 	
Adrenal gland	 Produce adrenaline Prepares body for stressful situations / 'fight or flight' response Increase heart rate & delivery of O2 & glucose to brain & muscles 	
Pancreas	 Secretes insulin Controls level of glucose in blood 	
Ovary	 Produce & release eggs Produce oestrogen Causes changes at puberty & control menstrual cycle 	
Testis	 Produce sperm Produce testosterone Cause changes at puberty & stimulates sperm production 	

Hyperthyroidism - caused by an overactive thyroid gland

Suggest what would happen in the body of a person with hyperthyroidism. (3)

- Too much thyroxine is released into blood
- Which raises basal metabolic rate (BMR)
- Causing increase formation of glycogen, rate of respiration, breakdown of proteins



5.3.2 Control of blood glucose concentration

Which organ in the body monitors the concentration of glucose (sugar) in the blood? (1)

Pancreas

Explain how insulin controls blood glucose levels in body (3)

- If too high, pancreas produces insulin to cause glucose move from blood into cells
- In liver & muscle cells, excess glucose is converted to glycogen for storage
- If too low, pancreas produces glucagon to break down glycogen to convert into glucose & released into blood in a negative feedback cycle

During the race, the cyclist's blood glucose concentration began to decrease. Describe how the body responds when the blood glucose concentration begins to decrease. (3)

- Pancreas detects low blood glucose
- Produces glucagon
- So glycogen is converted to glucose

	Description	Treatment
Type 1 diabetes	 Pancreas fails to produce sufficient insulin Characterized by uncollected high blood glucose levels 	 Insulin injections to replace insulin that isn't made Pancreas transplant (Dis - pancreas could be rejected)
Type 2 diabetes	 Body cells no longer respond to insulin produced Risk - obesity 	Carbohydrate controlled dietExercise

Insulin cannot be taken as a tablet. Why? (1)

• It digested / broken down

Other than using drugs or insulin, give two methods of treating diabetes. (2)

- Control or change diet
- Exercise
- Pancreas transplant

Give one symptom of diabetes (1)

High normal blood sugar & remains high

Give one way in which a diabetic may be advised to change their diet. (1)

Small meals

How does this change in diet help diabetic? (1)

Prevent high blood sugar

A high concentration of glucose in blood can harm body cells as a result of osmosis. Explain why. (4)

- Water movement out of cell from dilute to concentrated solution through partially permeable membrane
- Cell shrink



5.3.3 Maintaining water and nitrogen balance in the body (biology only)

- Water leaves body through lungs during exhalation
- · Water, ions & urea lost from skin in sweat
- Excess water, ions & urea are removed through kidneys in urine

What happens to body cells if kidneys produce very little urine? (1)

Cells swell

If body cells lose/gain too much water by osmosis, they don't function efficiently

The digestion of proteins from diet

- Excess amino acids deaminated & form ammonia
- Ammonia is toxic so converted to urea in liver
- Urea filtered by kidney & released into blood
- Urea in urine stored in bladder for safe excretion

How urine is produced by kidneys. (5)

- Urea filtered by kidney & released into blood
- Reabsorption of all glucose, some ions by active transport & water by osmosis as needed by body back into blood
- Urea present in urine

Functions of kidneys in maintaining water balance of body

- **Filtration** high pressure in blood forces small molecules (glucose, urea, ions, water) out of blood into tubules
- **Selective reabsorption** all glucose for respiration & enough water & ions to make con in body constant, no urea reabsorbed
- Formation of urine anything remaining in tubules forms urine & passes down into bladder

How to keep water concentration constant?

If water concentration in blood too high

- Detected by osmoreceptor in hypothalamus
- Less ADH (anti-diuretic hormone) released by pituitary gland
- Less water reabsorbed from kidney tubules to blood
- Less water in blood

If water concentration in blood too low

- Detected by osmoreceptor in hypothalamus
- More ADH released by pituitary gland
- More water reabsorbed from kidney tubules to blood
- More water in blood

Treatments for kidney failure

Organ transplant		Use kidney dialysis
Advantages	Disadvantages	How it work Unfiltered blood taken from blood vessel in arm Blood pump keep blood moving Mixed with blood thinners / anti-coagulant to prevent clotting



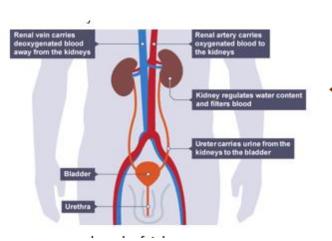
Homeostasis and response

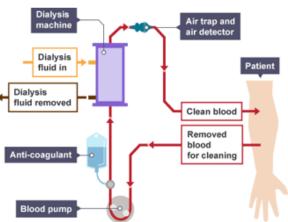
- Keep blood concentration constant
- Prevent high blood pressure
- Cheaper in long term
- Long term drug use
- Hazards of operation
- Shortage of donors
- Inside dialysis machine, blood & dialysis fluid separated by partially permeable membrane.
 Blood flows in opposite direction to dialysis fluid, allowing exchange occur
- Excess ions & water diffuse across partially permeable membrane
- Clean blood flows through bubble trap to get rid of bubbles
- Clean blood returns to blood vessel in arm

Dialysis fluid

- Same concentration of glucose & ions no net movement of glucose out of blood
- No urea steep concentration gradient from blood down to fluid - more urea leaves blood

Advantages	Disadvantages
 Available to all patients No need for immune-suppressant 	 Limit salt & protein intake Risk of blood clot Regular dialysis
drugs	sessions





Explain why transplanted organ may be rejected. (3)

• WBC produce antibodies, which attack antigens on transplanted organ

How to prevent kidney from being rejected? (1)

Tissue typing donor kidney

5.3.4 Hormones in human reproduction

During puberty reproductive hormones cause secondary sex characteristics to develop.

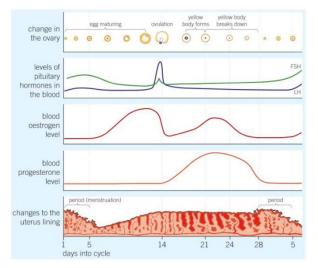


Homeostasis and response

What is ovulation? (1)

- Release of egg from ovary
- At puberty eggs begin to mature & one is released every 28 days

Follicle stimulating hormone (FSH)	Stimulates egg maturation in ovaryStimulates ovary to produce oestrogen		
Oestrogen	Stimulate release of eggs		
Luteinising hormone (LH)	 Inhibits FSH Stimulates release of egg Causes uterus lining to develop, while progesterone maintains it 		
Progesterone	Maintain uterus liningInhibits release of FSH & LH		



Describe how FSH, LH & oestrogen are involved in control of menstrual cycle. (3)

- FSH stimulate egg maturation
- LS stimulate egg release
- Oestrogen inhibits FSH

The mini-pill is a contraceptive that only contains progesterone hormone.

Explain why missing a dose of mini-pill would reduce success rate of mini-pill. (4)

- Missing a dose cause drop in progesterone level
- So FSH & LH not inhibited anyone
- Egg is matured & released

5.3.5 Contraception

How oral contraceptives / hormonal methods of contraception prevent eggs mature?

- Contraceptive pill contains oestrogen (stop FSH) & progesterone (stop FSH & LH) stop ovulation
- **Injection**, **implant** or **skin patch** release progesterone inhibit maturation & egg release for a no of months/years (how long and how effective?)

Advantage - reliable

Disadvantage - doesn't protect against STDs

How can non-hormonal methods of contraception control fertility?

- Barrier methods eg condoms & diaphragms prevent sperm reaching egg
- Spermicidal agents kill or disable sperm
- Intrauterine devices (IUD) prevent implantation of embryo or release of hormone
- Abstaining from intercourse when egg is in oviduct (natural method)
- Sterilisation (surgical methods)

In women - **female sterilisation** - oviducts are cut to prevent egg from reaching uterus In men - **vasectomy** - sperm tubes are cut to prevent sperm from leaving penis

Disadvantage - x prevent STDs

Why issues around contraception cannot be answered by science alone?

The Catholic church teaches that all contraception is unethical, except natural methods



Condom prevents STDs

Describe benefits & possible problems that may result from use of hormones to regulate human reproduction. You should refer to fertility drugs & contraceptives in your answer. (4)

	Advantages	Disadvantages
Oral contraceptives	Prevent egg releaseRegulate menstrual cycle	Prolonged use may prevent later ovulationCause headache
Fertility drugs	Can stimulate egg release	Multiple births

There are **mechanical**, **chemical**, **surgical and natural** contraceptive methods used to prevent a pregnancy.

Mechanical

Example	Method	Advantage	Disadvantage
Male condom	A barrier that prevents sperm entering the vagina.	Easily obtained. Protects against STIs (e.g. HIV).	Unreliable if not used properly.
Female condom	A barrier that prevents sperm passing up the female reproductive system.	Easily obtained. Protects against STIs (e.g. HIV).	Unreliable if not used properly.

Chemical

Example	Method	Advantage	Disadvantage
Contraceptive pill	Taken regularly by the female. Prevents ovulation by changing hormone levels.	Very reliable.	Female needs to remember to take the pill. Side effects include weight gain, mood swings or an increased risk of blood clots. Does not protect against STIs.
Contraceptive implant	A small tube placed under the skin of the upper arm. Releases hormones slowly over a long period of time. Prevents ovulation.	Very reliable. Can work for up to 3 years.	Does not protect against STIs. Can prevent menstruation.

Surgical

Example	Method	Advantage	Disadvantage
Vasectomy	Sperm tubes are cut preventing sperm entering the penis.	Virtually 100% reliable.	Difficult or impossible to reverse.
Female sterilisation	Oviducts are cut preventing fertilisation.	Virtually 100% reliable.	Difficult or impossible to reverse.

Natural

Example	Method	Advantage	Disadvantage
,	Sexual intercourse is avoided around the time of ovulation.		Not as reliable as other methods, especially if the menstrual cycle is irregular.

Source: https://www.bbc.co.uk/bitesize/guides/zpwjk2p/revision/7

5.3.6 The use of hormones to treat infertility (HT only)

Name 2 hormones used in IVF treatment. (2)

• FSH & LH

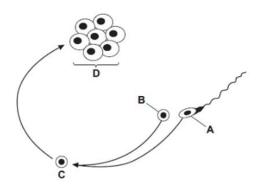


Why are fertility drugs given to some women? (1)

• To stimulate egg production to help them get pregnant

Describe the process of IVF. (4)

- FSH & LH given to mother to matures & release eggs
- Egg collected from mother's ovary & mixed by sperm from father in the lab. Fertilisation occurs.
- Fertilised egg divides & develop into embryos
- When they're tiny balls of cells, one or two embryos are inserted into mother's uterus



Disadvantages of IVF treatment (4)

- Low success rate / more likely to have faulty chromosome if too old
- Emotionally & physically stressful
- Multiple births cause possible harm to mother & babies
- Expensive

The committee which regulates IVF treatment now advises that only one embryo is used in each treatment. Suggest one reason for this. (1)

- So fewer multiple births
- Multiple births cause possible harm to mother & babies

5.3.7 Negative feedback (HT only)

Details in...

5.3.2 Control of blood glucose concentration

5.3.3 Maintaining water and nitrogen balance in the body (biology only)

5.4 Plant hormones (biology only)

5.4.1 Control and coordination

Where is the plant hormone made?

In the root tip

Which hormone and how does it control the responses of plants to light and gravity?

Auxin

- Unequal distributions of auxin cause unequal growth rates in plant roots & shoots
- Higher con of hormone causes faster growth in shoot but slower growth in roots

Why do plant produce hormones?

 To coordinate & control growth and responses to light (phototropism) & gravity (gravitropism or geotropism)

Describe how light affect the direction of growth of shoots. (4)

When shoot tip is exposed to light

- More auxin accumulates on shaded side
- This causes cells elongate faster on shaded side as it has a higher con of auxin

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- Shoot grow towards light (phototropism)
- This is a +ve tropism (plant grows towards stimulus)

Explain how phototropism helps plant to survive. (3)

- Plant can get as much light as possible
- More photosynthesis takes place
- Allow more energy to be generated

Describe how gravity affect the direction of growth of roots & shoots. (4)

When shoot grow sideways

- More auxin on lower side due to gravity
- This causes cells elongate faster on lower side as it has a higher con of auxin
- Shoot bends upwards (-ve gravi/geotropism)

When root grow sideways

- More auxin on lower side due to gravity
- Extra auxin inhibits growth
- Cells on top elongate faster
- Root bends downwards (+ve gravi/geotropism)

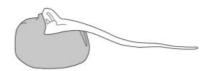
Describe how moisture affect the direction of growth of roots & shoots. (4)

Roots grow towards moisture (hydrotropism)

Explain how the hormone causes the appearance of the seedlings in Figure 7 to be different. You should refer to both seedlings in your answer. (3)

Figure 7





Seedling from Apparatus A

Seedling from Apparatus B

- Uneven distribution of hormone in A (more auxin at bottom)
- So top grows faster than bottom in A
- Even distribution of hormone in B
- Equal growth in B

What happen if shoot is removed?

- No auxin available
- Shoot stop growing

Practical

Control variables

- Type of plant
- Amount of water poured to Petri dish

Method

- 1. Set up 3 Petri dishes containing cotton wool soaked in equal amounts of water.
- 2. Put 10 mustard seeds in each dish.



Homeostasis and response

- 3. Measure the length from the base of the shoot to the tip. Write your measurements in your result table.
- 4. Make accurate labelled drawings of the seed.
- 5. Place one Petri dishes into position.
- Inside the box with the lid closed in darkness
- Inside the box which is cut one side of the box in partial light
- On a windowsill in full sunlight
- 6. Put a lamp above the box which is cut to make sure some light is reaching inside the box. Don't move the dish.
- 7. Water daily with equal amounts of water to each dish.
- 8. Measure length from base of shoot to tip, for at least 5 consecutive days.
- 9. Record your measurements in a result table, one for each light condition and calculate a mean.

5.4.2 Use of plant hormones (HT only)

Where are plant growth hormones used?

In agriculture & horticulture

Why is auxin used?

- As weed killers
- As rooting powders
- To stimulate growth in tissue culture

How weed killers has an effect on biodiversity?

Kills plants that some species rely on as food source

Why are ethene used in food industry?

To reduce time of ripening of fruit during storage & transport

Why is gibberellin used?

- To promote seed germination / flowering
- Increase fruit size
- End seed dormancy