

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