1. Endocrine glands DO NOT have which of the following?
   1. glandular epithelium
   2. ducts
   3. hormones
2. The hormones involved in endocrine signaling can do all of the following EXCEPT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. travel long distances
   2. act on the same cell that it came from
   3. travel through lymph
   4. travel through blood
3. Receptors that are located in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will have a rapid, non-genomic effect.
   1. Nucleus
   2. Cytoplasm
   3. cell membrane
4. The major glands of the endocrine system include all of the following EXCEPT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   1. Liver
   2. Gonads
   3. Pancreas
   4. adrenal gland
5. **Most** hormones fall into which of the following categories?
   1. amino acid-derived hormones
   2. steroid hormones
   3. peptide hormones
6. Homeostasis is usually brought about through which of the following types of feedback loops?
   1. positive feedback loops
   2. negative feedback loops
   3. reciprocal feedback loops
7. Which of the following structures functions to maintain the body temperature?
   1. Hypothalamus
   2. Thalamus
   3. pituitary
8. Which of the following is one of the ways the endocrine system works to cool you down if you are too hot?
   1. redirecting blood flow away from the surface of the skin
   2. thyroid hormone release
   3. redirecting blood flow toward the extremities
   4. releasing adrenaline
9. Which of the following processes uses a positive feedback system?
   1. Childbirth
   2. Thermoregulation
   3. regulation of blood pressure
   4. blood sugar regulation
10. Non-steroidal hormones do have which of the following qualities?
    1. they are hydrophobic
    2. they work rapidly
    3. they have a long half-life
    4. they have a genomic effect
11. The amino acid tyrosine is used to make which of the following hormones?
    1. Histamines
    2. Serotonin
    3. Epinephrine
    4. Thyroid hormones
12. The effectors in a negative feedback loop function to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
    1. bring the parameter closer to the SET POINT
    2. amplify the signal
    3. repress hormonal communication
13. How does sweating work to cool off the body?
    1. sweating increases heat production
    2. sweat evaporates making skin cooler
    3. sweating redirects blood flow
    4. sweating triggers histamine release
14. How does the act of shivering function to keep you warm?
    1. shivering triggers pores to close
    2. contraction of skin connective tissue adds heat
    3. muscle contraction releases heat while using up ATP
    4. shivering warms you up by causing hair on the body to stand up
15. The body can increase metabolism in efforts to keep the body warn by releasing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
    1. epinephrine
    2. glucagon
    3. histamine
    4. oxytocin
16. What effect does GLUCAGON have in the body?
    1. It increases glucose uptake by cells
    2. it works to increase blood glucose levels
    3. it stimulate the conversion of glucose into glycogen
    4. it triggers the release of insulin
17. What effect does INSULIN have in the body?
    1. it increases blood sugar
    2. it breaks down glycogen into glucose
    3. it works to lower blood sugar
    4. it converts glucagon into sugars
18. Childbirth mostly involves the use of what hormone?
    1. oxytocin
    2. adrenalin
    3. progesterone
    4. seratonin
19. Which of the following is one of the THYROID HORMONES?
    1. melatonin
    2. adrenaline
    3. thyroxine
    4. dopamine
20. The HPT Axis functions to regulate which of the following?
    1. blood pressure
    2. metabolism
    3. temperature
    4. pH