

Chapter 24 Section 3**Contributing Characteristics for Exercise**

1. **Endocrine/Glands and Signaling Molecules** As you read the material, identify the endocrine/glands and signaling molecules that support muscle metabolism.

Marked each of the following with appropriate endocrine/glands:

1. Pituitary gland

2. Hypothalamus and anterior pituitary

3. The thyroid gland

4. "Stress" hormones

5. Growth hormone

6. The reproductive system

Mark the each of the following with the endocrine/gland(s) that support(s) it:

1. Glycogenolysis and gluconeogenesis

2. A shift up between the blood and muscle systems

3. Regulation of electrolyte balance

What endocrine gland(s) support the following play in the blood stream?

1a. Blood glucose

1b. H₂O balance

1c. Blood pressure

2. **Signaling Molecules** Mark where the signaling molecules are in the following:

Protein kinase

Myosin

Protein kinase C

Ca²⁺

Endoplasmic Reticulum

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