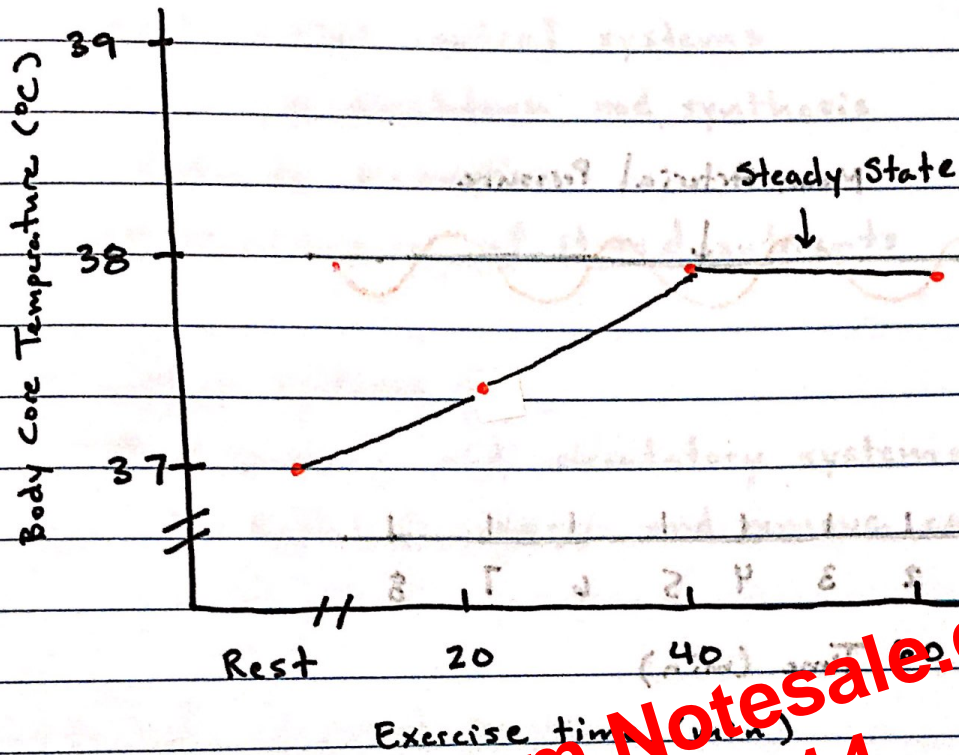


## Changes in Body Core Temperature During Exercise



Changes in body core temperature during 60 minutes of submaximal exercise in a thermoneutral environment. Note that body temperature reaches a plateau (steady state) by approximately 40 minutes of exercise.

## Examples of Homeostatic Control

### — Regulation of body temperature

→ Thermal receptors send message to brain

→ Responses by skin blood vessels and sweat glands regulates temperature.

### — Regulation of blood glucose

→ Function of the endocrine system

→ Requires the hormone insulin

→ Elevated blood glucose signals the pancreas to release insulin

→ Insulin causes cellular uptake of glucose

Preview from Notesale.co.uk  
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