

Homeostasis Handout

As you work your way through the homeostasis introduction presentation, answer the following questions to help you collect the relevant information.

- 1. What is the purpose of homeostasis?**
- 2. Give some examples in which our body tries to maintain homeostasis:**
- 3. What are some examples of optimal conditions in the human body?**
- 4. Why is homeostasis not considered to be a steady state?**
- 5. Listed below are the 3 important components that provide feedback to the body. Describe the role that each plays in homeostasis:**
 - I. Monitor/Receptor**

II. Control Centre/Integrator

III. Effector

6. Why might the body sometimes go outside normal homeostasis ranges?