

What is the difference between the sympathetic nervous system and the parasympathetic nervous system?

The sympathetic nervous system controls your flight or fight reactions. When you are in a stressful situation, it kicks in and opens up your pupils and engages your reflexes. The parasympathetic nervous system (so named because it is parallel above and below the sympathetic nervous system, not because of its function) controls rest, recovery and relaxation.

How are the endocrine system and the nervous system different in their regulation of homeostasis?

The brain sends electrical signals through the nervous system through charged particles in the nerves. It is very fast, efficient and direct, targeting specific organs. Moving your fingers is a good example of something controlled by the brain nervous system.

The endocrine system secretes chemicals, called hormones, which drift through the blood stream and eventually (in a time of seconds to months) enter the organs they were designed to help. It is a very slow and less specific from the nervous system.

I was confused as to the definition of homeostasis, as it wasn't covered in the lecture, but I looked it up and it is, from Answers.com: The ability or tendency of an organism or cell to maintain internal equilibrium by adjusting its physiological processes. I don't how moving your fingers maintains internal equilibrium, but adrenaline production, which can be performed by either system, would be helping to restore equilibrium.