

REPRODUCTIVE SYSTEM

- **reproduction** must take place and be successful for species to survive
 - **F:** produce genetically unique **offspring** → by mixing of genetic material of both parents

MARE

ANATOMY



CERVIX

- approx. 7cm long thick sphincter - **uterine neck** - separating uterus/vagina.
- very **tight/closed** → protection of foetus/uterus against pathogens
- relaxed/opened during oestrus (more in season) → let sperm pass
- highly **folded** → slow passage of sperms → ↑ time period for conception

UTERUS

- muscular sac consisting of **body** (± 49cm) + 2 **horns** (± 25cm) + **cervix**
- 3 layers: connective tissue (C) + muscle (M) + **endometrium** with mucus (L)
- **F:** embryo development (uterine horn) + semen transport + luteolysis

FALLOPIAN TUBES = OVIDUCTS

- approx. 25-30cm long coiled muscular tubes
- **infundibulum** - funnel shaped end of oviduct surrounding ovulation fossa - **F:** transport egg to oviduct
- place of **fertilisation** - embryo passes to uterine horn/non-fertilised egg stays there until disintegrate

OVARIES

- bean shaped due to **ovulation fossa** - **ovulation area**
- **size varies** → 4-8cm x 4-6 cm in oestrus / 1/2 in winter
- 3 layers:
 1. **cortex** - oogenesis, follicles, corpus luteum, ...
 2. **medulla** - nerves, vessels, lymph tissue, connect. tissue.
 3. **tunica albuginea** - protecting single cell fibrous capsule.
- **activity:** - little until puberty (10-24 months)
 - regular from 2yo - during each oestrus
- born with many immature eggs → no production during life.
- follicles can degenerate during each stage of development



- ① **primordial follicle**
 - present at birth
 - oogenesis/primary oocyte
 - 1L of flat epithelial cells



- ③ **primary follicle**
 - present prior to puberty (10-12)
 - primary oocyte (64 Cr - full)
 - 1L of cuboidal F cells secreting F fluid → zona pellucida.
 - theca membrane surround. F

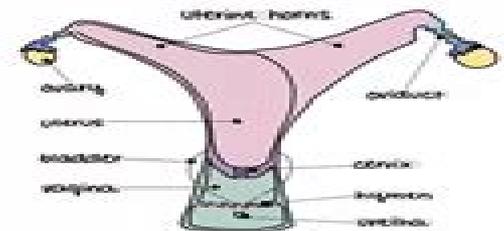
- ⑤ **secondary follicle**
 - following puberty (11)
 - secondary oocyte (32 Cr)
 - more L of F cells
 - theca membrane - 2 L

VULVA

- **external opening** of genital tract
- **lips** - arranged vertically right below anus
 - form **vulval seal** - protection against pathogens
- **clitoris** - seen during "winking"

VAGINA

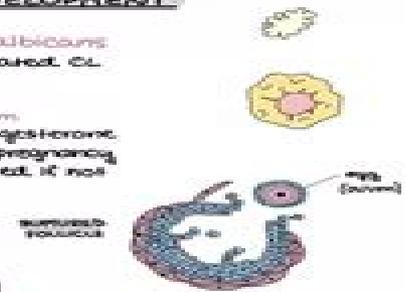
- approx. 20cm long muscular tube, very elastic
- secretes **acid** → kills bacteria + sperms
- **hymen** - fold separating 2 parts of vagina.
- **F:** protects uterus from pathogens + entrance for penis



FOLLICULAR DEVELOPMENT

- ② **Corpus albicans**
 - degenerated CL

- ⑥ **Corpus luteum**
 - secretes progesterone
 - kept during pregnancy
 - degenerated if not



- ⑦ **Granulosa follicle**
 - prior to ovulation (6)
 - mature oocyte
 - antrum filled by F fluid
 - oocyte moves to edge
 - size > 3cm (can be felt)
 - TLH → rupture → ovulation
 - egg released.

Human Reproduction Jones Study Guide

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defender the wr will give the football to the db after the drill the db will hand the football to the qb in the db s new line 6 points are awarded for each td the coach keeps score

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mar 24 2020 1 routes at home or in a park flag football players can practice running different routes on their own simple routes such as 5 yard curls out routes and deep routes are good ones to practice a 5 yard curl route consists of the player running in a straight line and then turning around to catch the ball

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the flag football practice plan outlined above is used for the first practice after a game during all other practices i replace the film screening and weight training with a solid rotation of position drills and special teams

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breaking in the direction of sidelines after a catch and catching the ball at the highest possible point is important in flag football drills and plans flag football drills should also include strengthening the defense in situations like a hand off and

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effective practicing have a plan showing up to practice with a plan or script for how things should be run is a way to take pressure off of you and your coaching staff and will provide your players with constant instruction and interaction the following different drills will address areas of the game of flag football o o x x

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