

Name: .....

Date: .....

Year: .....

**EXERCISE 15.3: OVULATION, MENSTRUATION & MENSTRUAL CYCLE**

1. In each month, a woman will experience her menstrual cycle. On the 14<sup>th</sup> day of the woman's menstrual cycle, an egg is released from the oviduct. What is the name given to this process?

- A. Fertilisation
- B. Implantation
- C. Menstruation
- D. Ovulation

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2. The menstrual cycle is shown in Figure 1 below. Name process X and process Y.

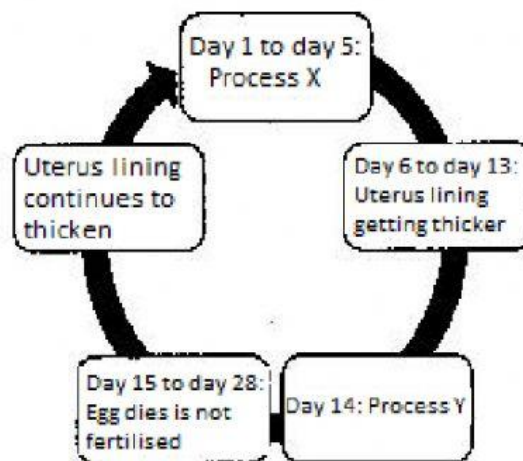


Figure 1

	Process X	Process Y
A	Menstruation	Ovulation
B	Ovulation	Menstruation
C	Fertilisation	Period
D	Puberty	Menstruation

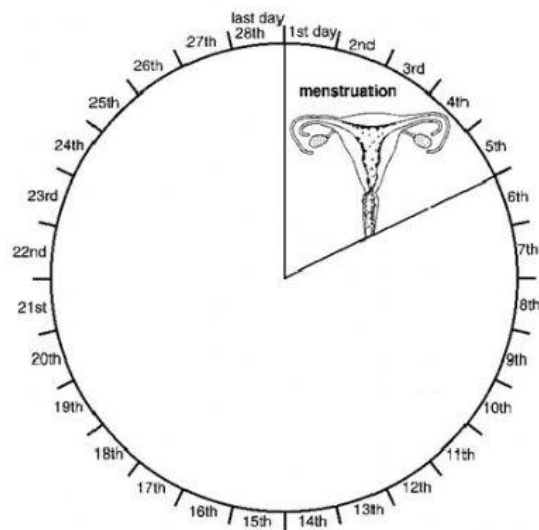
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3. A woman ovulates on the 2nd of October. In which week will her next menstrual period begin?

October							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week				1	2	3	4
A.	5	6	7	8	9	10	11
B.	12	13	14	15	16	17	18
C.	19	20	21	22	23	24	25
D.	26	27	28	29	30	31	



4. The diagram below shows the average woman's menstrual cycle.



- (a) What is menstruation?

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- (b) Name this process of releasing an egg from an ovary on day 14.

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- (c) Explain what would happen to the egg when sperms surround it.

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5. Study the diagram of the menstrual cycle of a woman in Figure 2.  
Answer the following questions.

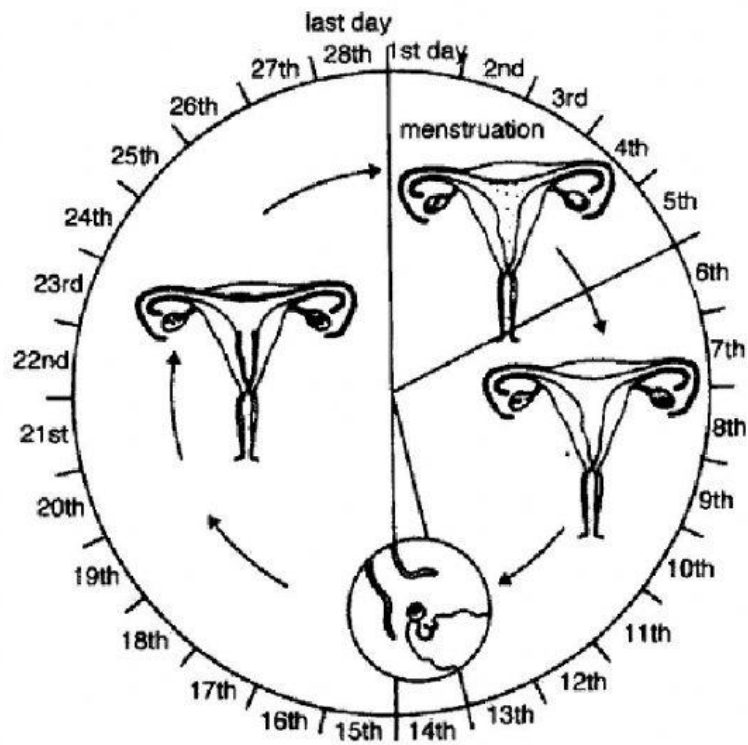


Figure 2

- (a) (i) Which day in the menstrual cycle does the uterus lining begin to break down?

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- (ii) When does ovulation take place during the menstrual cycle?

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- (b) X is released during the process of ovulation. What is X?

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