

Biology Bricks Keywords

What This is About

Please use this document to help further your knowledge, by printing out the keywords associated with the relevant page.

This document is set up for you to cut out the keywords (and laminate them if you think it will help), to be used as a quick guide reference for the subject matter that is included.

Warning

Please note: the keywords included in this document are those that link with the page subject matter. They may relate to other pages as well, but they are meant for the page that the link is provided from. Use them as a resource as you so wish.

Printing

Please feel free **not** to print this page of the document, it is merely a reference and information page.

Thermoregulation Centre

Thermoregulation is the control of heat or cold in your body, and the centre of that is in your brain.



Brain

Your brain helps control the automatic responses in your body, such as your metabolism, when you have a fever or breathing.



Automatic Control

An automatic control in your body is the direct reaction to something like a fever, or blood sugar levels or respiratory infection, for examples.



Body Temperature

Our body temperature is regulated to around 36 degrees Centigrade. If it gets higher, we can run a fever; lower and it can go into shock.



Heat

Heat is something our body cannot cope with long-term, and as a result, it sweats to help cool the body down. This is part of an automatic response.



Cold

Cold is how our body is when we start to shiver, and when the weather is cold and we are in it, this is what happens. Our body reacts to it to warm us up.



Shivering

Shivering is an automatic response to being cold. The idea is it creates friction which eventually warms us up.



Sweating

Our body sweats when we get hot. This is an automatic response, and in the sweat are salts and minerals that help cool us down.



Vasodilation

When your body gets cold, your blood vessels get larger. This is what vasodilation is. This is an automatic response which is part of how we regulate our body.



Vasoconstriction

When your body gets hot, your blood vessels get smaller. This is what vasoconstriction is. This is an automatic response which is part of how we regulate our body.



Erector Muscle

The erector muscles are what make our hairs stand on end when we feel the cold, or get goosebumps.

