**Sexual Arousal & Response – Topics and Questions**

1. Know that the cerebral cortex (outer layer of the cerebral hemispheres) is responsible for fantasies (which can facilitate sexual arousal).

2. Know that the hypothalamus (part of the limbic system) may respond to direct electrical stimulation by causing intense sexual pleasure and orgasm.

3. Know the following terms and their meanings:

erogenous zones

primary erogenous zones

secondary erogenous zones

4. Know the following terms and their meanings

aphrodisiac

anaphrodisiac

5. Know whether alcohol acts on the brain as a stimulant or depressant.

6. Know which one of the following is most dependent on testosterone levels:

a) sexual desire (libido) OR b) sexual functioning

7. Know three lines of evidence linking testosterone to sexual motivation in males.

In other words, how do the following show that testosterone is important to male sex drive?

(1) castration

(2) antiandrogens

(3) hypogonadism

8. Know what hormone is most closely linked to sexual desire in women.

9. Know which one of the following measurements of testosterone is most closely linked to sexual desire:

a) total testosterone OR b) bound testosterone OR c) free testosterone

10. Know the hormone that is secreted in greater amounts during cuddling and physical intimacy and

know that this hormone facilitates emotional bonding and trust between humans.

11. Helen Singer Kaplan described a three-stage model of sexual response.

Know the names of the three stages in Kaplan’s model.

Which stage is found in Kaplan’s model but not in Masters’ & Johnson’s model?

12. Masters and Johnson have developed a model for characterizing sexual response patterns.

Know about the following parts of the model:

excitement phase

plateau phase

orgasm

resolution

refractory period

For each of the above phases or periods, be able to describe what happens

OR given a description of what occurs, be able to name the phase or period.

13. Know the two fundamental physiologic responses to effective sexual stimulation that occur in both men and women. In other words, know the following technical / clinical terms and what they mean:

(1) myotonia

(2) vasocongestion

14. Know the names of the two types of orgasm that women were thought to experience according to the theories of Freud.

15. Know the location of the Grafenberg Spot (G Spot) and the events that occur upon effective stimulation of the spot.

16. Know how aging in women effects the following:

lubrication

vaginal walls and vaginal size

orgasmic contractions

rate of resolution

17. Know how aging in men effects the following:

rate of erectile response

duration of plateau phase

orgasmic contractions

rate of resolution

duration of refractory period

18. Know how sexual response of men and women differ in terms of:

variability

refractory period

multiple orgasms