

**CHAPTER 2:**  
**Sexual Anatomy**  
 Total Assessment Guide (T.A.G.)

Topic	Question Type	Factual	Conceptual	Application
Introduction to Chapter	Multiple Choice		1	
	True/False			
	Short Answer			
	Essay			
Historical Perspectives	Multiple Choice	2	1	
	True/False	1		
	Short Answer	1		
	Essay			
The Male Sexual Body	Multiple Choice	3, 7, 12, 14, 17, 18, 19, 20, 21, 25, 26	6, 8, 10, 13, 16, 22, 29, 30	4, 5, 9, 11, 15, 23, 24, 27, 28, 31
	True/False	3, 6, 7, 8, 9, 11, 13, 14	2, 3, 10, 12, 15	5
	Short Answer	2, 3, 4, 5, 6, 7		
	Essay	1		2
The Female Sexual Body	Multiple Choice	32, 34, 36, 39, 41, 42, 47, 49, 50, 51, 54	33, 45, 46, 48, 53, 55, 57, 58, 59,	35, 37, 38, 40, 43, 44, 52, 56, 60
	True/False	16, 17, 20, 22, 25, 26, 27	18, 19, 21, 24	23
	Short Answer	8, 9, 10, 11, 13	12	
	Essay	3	4	
Menstruation	Multiple Choice	61, 63, 64, 67	62, 65	66, 68, 69
	True/False	16, 17, 20, 22, 25, 26, 27	29, 30	28
	Short Answer	14, 16	15	
	Essay			5

## Major Headings:

- pp. 36-37 Introduction to Chapter
- pp. 37-38 Historical Perspectives
- pp. 38-49 The Male Sexual Body
- pp. 49-65 The Female Sexual Body
- pp.65-69 Menstruation

## MULTIPLE CHOICE

1. The uterus was once perceived to be unclean and poisonous, able to wander through the woman's body causing illness and even suffocation. This condition was referred to as \_\_\_\_\_.
- a. cervical cancer
  - b. premenstrual syndrome
  - c. menopause
  - d. hysteria

Answer: D

Difficulty: 1

Page ref: 37

Topic: Historical Perspectives

Skill: Conceptual

Rationale: Prior to the 19<sup>th</sup> century, it was considered shameful to discuss human sexual anatomy, and what passed for sex education was based on inaccurate information. The above is an example of the kind of misguided beliefs that were held at the time.

2. The vagina was once perceived to be \_\_\_\_\_.
- a. an internal scrotum
  - b. a collection of seven cells
  - c. an inwardly inverted penile foreskin
  - d. retained testicles

Answer: C

Difficulty: 1

Page ref: 37

Topic: Historical Perspectives

Skill: Factual

Rationale: Before the 19<sup>th</sup> century, discussions of human sexual anatomy were considered inappropriate because the belief was that such subjects might excite people to engage in "impure" acts. The reluctance to discuss human sexual anatomy, coupled with the

abundance of inaccurate information, allowed such misguided beliefs, such as the one above, to become widely accepted.

3. The penis is responsible for \_\_\_\_\_.
- a. ejaculating semen and transporting urine
  - b. producing semen and storing testosterone
  - c. housing the testicles and storing semen
  - d. secreting testosterone and triggering ejaculation

Answer: A

Difficulty: 1

Page ref: 38

Topic: The Male Sexual Body

Skill: Factual

Rationale: The penis has two functions: to ejaculate semen and to transport urine from the inside of the body to the outside.

4. If Abe is like most men, the part of his penis that is very sensitive to sexual stimulation is \_\_\_\_\_.
- a. the penile glans
  - b. corpora cavernosa
  - c. the underside of the scrotum
  - d. the epididymis

Answer: A

Difficulty: 1

Page ref: 38

Topic: The Male Sexual Body

Skill: Application

Rationale: The penile glans, or the tip of the penis, is an especially sensitive area of the male organ, and typically must be stimulated for most men to reach orgasm.

5. If Zach is like most men, the raised ridge at the base of the penile glans, called the \_\_\_\_\_ is somewhat more sexually sensitive than the rest of the tip of the penis.
- a. penile shaft
  - b. corona
  - c. urethra
  - d. frenulum

Answer: B

Difficulty: 2

Page ref: 38

Topic: The Male Sexual Body

Skill: Application

Rationale: Most men report that the corona is somewhat more sexually sensitive than the rest of the tip of the penis.

6. The purpose of the \_\_\_\_\_ is to allow for expansion during erection.
- a. penile glans
  - b. foreskin
  - c. penile shaft
  - d. corona

Answer: C

Difficulty: 2

Page ref: 39

Topic: The Male Sexual Body

Skill: Conceptual

Rationale: The skin on the penile shaft is loose so that it can expand when a man experiences an erection.

7. Rigidity of the penis resulting from an inflow of blood during sexual arousal is referred to as \_\_\_\_\_.
- a. arousal
  - b. frenulum
  - c. circumcision
  - d. erection

Answer: D

Difficulty: 1

Page ref: 39

Topic: The Male Sexual Body

Skill: Factual

Rationale: During sexual arousal, both men and women experience changes in blood flow. As the flow of blood to the penis and to the clitoris increases, both structures become rigid.

8. Male circumcision involves removal of the \_\_\_\_\_ that covers the glans of the penis.
- a. foreskin
  - b. frenulum
  - c. corpora cavernosa
  - d. corona

Answer: A

Difficulty: 1

Page ref: 40

Topic: The Male Sexual Body  
Skill: Conceptual

Rationale: All males are born with skin covering the penile glans, called the foreskin. The foreskin is the largest portion of skin covering the penis, and it is this skin that is removed during circumcision

9. Bart is experiencing an erection. Which parts of his penis are engorged with blood?
- urethra and frenulum
  - corpora cavernosa and corpus spongiosum
  - urethra and corpora cavernosa
  - frenulum and corpus spongiosum

Answer: B

Difficulty: 3

Page ref: 39-40

Topic: The Male Sexual Body

Skill: Application

Rationale: The penis consists of three spongy, cavernous tubes running along its length. The two tubes on the top side of the penis are the corpora cavernosa, and the third tube, which runs along the underside of the penis, is the corpus spongiosum. During sexual arousal, these three tubes become engorged with blood, which results in a penile erection.

10. In men, the purpose of the \_\_\_\_\_ is to carry semen and urine from the inside to the outside of the body.
- frenulum
  - corpus spongiosum
  - urethra
  - corona

Answer: C

Difficulty: 2

Page ref: 40

Topic: The Male Sexual Body

Skill: Conceptual

Rationale: The urethra is the tube that runs the length of the penis and into the body, and transports semen or urine to the outside of the body.

11. Research about male circumcision reveals that \_\_\_\_\_.
- the glans of a circumcised penis is more sensitive to sexual stimulation than the glans of an intact penis
  - the practice of circumcision is on the rise in the United States today
  - the differences between circumcised and intact males in rates of urinary tract infections, penile irritations, and penile cancer are small or nonexistent

d. there is medical justification for circumcision of newborn males

Answer: C

Difficulty: 2

Page ref: 40

Topic: The Male Sexual Body

Skill: Application

Rationale: Routine circumcision of male babies is still a controversial topic in the United States, and the majority of circumcisions have been performed for perceived health reasons. Prior to 1980, it was widely held that intact males were more prone to certain diseases, such as UTIs, penile irritations, and penile cancer. Research has since indicated that in regard to the above-mentioned health issues, there is little, if any, difference between circumcised and uncircumcised males.

12. Which of the following statements is a myth concerning penis size?

- a. A small flaccid or non-erect penis predicts a small erect penis.
- b. Most partners of men don't care or think very much about penis size.
- c. Penis size is not related to overall build, height, or nose size.
- d. Exercising the penis does not cause an increase in size.

Answer: A

Difficulty: 2

Page ref: 42

Topic: The Male Sexual Body

Skill: Factual

Rationale: While myths about penis size abound, many people would be surprised to learn that penises are more similar in size than they are different. One such myth is that a small flaccid penis predicts a small erect penis. The truth is that smaller flaccid penises tend to grow more than larger flaccid penises upon erection.

13. The function of the scrotum is to \_\_\_\_\_.

- a. support each testicle and encase the vas deferens
- b. house and protect the testicles
- c. produce sperm cells for reproduction
- d. transport mature sperm cells during ejaculation

Answer: B

Difficulty: 2

Page ref: 43

Topic: The Male Sexual Body

Skill: Conceptual

Rationale: The scrotum is a pouch of two layers of skin that hangs below and behind the penis. The testicles are located inside the pouch; this arrangement not only protects the testicles, but it also provides the optimal conditions to produce sperm cells.

14. The \_\_\_\_\_ support each testicle and encases the vas deferens, nerves, and muscles.
- scrotum
  - prostate gland
  - seminiferous tubules
  - spermatic cords

Answer: D

Difficulty: 2

Page ref: 44

Topic: The Male Sexual Body

Skill: Factual

Rationale: The scrotum and testicles move up and down depending on specific situations, especially external temperature. They are able to move because of two small muscles, called the spermatic cords.

15. How can frequent hot baths affect a man's fertility?
- It keeps the testicles close to the man's body thereby increasing sperm production.
  - It decreases the temperature in the scrotum which decreases sperm production.
  - It raises the temperature in the scrotum which decreases sperm production.
  - It creates the ideal temperature for sperm production.

Answer: C

Difficulty: 3

Page ref: 44

Topic: The Male Sexual Body

Skill: Application

Rationale: The testicles require a temperature that is slightly lower than normal body temperature to maximize the production of sperm cells. Frequent hot baths can cause the scrotal skin to heat up which can, in turn, inhibit the production of sperm cells.

16. Which of the following describes a function of the testicles?
- They encase the vas deferens.
  - They manufacture sperm cells.
  - They store mature sperm cells.
  - They produce seminal fluid.

Answer: B

Difficulty: 2

Page ref: 44

Topic: The Male Sexual Body

Skill: Conceptual

Rationale: The testicles have two functions: the production of sperm cells and the secretion of testosterone.

17. The testicles are also called \_\_\_\_\_.
- a. scrotal cords
  - b. seminiferous organs
  - c. epididymal sacs
  - d. male gonads

Answer: D

Difficulty: 2

Page ref: 44

Topic: The Male Sexual Body

Skill: Factual

Rationale: The testicles are glands that are also referred to as *gonads*. Gonads are organs that produce cells for reproduction.

18. Sperm cells require approximately \_\_\_\_\_ to mature before they are ready for ejaculation.
- a. 70 days
  - b. 70 hours
  - c. 70 minutes
  - d. 70 months

Answer: A

Difficulty: 1

Page ref: 44-45

Topic: The Male Sexual Body

Skill: Factual

Rationale: When sperm cells are formed, they migrate in an immature state to the epididymis, where they mature and wait to be ejaculated. This maturation process takes about 70 days.

19. Sperm cells mature in the \_\_\_\_\_.
- a. vas deferens
  - b. epididymis
  - c. seminal vesicles
  - d. prostate gland

Answer: B

Difficulty: 1

Page ref: 44-45

Topic: The Male Sexual Body

Skill: Factual

Rationale: The epididymis is the long, narrow structure attached to the back of each testicle. This is where the sperm cells mature and wait to be ejaculated; it takes about 70 days for sperm cells to mature before they are ready for ejaculation.

20. Which of the following is the correct sequence regarding the route that sperm take on their journey out of a male's body?

- a. testes, vas deferens, urethral opening, epididymis
- b. testes, epididymis, vas deferens, urethral opening
- c. vas deferens, testes, urethra, ejaculatory duct
- d. epididymis, vas deferens, prostate gland, urethra

Answer: B

Difficulty: 3

Page ref: 44-45

Topic: The Male Sexual Body

Skill: Factual

Rationale: When sperm cells are formed in the testes, they migrate in an immature state to the epididymis, where they mature and wait to be ejaculated. Once they are mature, they travel through the vas deferens to the man's internal reproductive system, where they are mixed with semen and ejaculated through the penis and out the urethral opening.

21. Elsa is taking a human sexuality course and is learning about the vas deferens. Her professor probably explained to the class that the vas deferens is a \_\_\_\_\_.

- a. structure where sperm cells are stored as they mature
- b. structure where sperm cells are generated
- c. tube through which mature sperm cells travel to the man's internal reproductive system
- d. tube that produces seminal fluid

Answer: C

Difficulty: 2

Page ref: 45

Topic: The Male Sexual Body

Skill: Conceptual

Rationale: The vas deferens is a tube that is attached to the epididymis. Mature sperm cells travel through the vas deferens to the man's internal reproductive system, where they are mixed with semen and ejaculated through the penis.

22. Some men, regardless of sexual orientation, enjoy having their \_\_\_\_\_ caressed manually during sexual activities.

- a. gonads
- b. anus
- c. urethra
- d. epididymis

Answer: B  
Difficulty: 2  
Page ref: 45  
Topic: The Male Sexual Body  
Skill: Conceptual

Rationale: The anus and the area around it contain nerve endings which are sensitive to stimulation and are considered by some men (and some women) to be part of their sexual anatomy.

23. Miguel's physician taught him how to conduct a testicular self-examination. His physician probably told him \_\_\_\_\_.
- a. to perform it after a warm bath or shower
  - b. to check for swelling on the prostate gland
  - c. to examine each testicle with only one hand
  - d. that it is abnormal if one testicle is slightly larger than the other

Answer: A  
Difficulty: 2  
Page ref: 46  
Topic: The Male Sexual Body  
Skill: Application

Rationale: A testicular self-exam is best performed after a warm bath or a shower because heat relaxes the scrotum, making it easier to feel anything abnormal.

24. Walid is going to have a vasectomy. As a result of this procedure, his \_\_\_\_\_ will be severed and sealed off.
- a. ejaculatory duct
  - b. prostate gland
  - c. urethral bulb
  - d. vas deferens

Answer: D  
Difficulty: 2  
Page ref: 46  
Topic: The Male Sexual Body  
Skill: Application

Rationale: The procedure known as a vasectomy entails severing the vas deferens. If sperm cells cannot travel from the epididymis up either vas deferens, they will never be ejaculated and will never be able to fertilize an ovum.

25. \_\_\_\_\_ is primarily produced by the seminal vesicles and prostate gland.
- a. Testosterone
  - b. Estrogen

- c. Smegma
- d. Semen

Answer: D

Difficulty: 1

Page ref: 47

Topic: The Male Sexual Body

Skill: Factual

Rationale: During sexual arousal and ejaculation, as sperm cells move through the vas deferens from each epididymis, other anatomical organs are producing fluid that will mix with the sperm and carry them out of the man's body. This fluid is called semen, and it consists primarily of a mixture of secretions from the seminal vesicles and the prostate gland.

26. The ejaculatory duct \_\_\_\_\_.
- a. directs semen to the urethra
  - b. produces fluid that becomes part of the semen
  - c. produces sperm cells
  - d. directs sperm cells to the epididymis

Answer: A

Difficulty: 2

Page ref: 47

Topic: The Male Sexual Body

Skill: Factual

Rationale: The ejaculatory duct is a continuation of the tube that carries semen into the urethra for ejaculation.

27. Norman is sexually aroused and approaching ejaculation. As a result, his \_\_\_\_\_ is contracting, shutting off the possible flow of urine from his bladder.
- a. seminal vesicle
  - b. ejaculatory duct
  - c. prostate gland
  - d. vas deferens

Answer: C

Difficulty: 3

Page ref: 47

Topic: The Male Sexual Body

Skill: Application

Rationale: When a man is approaching ejaculation, the prostate contracts, shutting off the possible flow of urine from the bladder so that semen and urine cannot reach the urethra at the same time.

28. Oliver was diagnosed with prostatitis. This means that he has \_\_\_\_\_.
- a. cancer of the prostate gland
  - b. a bacterial infection
  - c. warts on the prostate gland
  - d. sores on the prostate gland

Answer: B

Difficulty: 2

Page ref: 48

Topic: The Male Sexual Body

Skill: Application

Rationale: The prostate gland is prone to bacterial infections, called *prostatitis*, in men of any age. Prostatitis may be acute or chronic, and can usually be successfully treated with antibiotics.

29. When a man experiences an orgasm, semen is forced into the \_\_\_\_\_.
- a. urethral bulb
  - b. prostate gland
  - c. scrotum
  - d. penile glans

Answer: A

Difficulty: 3

Page ref: 48

Topic: The Male Sexual Body

Skill: Conceptual

Rationale: At orgasm, the semen that has been gathering from various structures is forced into the urethral bulb, a portion of the urethra surrounded by the prostate gland.

30. The thick clear fluid that appears on the tip of the penis during sexual arousal is produced by the \_\_\_\_\_.
- a. Cowper's glands
  - b. prostate gland
  - c. vas deferens
  - d. epididymis

Answer: A

Difficulty: 2

Page ref: 48

Topic: The Male Sexual Body

Skill: Conceptual

Rationale: As the semen passes through the urethra, the Cowper's glands, one on each side of the urethra, also add a small amount of fluid to the semen. Cowper's glands often secrete fluid into the urethra and out through the penis before ejaculation. This fluid is clear, thick, and slippery, and appears at the urethral opening at the tip of the penis.

31. During sexual arousal, a small amount of clear, thick fluid appeared at the tip of Quincy's penis. This fluid is referred to as \_\_\_\_\_.
- a. testosterone
  - b. sperm
  - c. estrogen
  - d. pre-ejaculate

Answer: D

Difficulty: 2

Page ref: 48

Topic: The Male Sexual Body

Skill: Application

Rationale: The clear, thick fluid that is secreted by the Cowper's glands before ejaculation is called pre-ejaculate.

32. What are some of the structures that comprise the vulva?
- a. vagina, ovaries, clitoris, and cervix
  - b. vagina, anus, labia majora, and ovaries
  - c. urethra, pubic hair, ovaries, and fallopian tubes
  - d. urethral opening, clitoral glans, labia majora, and labia minora

Answer: D

Difficulty: 2

Page ref: 49

Topic: The Female Sexual Body

Skill: Factual

Rationale: The female external genitals are referred to as the vulva; components of the vulva are the mons veneris, the labia majora, the labia minora, the urethral opening, the clitoral glans, the vaginal opening, the hymen, the perineum, and the anus.

33. A function of the \_\_\_\_\_ is to cushion the impact with the pubic bone during sexual intercourse.
- a. labia minora
  - b. clitoris
  - c. mons veneris
  - d. labia majora

Answer: C

Difficulty: 2

Page ref: 50

Topic: The Female Sexual Body

Skill: Conceptual

Rationale: The mons veneris is a slightly raised layer of fatty tissue on the top of the pubic bone; part of its evolutionary function for human reproduction is theorized to cushion the impact with the pubic bone during sexual intercourse.

34. The \_\_\_\_\_ are smooth, hairless, inner lips of the vulva that are sensitive during sexual arousal.
- labia minora
  - labia majora
  - clitoris
  - mons veneris

Answer: A

Difficulty: 1

Page ref: 50

Topic: The Female Sexual Body

Skill: Factual

Rationale: The labia minora, or minor lips, form part of the vulva; they are smooth, hairless, and vary in size and shape from woman to woman.

35. A human sexuality class has just learned ways to trigger a female orgasm. The professor probably told the class that orgasms are triggered in most women by stimulation of the \_\_\_\_\_.
- labia majora
  - urethral bulb
  - mons veneris
  - clitoral glans

Answer: D

Difficulty: 2

Page ref: 50

Topic: The Female Sexual Body

Skill: Application

Rationale: Stimulation of the clitoral glans, either directly or indirectly, is primarily responsible for producing orgasm in most women.

36. The tissue that partially or fully covers the clitoral glans is referred to as the \_\_\_\_\_.
- clitoral hood
  - labia majora
  - labia minora
  - cura

Answer: A  
Difficulty: 1  
Page ref: 50  
Topic: The Female Sexual Body  
Skill: Factual

Rationale: At the top of the labia minora is the clitoral glans, which is the tip of the clitoris and the part that can be seen. It is typically covered partly or completely by the clitoral hood.

37. The most common explanation for why researchers discovered the true structure of the clitoris so recently is that \_\_\_\_\_.
- a. there was a lack of money for research on female anatomy
  - b. people already understood how the clitoris worked
  - c. there was cultural hesitancy over careful exploration of female sexuality and anatomy
  - d. researchers were more interested in sexual attitudes than in sexual anatomy.

Answer: C  
Difficulty: 2  
Page ref: 51  
Topic: The Female Sexual Body  
Skill: Application

Rationale: One explanation is that before the 1990s, prudish attitudes on the parts of anatomists prevented them from carefully studying female sexuality and anatomy. In other words, such cultural hesitancy overcame scientific inquiry.

38. Noemi, a native of Africa, underwent a ritualistic, cultural practice that entailed the removal of her clitoral glans and all or part of the labia minora when she was about to enter puberty. This example illustrates \_\_\_\_\_.
- a. a way to cure a urinary tract infection
  - b. premenstrual dysphoric disorder
  - c. female genital mutilation
  - d. a way to treat premenstrual syndrome

Answer: C  
Difficulty: 2  
Page ref: 52  
Topic: The Female Sexual Body  
Skill: Application

Rationale: Female genital mutilation is typically performed on girls who are about to enter puberty. It is found mostly in parts of Africa and the Middle East, and usually entails the cutting off of the clitoral hood, glans, and part or all of the labia minora,

lacerating the labia majora, and then sewing together the labia majora, leaving only a small opening for the passage of urine and menstrual fluid.

39. The urethral opening \_\_\_\_\_.
- a. partially covers the clitoral glans
  - b. protects delicate genital structures
  - c. allows urine to pass from the body
  - d. expands greatly during pregnancy

Answer: C

Difficulty: 2

Page ref: 52

Topic: The Female Sexual Body

Skill: Factual

Rationale: About halfway down the vulva, between the clitoris and the vagina, is the urethral opening, the outside end of the tube leading from the bladder.

40. Joyce is experiencing symptoms such as pain and stinging during urination, frequent urination, slight fever, and pressure in her lower back. She probably has \_\_\_\_\_.
- a. a urinary tract infection
  - b. premenstrual dysphoric disorder
  - c. premenstrual syndrome
  - d. cervical cancer

Answer: A

Page ref: 52

Difficulty: 2

Topic: the Female Sexual Body

Skill: Application

Rationale: Typical symptoms of a UTI include pain and stinging, often intense, during urination; the persistent feeling of a strong need to urinate even though the bladder has just been emptied; frequent urination; darker and bad-smelling urine; the sensation of pressure and pain in the lower back or abdomen; and sometimes slight fever, chills, nausea, or blood in the urine.

41. The \_\_\_\_\_ is a ring of tissue surrounding and partially covering the vaginal opening.
- a. mons veneris
  - b. perineum
  - c. clitoral hood
  - d. hymen

Answer: D

Difficulty: 1

Page ref: 52

Topic: The Female Sexual Body

Skill: Factual

Rationale: At the entrance to the vagina is a structure known as the *hymen*, which is a thin layer of tissue that partly covers or surrounds the vaginal opening.

42. Which of the following is a common myth about the hymen?
- a. Some girls are born without a hymen.
  - b. Upon first sexual intercourse the hymen will break and bleed.
  - c. Sperm cells can make their way past the hymen into the vagina.
  - d. The hymen may be perforated due to tampon insertion.

Answer: B

Difficulty: 2

Page ref: 55

Topic: The Female Sexual Body

Skill: Factual

Rationale: The hymen has drawn nearly as much attention as the penis in terms of sexual mythology because it is so closely tied to the notion of female virginity. Most of the common delusions worldwide about female sexuality concern the hymen. One such incorrect belief is that the hymen is indicative of whether or not a woman is a virgin. This belief is false because the appearance of the hymen relates to many factors. The hymen may be separated due to strenuous athletic movements, or due to tampon insertion. It may be separated during behaviors such as masturbation; some women's hymens are separated or perforated for no apparent reason other than normal variations among humans.

43. Alma is concerned that she will be viewed as unmarriageable by her culture because her hymen is separated. As a result, she decided to have a \_\_\_\_\_ to restore her hymen to an intact appearing state.
- a. episiotomy
  - b. vasectomy
  - c. hymenorrhaphy
  - d. mammography

Answer: C

Difficulty: 1

Page ref: 55

Topic: The Female Sexual Body

Skill: Application

Rationale: The importance attached to the hymen and its role in presuming virginity persists in many countries throughout the world. In some Muslim cultures, women seeking "certificates of virginity" undergo a procedure called a *hymenorrhaphy*. This

procedure surgically restores the hymen to an intact-appearing state so that the women will not be deemed “unmarriagable” and will bleed on the wedding night.

44. During childbirth, Maria’s physician cut her \_\_\_\_\_ to allow for easier passage of her daughter and less tearing of her vaginal opening.

- a. hymen
- b. frenulum
- c. scrotum
- d. perineum

Answer: D

Difficulty: 2

Page ref: 57

Topic: The Female Sexual Body

Skill: Application

Rationale: The perineum is an area of skin between the vaginal opening and the anus. The perineum may be cut during delivery in a procedure called an *episiotomy*. This procedure was once a relatively routine part of hospital births because doctors believed it allowed more room for the baby’s head to move through the birth canal. The procedure has become far less routine than it used to be, and many health professionals now believe that it is unnecessary during a routine birth.

45. Which of the following is an accurate statement regarding episiotomies?

- a. It is unnecessary during a routine birth.
- b. It is routinely performed today.
- c. The frenulum is cut during this procedure.
- d. It is only performed during a cesarean section.

Answer: A

Difficulty: 3

Page ref: 57

Topic: The Female Sexual Body

Skill: Conceptual

Rationale: Episiotomies are not performed as often as in the past, as many health professionals now believe that it is unnecessary during a routine birth.

46. Breast(s) \_\_\_\_\_.

- a. may provide sexual pleasure for men and women
- b. are only part of the female anatomy
- c. size is related to sexual sensitivity
- d. do not vary in shape

Answer: A

Difficulty: 3

Page ref: 58

Topic: The Female Sexual Body  
Skill: Conceptual

Rationale: The breasts are usually a sexually responsive part of human anatomy for both men and women, and may provide sexual pleasure for both sexes.

47. Which of the following statements about breasts is factual?
- a. Women's perceptions of their own breasts are not a determining factor in their overall body image and self-esteem.
  - b. The breasts of both men and women are parts of human sexual anatomy that are prone to cancer.
  - c. Stimulation of a woman's breasts is always a source of intense sexual pleasure for all women.
  - d. Female breasts have no other purpose besides producing milk.

Answer: B  
Difficulty: 2  
Page ref: 58  
Topic: The Female Sexual Body  
Skill: Factual

Rationale: The breasts are one of many parts of human sexual anatomy that are prone to cancer. According to The National Cancer Institute, in the United States in 2010 there were approximately 200,000 new cases of breast cancer among women and nearly 2,000 new cases among men. Although breast cancer is more common among women, male breast cancer does occur.

48. In addition to a personal level of breast self-awareness, women between the ages of 20 and 40 should \_\_\_\_\_.
- a. have checkups by a health care professional every 3 years
  - b. not worry about problems with their breasts
  - c. only go to a health care professional if they experience extreme pain in the chest area
  - d. not examine their breasts if it makes them uncomfortable to do so

Answer: A  
Difficulty: 1  
Page ref: 60  
Topic: The Female Sexual Body  
Skill: Conceptual

Rationale: Professional recommendations on how to avoid breast cancer and maintain healthy breasts have changed frequently in recent years. As of 2011, The American College of Obstetricians and Gynecologists and The American Cancer Society recommend that women between the ages of 20 and 40 have checkups by a health care professional every three years.

49. The vagina \_\_\_\_\_.
- a. is an inflexible canal that can entrap a penis making it difficult for a man to withdraw
  - b. normally emits an unpleasant odor
  - c. extends from the cervix to the fallopian tubes
  - d. is normally about 3 to 4 inches in length when a woman is not sexually aroused

Answer: D

Difficulty: 2

Page ref: 61

Topic: The Female Sexual Body

Skill: Factual

Rationale: The vagina is a flexible, muscular canal or tube, normally about 3 to 4 inches in length when a woman is not sexually aroused. It extends into the woman's body at an angle toward the small of the back, from the vulva to the cervix.

50. An especially sensitive area inside the vagina that some women have identified as enhancing sexual arousal is referred to as the \_\_\_\_\_.
- a. cervix
  - b. G-spot
  - c. os
  - d. areola

Answer: B

Difficulty: 2

Page ref: 61

Topic: The Female Sexual Body

Skill: Factual

Rationale: The Grafenberg spot, or G-spot, is believed to be an area of tissue located about a third of the way in from the opening of the vagina in the anterior vaginal wall. Some women find that this area is sexually responsive and enhances arousal and orgasm when stimulated during sexual activities.

51. The \_\_\_\_\_ is the narrow bottom end of the uterus that connects the uterus to the vagina.
- a. fallopian tube
  - b. endometrium
  - c. cervix
  - d. ovum

Answer: C

Difficulty: 2

Page ref: 61

Topic: The Female Sexual Body

Skill: Factual

Rationale: The cervix is the narrow bottom end of the uterus, and serves to connect the vagina with the uterus.

52. In order to collect and examine cervical cells for any abnormalities \_\_\_\_\_.
- a. a woman has to undergo a long procedure in a hospital
  - b. the vagina is held open with a speculum, and a few cells are gently swabbed or brushed from the cervix
  - c. a doctor shines a light into a woman's vagina and visually examines her cervix
  - d. a woman is given a swab and told to collect a sample of her own cervical cells

Answer: B

Difficulty: 2

Page ref: 62

Topic: The Female Sexual Body

Skill: Application

Rationale: The medical test that is used to check the cervix for any signs of abnormal cells is called a *Pap test*. In this procedure, the vagina is held open with a device called a *speculum* and a few cells are gently swabbed or brushed from the cervix. The cells are then sent to a lab to be examined microscopically for any abnormalities.

53. In order to prevent or detect cervical cancer early, all girls and women should have a \_\_\_\_\_ three years after they begin having intercourse, or at age 21, regardless of sexual activity.
- a. Pap test
  - b. mammogram
  - c. episiotomies
  - d. hysterectomy

Answer: A

Difficulty: 2

Page ref: 62

Topic: The Female Sexual Body

Skill: Conceptual

Rationale: The American Cancer Society recommends that all girls and women have a Pap test three years after they begin having sexual intercourse or at age 21 regardless of sexual activity. The American Cancer Society also recommends that they repeat the test every one to two years, depending on the type of test and a woman's risk factors.

54. The human papilloma virus is \_\_\_\_\_.
- a. a medical condition caused by endometrial cells migrating outside the uterus
  - b. the primary cause of cervical cancer
  - c. uncommon and always has noticeable symptoms
  - d. curable

Answer: B  
Difficulty: 2  
Page ref: 62  
Topic: The Female Sexual Body  
Skill: Factual

Rationale: The primary cause of cervical cancer is a sexually-transmitted viral infection, the human papilloma virus, or genital warts. Because of the causal connection between HPV and cervical cancer, many health professionals recommend routine HPV screening, even though only a small percentage of HPV infections lead to cancer, and Pap tests showing abnormal cells to not always indicate cancer.

55. During pregnancy, the fetus grows in the \_\_\_\_\_.
- a. fallopian tubes
  - b. endometrium
  - c. ovaries
  - d. uterus

Answer: D  
Difficulty: 2  
Page ref: 63  
Topic: The Female Sexual Body  
Skill: Conceptual

Rationale: The uterus is the organ in which a fertilized egg implants itself and an embryo and fetus grow from a few days after fertilization until birth.

56. Andrea has a painful medical condition caused by cells and tissues migrating outside the uterus into her abdominal cavity. Her condition is referred to as \_\_\_\_\_.
- a. uterine cancer
  - b. cervical cancer
  - c. endometriosis
  - d. premenstrual dysphoric disorder

Answer: C  
Difficulty: 2  
Page ref: 63  
Topic: The Female Sexual Body  
Skill: Application

Rationale: In some women, cells and tissue from the endometrium migrate to outside the uterus and begin to grow in the abdominal cavity, especially on the ovaries as well as other areas in the body. This condition is called *endometriosis*.

57. Fertilization of the \_\_\_\_\_ occurs in the \_\_\_\_\_.

- a. ovum; uterus
- b. sperm; endometrium
- c. ovum; fallopian tubes
- d. ovary; cervix

Answer: C

Difficulty: 2

Page ref: 63

Topic: The Female Sexual Body

Skill: Conceptual

Rationale: Fertilization of the ovum by a sperm cell occurs in the third of the fallopian tube nearest each ovary. The newly released ovum is available for fertilization in that section of the fallopian tube for about a day.

58 An ectopic pregnancy is one in which a fertilized ovum attaches and begins to grow \_\_\_\_\_.

- a. outside the uterus
- b. inside the uterus
- c. inside the scrotum
- d. outside the scrotum

Answer: A

Difficulty: 2

Page ref: 64

Topic: The Female Sexual Body

Skill: Conceptual

Rationale: In one out of every 50 conceptions, the fertilized egg becomes lodged in the fallopian tube, implants there, and begins to grow. This is called a *tubal pregnancy*, and is the most common type of ectopic pregnancy, meaning the growth of a fertilized egg outside of the uterus.

59. The term *gonads* refers to \_\_\_\_\_.

- a. all male and female sex organs
- b. an internal organ in men that is involved in reproduction
- c. an external structure in women that is involved in reproduction
- d. a sex organ in either men or women that produces cells for reproduction

Answer: D

Difficulty: 2

Page ref: 64

Topic: The Female Sexual Body

Skill: Conceptual

Rationale: In popular usage, the word *gonads* is used as a euphemism for testicles, but the word actually means a sex organ that produces cells for reproduction. The ovaries are gonads, and the testicles are gonads.

60. The physical changes that girls undergo at puberty as they mature into women are triggered by \_\_\_\_\_.
- a. her age
  - b. the female hormones estrogen and progesterone
  - c. her height and weight
  - d. the composition of her diet

Answer: B

Difficulty: 3

Page ref: 64

Topic: The Female Sexual Body

Skill: Application

Rationale: The ovaries are responsible for the production of the female hormones estrogen and progesterone. These hormones are responsible for girls developing physically into mature women during puberty.

61. The term used to describe the beginning of a girl's menstrual cycle as she enters puberty is \_\_\_\_\_.
- a. menarche
  - b. menopause
  - c. ovulation
  - d. amenorrhea

Answer: A

Difficulty: 1

Page ref: 65

Topic: Menstruation

Skill: Factual

Rationale: When a girl enters puberty, hormonal secretions cause her body to undergo many changes; one of these changes is called *menarche*, the onset of the menstrual cycle.

62. The purpose of the menstrual cycle is to \_\_\_\_\_.
- a. create sexual stimulation
  - b. foster the development of female sex characteristics
  - c. create conditions that allow for conception and pregnancy
  - d. cleanse the reproductive organs of bacteria

Answer: C

Difficulty: 1

Page ref: 65

Topic: Menstruation  
Skill: Conceptual

Rationale: The purpose of the menstrual cycle is to create conditions in a woman's body that allow for conception and pregnancy. The menstrual cycle corresponds to a woman's fertility cycle, the times during each menstrual cycle when she is more likely or less likely to be able to conceive.

63. \_\_\_\_\_ and \_\_\_\_\_ hormones act together to stimulate ovulation.
- a. Luteinizing; progesterone
  - b. Progesterone; follicle-stimulating
  - c. Testosterone; luteinizing
  - d. Follicle-stimulating; luteinizing

Answer: D  
Difficulty: 3  
Page ref: 65  
Topic: Menstruation  
Skill: Factual

Rationale: The female hormones involved in the regulation of the menstrual cycle include estrogen, progesterone, follicle-stimulating hormone (FSH), and luteinizing hormone (LH). In response to follicle-stimulating hormone, an ovum in one of the ovaries starts to mature. At about day 14 of an average 28-day cycle, in response to a surge of luteinizing hormone, ovulation occurs, and the egg leaves the ovary and enters the fallopian tube.

64. During each menstrual cycle, \_\_\_\_\_ are/is shed through the cervix and vagina.
- a. ovarian cysts
  - b. unused hormones
  - c. the thickened uterine lining
  - d. tissue from the fallopian tubes

Answer: C  
Difficulty: 2  
Page ref: 66  
Topic: Menstruation  
Skill: Factual

Rationale: If pregnancy does not occur, the ovum moves down the fallopian tube, estrogen and progesterone levels drop, and the thickened lining of the uterus is shed, along with the ovum, during the menstrual period, and the cycle begins again.

65. A cause of amenorrhea is \_\_\_\_\_.
- a. tampon use
  - b. uterine fibroids
  - c. prostaglandin

d. eating disorders

Answer: D

Difficulty: 3

Page ref: 66

Topic: Menstruation

Skill: Conceptual

Rationale: *Amenorrhea* is the term used to describe the absence of a period in women who haven't started menstruating by age 16 or the absence of a period in women who used to have a regular period. Causes of amenorrhea can include pregnancy, breast-feeding, and extreme weight loss caused by serious illness, eating disorders, excessive exercising, or stress.

66. Berneice has endometriosis and because of it, she experiences extremely painful menstrual cramps. This is an example of \_\_\_\_\_.

- a. amenorrhea
- b. dysmenorrhea
- c. toxic shock syndrome
- d. abnormal uterine bleeding

Answer: B

Difficulty: 2

Page ref: 66

Topic: menstruation

Skill: Application

Rationale: Dysmenorrhea is the term applied to painful periods, including severe menstrual cramps. The pain can be caused by a disease or condition, such as uterine fibroids or endometriosis.

67. \_\_\_\_\_ is a set of symptoms that may occur during the days just before and during the start of a woman's period including irritability, depressed mood, and feeling bloated.

- a. Premenstrual syndrome
- b. Menopause
- c. Perimenopause
- d. Dysmenorrhea

Answer: A

Difficulty: 1

Page ref: 68

Topic: Menstruation

Skill: Factual

Rationale: The cycling of hormones in a woman's body may affect some women emotionally and psychologically. The best-known of these effects is a set of symptoms

that may occur during the days leading up to the start of a woman's period, called *premenstrual syndrome*. PMS can include dysphoria, mood swings, depression, irritability, tension, aggression, fatigue, headaches, breast soreness, abdominal cramping, backache, and water retention, among others.

68. During the week before the start of her period, Zahara always experiences major depressive symptoms, radical mood swings, persistent irritability, poor concentration, fatigue, and physical symptoms such as bloating and breast tenderness which cause her to avoid social activities. Zahara's symptoms are illustrative of \_\_\_\_\_.

- a. amenorrhea
- b. premenstrual dysphoric disorder
- c. major depression
- d. dysmenorrhea

Answer: B

Difficulty: 3

Page ref: 68

Topic: Menstruation

Skill: Application

Rationale: A relatively rare but significantly more intense form of PMS has been identified by health professionals and is now a proposed official clinical diagnosis, called *premenstrual dysphoric disorder*, or PMDD.

69. Stella is 51; she has stopped ovulating and no longer has menstrual periods. She is in \_\_\_\_\_.

- a. perimenopause
- b. dysmenorrhea
- c. menarche
- d. menopause

Answer: D

Difficulty: 1

Page ref: 68

Topic: Menstruation

Skill: Application

Rationale: Women usually continue having regular period until they pass through the menopause process, when ovulation and menstruation gradually cease. On average, menopause has been thought to occur around the age of 51, but these changes may begin in a woman's early- to mid-40s and extend into her mid-50s. Some women may experience menopausal changes earlier in life due to surgery, illness, or medications that interrupt her normal hormonal cycle.

## TRUE-FALSE

1. In the past, it was believed that the cervix is an internal penis.

Answer: True

Difficulty: 1

Page ref: 37

Topic: Historical Perspectives

Skill: Factual

2. Stimulation to the penile glans is primarily responsible for male orgasm.

Answer: True

Difficulty: 1

Page ref: 38

Topic: The Male Sexual Body

Skill: Conceptual

3. The frenulum is the layer of skin covering the glans of the penis.

Answer: False

Difficulty: 1

Page ref: 38-39

Topic: The Male Sexual Body

Skill: Factual

4. Male circumcision involves removal of the corpora cavernosa.

Answer: False

Difficulty: 2

Page ref: 39

Topic: The Male Sexual Body

Skill: Conceptual

5. A baby's intact penis requires very little care other than washing the outside of the foreskin.

Answer: True

Difficulty: 1

Page ref: 39

Topic: The Male Sexual Body

Skill: Application

6. Penis size increases with frequent sexual activity and decreases with the lack of sex.

Answer: False

Difficulty: 1

Page ref: 42

Topic: The Male Sexual Body

Skill: Factual

7. Masters and Johnson found that a larger flaccid penis does not predict a larger erect penis.

Answer: True

Difficulty: 2

Page ref: 42

Topic: The Male Sexual Body

Skill: Factual

8. The *scrotum* houses and protects the *urethra*.

Answer: False

Difficulty: 2

Page ref: 43

Topic: The Male Sexual Body

Skill: Factual

9. *Gonads* are tubes that extend from the testicles into the male's body and transport mature sperm cells during ejaculation.

Answer: False

Difficulty: 2

Page ref: 44

Topic: The Male Sexual Body

Skill: Factual

10. Sperm cells are continuously formed within the seminiferous tubules throughout a man's life.

Answer: True

Difficulty: 2

Page ref: 44

Topic: The Male Sexual Body

Skill: Conceptual

11. Testicular cancer is the most common form of cancer in males between the ages of 15 and 35.

Answer: True  
Difficulty: 1  
Page ref: 45  
Topic: The Male Sexual Body  
Skill: Factual

12. During a vasectomy each vas deferens is severed and sealed off.

Answer: True  
Difficulty: 2  
Page ref: 46  
Topic: The Male Sexual Body  
Skill: Conceptual

13. Fluid from the seminal vesicles makes up about 70 percent of the volume of the semen.

Answer: True  
Difficulty: 2  
Page ref: 47  
Topic: The Male Sexual Body  
Skill: Factual

14. Prostatitis is a form of cancer in men.

Answer: False  
Difficulty: 2  
Page ref: 48  
Topic: The Male Sexual Body  
Skill: Factual

15. Sexually-transmitted infections can be transmitted by the Cowper's gland fluid.

Answer: True  
Difficulty: 2  
Page ref: 49  
Topic: The Male Sexual Body  
Skill: Conceptual

16. The female external genitals are called the *vulva*.

Answer: True  
Difficulty: 1  
Page ref: 49  
Topic: The Female Sexual Body  
Skill: Factual

17. The mons veneris is a tissue that partially covers the clitoral glans.

Answer: False

Difficulty: 2

Page ref: 50

Topic: The Female Sexual Body

Skill: Factual

18. Stimulation of the labia minora is primarily responsible for triggering orgasm in most women.

Answer: False

Difficulty: 1

Page ref: 50

Topic: The Female Sexual Body

Skill: Conceptual

19. Typically, female genital mutilation is performed when girl approaches puberty.

Answer: True

Difficulty: 1

Page ref: 52

Topic: The Female Sexual Body

Skill: Conceptual

20. Women are more prone to urinary tract infections than men.

Answer: True

Difficulty: 1

Page ref: 52

Topic: The Female Sexual Body

Skill: Factual

21. The condition of a woman's hymen is indicative of whether or not she is a virgin.

Answer: False

Difficulty: 1

Page ref: 55

Topic: The Female Sexual Body

Skill: Conceptual

22. The perineum is surgically cut during an episiotomy.

Answer: True

Difficulty: 2

Page ref: 57  
Topic: The Female Sexual Body  
Skill: Factual

23. The mammogram is the gold standard in detecting breast cancer.

Answer: True  
Difficulty: 2  
Page ref: 60  
Topic: The Female Sexual Body  
Skill: Application

24. In some men, when the G-spot is stimulated it causes enhanced sexual arousal.

Answer: False  
Difficulty: 2  
Page ref: 61  
Topic: The Female Sexual Body  
Skill: Conceptual

25. A Pap test is used to check the uterus for signs of abnormal cells.

Answer: False  
Difficulty: 2  
Page ref: 62  
Topic: The Female Sexual Body  
Skill: Factual

26. The primary cause of cervical cancer is the human papilloma virus.

Answer: True  
Difficulty: 2  
Page ref: 62  
Topic: The Female Sexual Body  
Skill: Factual

27. The tissue lining the uterus that thickens in anticipation of pregnancy is referred to as the *endometrium*.

Answer: True  
Difficulty: 2  
Page ref: 63  
Topic: The Female Sexual Body  
Skill: Factual

28. In the U.S., the average age of menarche is about 12, but there is a great deal of variation among girls and differences among racial and ethnic groups.

Answer: True

Difficulty: 2

Page ref: 65

Topic: Menstruation

Skill: Application

29. A woman who is perimenopausal is in her prime childbearing years.

Answer: False

Difficulty: 2

Page ref: 68

Topic: Menstruation

Skill: Conceptual

30. The physical changes associated with menopause occur suddenly and without warning.

Answer: False

Difficulty: 2

Page ref: 68

Topic: Menstruation

Skill: Conceptual

## **SHORT ANSWER**

1. It was once believed that the \_\_\_\_\_ body was the norm and the female body was merely a variation.

Answer: male

Difficulty: 1

Page ref: 37

Topic: Historical Perspectives

Skill: Factual

2. The \_\_\_\_\_ is the raised edge at the base of the penile glans where the tip of the penis joins the shaft.

Answer: corona

Difficulty: 2

Page ref: 38

Topic: The Male Sexual Body  
Skill: Factual

3. The \_\_\_\_\_ carries urine from the inside to the outside of the body.

Answer: urethra  
Difficulty: 2  
Page ref: 40  
Topic: The Male Sexual Body  
Skill: Factual

4. \_\_\_\_\_ are structures that support the testicles and encase the vas deferens, nerves, and muscles.

Answer: Spermatic cords  
Difficulty: 2  
Page ref: 44  
Topic: The Male Sexual Body  
Skill: Factual

5. Each testicle is composed of tightly packed microscopic \_\_\_\_\_, where the sperm cells are generated.

Answer: seminiferous tubules  
Difficulty: 2  
Page ref: 44  
Topic: The Male Sexual Body  
Skill: Factual

6. The \_\_\_\_\_ is the tube connecting each testicle and epididymis with the internal reproductive structures.

Answer; vas deferens  
Difficulty: 2  
Page ref: 45-46  
Topic: the Male Sexual Body  
Skill: Factual

7. The \_\_\_\_\_ are small glands that produce fluid that becomes part of the semen.

Answer: seminal vesicles  
Difficulty: 2  
Page ref: 47  
Topic: The Male Sexual Body  
Skill: Factual

8. The \_\_\_\_\_ are folds of skin and fatty tissue that close over and protect the more sensitive and delicate genital structures underneath them.

Answer: labia majora

Difficulty: 2

Page ref: 50

Topic: The Female Sexual Body

Skill: Factual

9. The \_\_\_\_\_ is the outside end of the tube leading from the bladder, located between the clitoris and the vagina.

Answer: urethral opening

Difficulty: 2

Page ref: 52

Topic: The Female Sexual Body

Skill: Factual

10. The darker skin encircling each nipple is referred to as the \_\_\_\_\_.

Answer: areola

Difficulty: 2

Page ref: 57

Topic: The Female Sexual Body

Skill: Factual

11. A \_\_\_\_\_ is a low-dose X-ray of the breast that is used to detect breast cancer.

Answer: mammogram

Difficulty: 2

Page ref: 60

Topic: The Female Sexual Body

Skill: Factual

12. The passageway through the cervix, called the \_\_\_\_\_, becomes slightly smaller or larger on different days during the menstrual cycle.

Answer: os

Difficulty: 3

Page ref: 61

Topic: The Female Sexual Body

Skill: Conceptual

13. The \_\_\_\_\_ are the organs responsible for the production of the female hormones estrogen and progesterone.

Answer: ovaries  
Difficulty: 2  
Page ref: 64  
Topic: The Female Sexual Body  
Skill: Factual

14. \_\_\_\_\_ is the term used to describe painful periods, including severe menstrual cramps.

Answer: Dysmenorrhea  
Difficulty: 2  
Page ref: 66  
Topic: Menstruation  
Skill: Factual

15. \_\_\_\_\_ is a rare but potentially deadly bacterial infection that has been associated with tampon use.

Answer: Toxic shock syndrome  
Difficulty: 2  
Page ref: 67  
Topic: Menstruation  
Skill: Conceptual

16. The physical and psychological changes many women experience during the decade leading to menopause are referred to as \_\_\_\_\_ changes.

Answer: perimenopausal  
Difficulty: 2  
Page ref: 68  
Topic: Menstruation  
Skill: Factual

## **ESSAY**

1. Identify and define four external structures of the male sexual anatomy.

Difficulty: 1  
Page ref: 38-45  
Topic: The Male Sexual Body  
Skill: Factual

Responses should consider:

### The penis

- It's the primary male sexual organ.
- It has two jobs: to ejaculate semen and to transport urine from the inside of the body to the outside.
- It consists of the penile shaft, the foreskin (in uncircumcised men), the penile glans, the corona, the frenulum, and the urethral opening.

### The scrotum

- It's a pouch of two layers of skin that hangs below and behind the penis.
- Its function is to house and protect the testicles and to help provide them with optimal conditions to produce sperm cells.
- It's divided into two sacs, one for each testicle.

### The testicles

- Also called *testes*.
- The testicles float freely, one in each sac within the scrotum.
- Testicles are glands, referred to as *gonads*, which produce cells for reproduction.
- The primary function of the testicles is to manufacture sperm cells and secrete the male sex hormone, testosterone.

### The anus

- The anus and the area around it contain nerve endings that are sensitive to stimulation and are considered by some men to be part of their sexual anatomy.
- The anal area and the walls of the rectum consist of delicate tissues that can be easily damaged during sexual activity.
- Such damage can create an easy route of transmission for blood-borne sexually-transmitted infections.
- Bacteria that exist normally and harmlessly in the anal area and rectum may cause infections if they are transferred to other parts of the anatomy.

2. Discuss the prevalence of testicular cancer and three important issues related to this form of cancer. Explain the four steps in conducting a testicular self-examination.

Difficulty: 2

Page ref: 45-46

Topic: The Male Sexual Body

Skill: Application

- Testicular cancer is the most frequently diagnosed cancer in men between the ages of 13 and 35; approximately 8,500 new cases were identified in the U.S. in 2010.
- The incidence of testicular cancer worldwide has increased more than 50% since the mid-1900s.

- The average age at which it is diagnosed has been decreasing from 30 to under 25 years of age.
- There's a greater incidence of testicular cancer among men who work in certain professions (agricultural workers, miners, firefighters, and utility workers).
- This has led some researchers to suspect that exposure to environmental toxins may play an important role.
- Today the average cure rate for testicular cancer is 90%, with a much greater success rate (nearly 99%) when the disease is diagnosed early.

#### Testicular self-examination

1. Stand in front of a mirror; check for swelling on the scrotum skin.
2. Examine each testicle with both hands. Place the index and middle fingers under the testicle with the thumbs placed on top, and roll the testicle gently between the thumbs and fingers.
3. Find the epididymis. Once one becomes familiar with this structure, it is less likely to be mistaken for a suspicious lump. Cancerous lumps are usually found on the sides of the testicle, but can also show up on the front or at the bottom.
4. If you find a lump, see a doctor right away; only a physician can make a positive diagnosis.

3. Identify and define four external structures of the female sexual anatomy.

Difficulty: 1

Page ref: 49-59

Topic: The Female Sexual Body

Skill: Factual

Responses should consider:

- The vulva, or female external genitals; components are the mons veneris, the labia majora, the labia minora, the urethral opening, the clitoral glans, the vaginal opening, the hymen, the perineum, and the anus.
- The mons veneris: it's a slightly raised layer of fatty tissue on the top of the pubic bone and is usually covered with public hair.
- Part of its evolutionary function is theorized to cushion the impact with the pubic bone during sexual intercourse.
- The labia majora, or major lips: they are folds of skin and fatty tissue and extend from the mons down both sides of the vulva, past the vaginal opening to the perineum.
- The labia minora: they are smooth, hairless, and vary in size and shape from woman to woman. They are sexually sensitive; during sexual arousal they become engorged with blood, become moist, and darken in color.
- The clitoral glans and hood: at the top of the labia minora is the clitoral glans, which is the tip of the clitoris and the part that can be seen.
- It is typically covered partly or completely by the clitoral hood. Stimulation of the clitoral glans, either directly or indirectly, is primarily responsible for producing orgasm in most women.

- The clitoris: the clitoral shaft is about 0.5 inches in diameter and divides into two legs as it extends 3-4 inches into a woman's body. These shafts pass on either side of the urethra and vagina.
- The clitoris engorges with blood along its entire length, straightens out, and becomes erect during sexual activity.
- The urethral opening; it's the outside end of the tube leading from the bladder and is about halfway down the vulva, between the clitoris and the vagina.
- It's sensitive, and can provide pleasurable sexual sensations for some when stimulated.
- The hymen: it's a thin layer of tissue that partly covers or surrounds the vaginal opening.
- It's closely tied to the notion of female virginity.
- The condition of a woman's hymen does not indicate virginity.
- First intercourse usually causes little or no damage to the hymen.
- If it does tear, the trauma to the structure is minor and usually not painful.
- Pregnancy can still occur when the hymen is intact.

4. Identify and explain the four guiding principles of breast health awareness.

Difficulty: 2

Page ref: 60

Topic: The Female Sexual Body

Skill: Conceptual

Responses should consider:

1. Know what is normal for you. Women should become familiar with their breasts so that if something changes in the appearance or feel, it will be easier to detect.
2. Look and feel. Some women are hesitant to touch their bodies or to look at themselves, especially at their sexual areas. When showering, bathing, or dressing, women should take the opportunity to feel and look at their breasts closely so they can learn how breast tissue changes normally during their normal hormonal cycle and be better able to spot changes if they occur.
3. Become aware of breast changes that may signal a problem. These include: a new, clearly-defined lump that has not been there all along; an unusual change in the outline, shape, or size of a breast; lumps, bumps, or swelling in one breast but not in the other that do not go away; unusual pain or discomfort that is focused in one part of a breast; nipple discharge, particularly if it is watery or bloody and is from only one breast; a nipple that has begun to pucker or retract inward.
4. Report any such changes immediately to your health care professional. Odds are that whatever change you detect is not cancer, but if it is, you'll be in the best possible position to treat it early and recover completely.

5. Define and identify the symptoms of premenstrual syndrome and premenstrual dysphoric disorder. Distinguish between these disorders and explain the treatment for premenstrual dysphoric disorder.

Difficulty: 2

Page ref: 68-69

Topic: Menstruation

Skill: Application

Responses should consider:

### PMS

- It's a set of symptoms that may occur during the days leading up to the start of a woman's period.
- It's caused by the cycling of hormones in a woman's body, which may affect some women emotionally and psychologically.
- Symptoms include dysphoria, mood swings, depression, irritability, tension, aggression, fatigue, headaches, breast soreness, abdominal cramping, backache, water retention, constipation, and specific food cravings.

### PMDD

- It's a relatively rare but significantly more intense form of PMS that is now a proposed official clinical diagnosis.
- It differs from PMS in terms of the number and severity of symptoms.
- Diagnosis of PMDD applies only to those with the most serious and most debilitating symptoms.
- Diagnosis of PMDD requires that five or more of the following symptoms be present during the week before the start of menstruation, must vary over a woman's fertility cycle, and must be severe enough to seriously impair her relationships with others, interfere with work, school, and effective functioning in the normal activities of her daily life.
- Symptoms include:
  - major depressive symptoms
  - intense anxiety, tension
  - radical mood swings such as sudden sadness or increased sensitivity in social situations
  - persistent, extreme anger, irritability, or increased interpersonal conflicts
  - loss of interest in usual or favorite activities
  - poor concentration
  - fatigue, general lack of energy
  - changes in appetite such as overeating or cravings for specific foods
  - difficulty sleeping or sleeping too much
  - feeling overwhelmed or out of control
  - physical symptoms such as bloating, breast tenderness, headaches, and muscle pains

### Treatment of PMDD

- Treatment depends on many issues relating to a woman's specific symptoms, the seriousness of the overall symptomology, the individual patient's profile, and the treatment preferences of the doctor.
- The most effective treatment currently in use is one of the selective serotonin reuptake inhibitors, such as Prozac, Zoloft, Paxil, and Celexa.
- These drugs were originally developed to treat depression.
- They trigger changes in the brain's balance of neurotransmitter chemicals, particularly serotonin, and can significantly reduce both the psychological and the physical symptoms commonly associated with PMDD for many women.
- There are other treatments that are somewhat beneficial, including dietary changes, various relaxation and stress-reduction strategies, hormone therapy, and regular exercise.