**15 The skin, and temperature control**

Self-assessment questions 15.01

**1** From the list below, select the most appropriate words or phrases to complete the

following sentences.

 (a) Our skin protects us against …..(A) …..and …..(B)…..

 (b) Our skin helps to control ….. (C) ….. and …..(D) …..

 *touch and pressure, ultraviolet light, bacteria, evaporation of water, heat from the sun, body*

 *temperature.*

**2** Name the two main layers of the skin.

**3** What are the main functions of (a) the basal (Malpighian) layer, (b) the cornified layer of the skin?

**4** Make a list of the structures you would expect to find in the dermis.

**5** What are likely to be (a) the coldest, (b) the warmest parts of the body?

**6** What, approximately, is the normal range of body temperature?

**7** List the ways in which the body might lose heat.

**8** What (a) internal, (b) external events contribute to gain of heat in the body?

**9** (a) What is 'vaso-constriction'?

 (b) What are the effects of vaso-constriction in the skin?

**10** Why should shivering contribute to heat gain in the body?

**11** (a) What is meant by 'vaso-dilation'?

 (b) What are the effects of vaso-dilation in the skin?

**12** Sweating, by itself, will not cool the body. What has to happen to sweat if it is to have a

cooling effect?

**13** What do you understand by the term hypothermia?

**14** Name two ways in which the chances of hypothermia can be reduced during outdoor

activities.