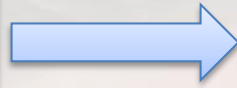




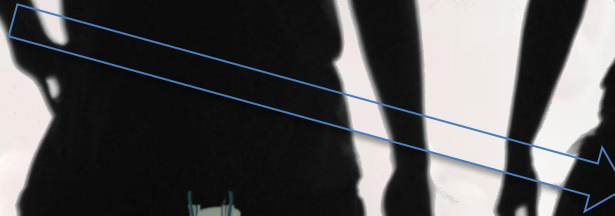
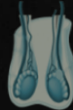
23. From adolescence to puberty

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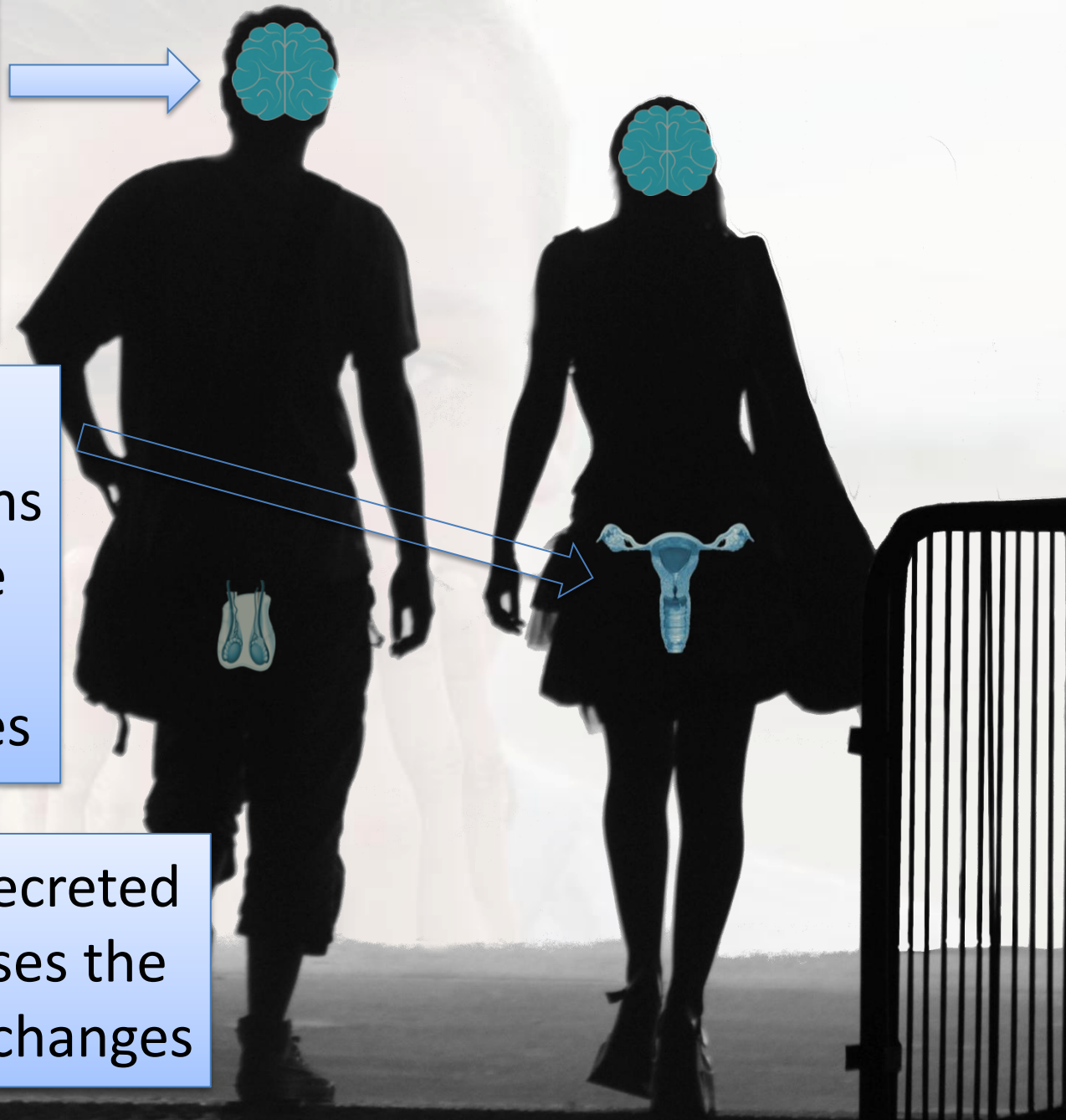
1. Puberty begins when hormonal activity changes and increases in your brains



2. The hormonal changes in the brains start the hormone production in the testicles and ovaries



3. The hormones secreted from genitalia causes the physiological body changes



Physiological changes

- Sweating → you might sweat more and the sweat has a distinctive odour
- Hair starts to grow around genitalia and armpits
- Skin starts to secrete more grease (hygiene!)
- Hair gets greasier
- Growth spurt
- Your body measures change

Growth is individual

Social well-being

Physical changes
take about 3-4
years

Girls: 10 y.o.
Boys: 13 y.o.

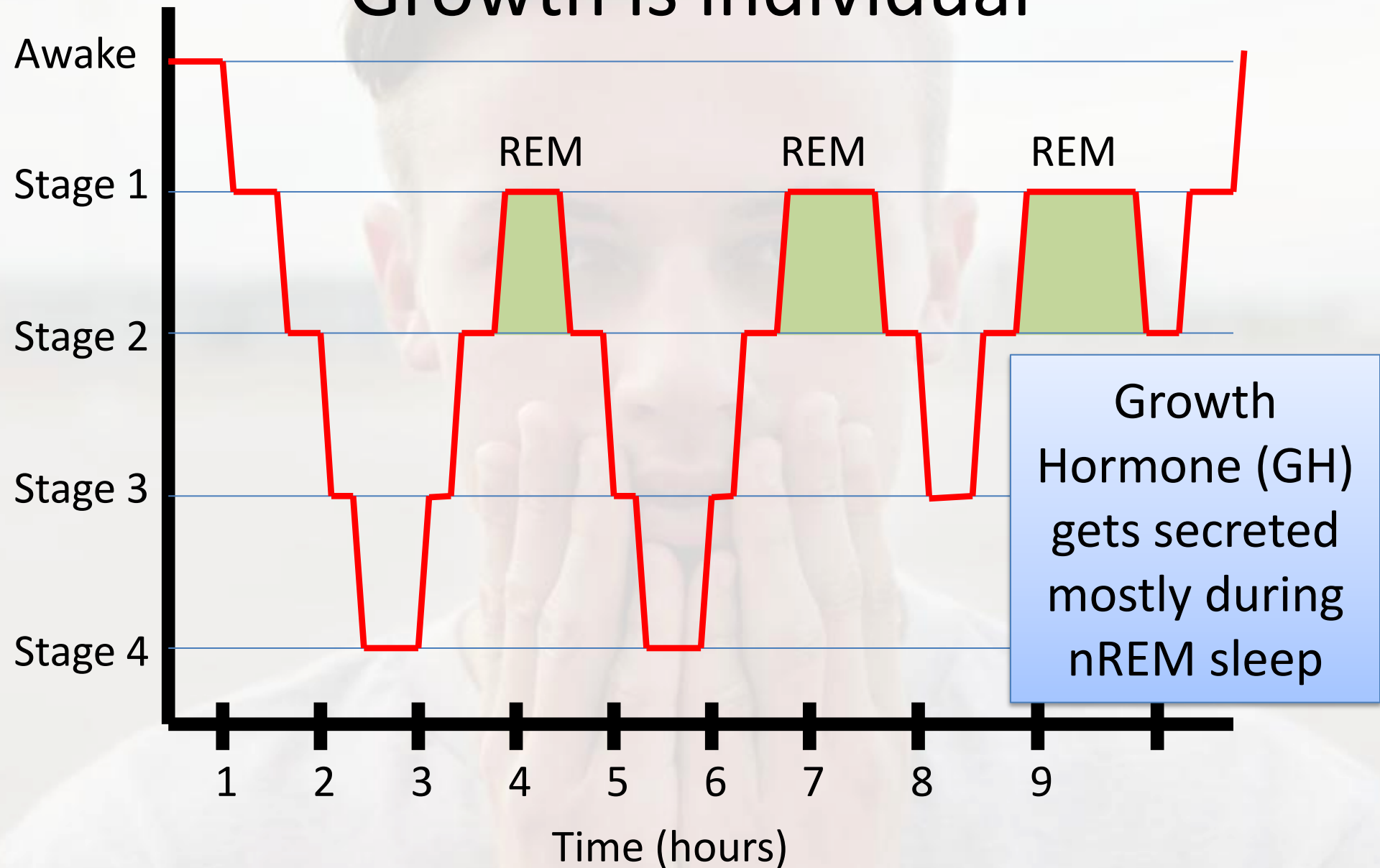
Mental and social
changes can take
double the time



Physical well-being

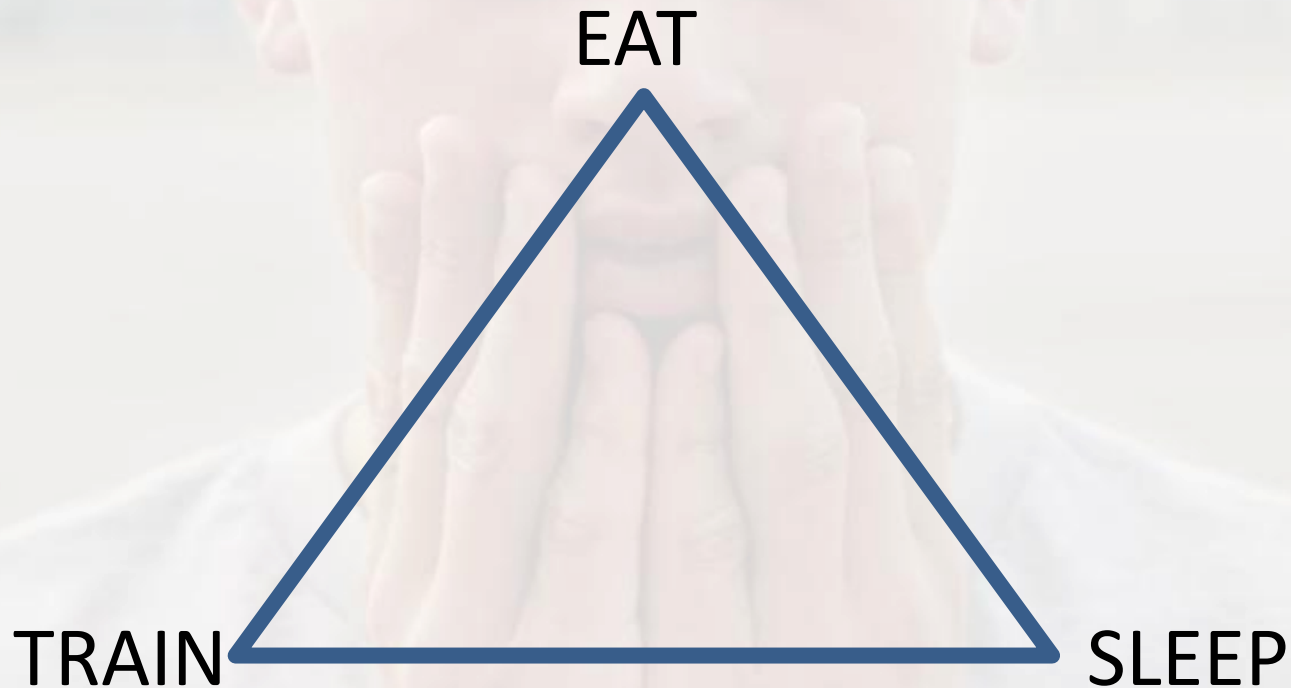
Mental well-being

Growth is individual



Growth is individual

- When you sleep 9 hrs a night you get enough GH and your growth proceeds normally



Mental changes cause mood swings

- Your body undergoes the biggest change in your life
- Becoming adult and claiming responsibility of yourself is another big change and it takes time to adjust
- During hard times you might **regress** to an earlier adopted behavior -> Pouting, cursing, shouting etc.



Homework

- What does it mean to be an adult? Write down your thoughts
- Come up with 2-3 things typically related with adulthood