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STUDY NOTES

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CLASS- VIII (All Section)

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Science

CHAPTER: 9 Puberty and Adolescence

Today's Topic: Reproductive phase in human

Reproductive phase in humans:

In humans, the capability of reproduction is attained in adolescence when male testes and female ovaries begin producing gametes.

In females, the reproductive phase of life begins at puberty, at the age of ten to twelve years, when the first ovum matures and is released into the oviduct and lasts till the ovaries keep releasing ova, which generally happens up to the age of forty-five to fifty years. During the reproductive phase, one ovum matures and is released by one of the ovaries once in about twenty-eight to thirty days. During this period, the wall of the uterus becomes thick to receive the egg in case it is fertilised. **Pregnancy** occurs if a fertilised egg gets attached to the uterus wall.

However, if fertilisation does not occur, the released egg along with the thickened lining of the uterus and the supporting blood vessels is shed, causing bleeding in women known as menstruation, Menstruation occurs once in about twenty-eight to thirty days.

Girls have their first menstruation at puberty, which is called **menarche**. The end of menstruation at the age of forty-five to fifty years is called **menopause**. The menstrual cycle, which is controlled by hormones, includes a series of events-maturation of the egg its release into the oviduct, thickening of the uterus wall and its shedding, if pregnancy does not occur. If fertilisation takes place, the egg begins to divide rapidly and then gets embedded in the uterus for further development into a fully develop baby.

Male hormone: hormones secreted by the testes.

Testosterone: a hormone produced chiefly by the testes.

Female hormone: hormones secreted by the ovaries.

Oestrogen: female steroid sex hormones that are secreted by the ovary and are responsible for typical female sexual characteristics.

Progesterone: a steroid hormone produced in the ovary.

Sex hormones: hormones that affect the development and growth of sex organs.

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