

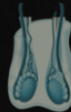
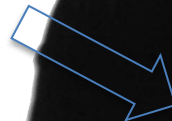
25. From boy to man

Joonas Jokinen M.A. Sport Sciences

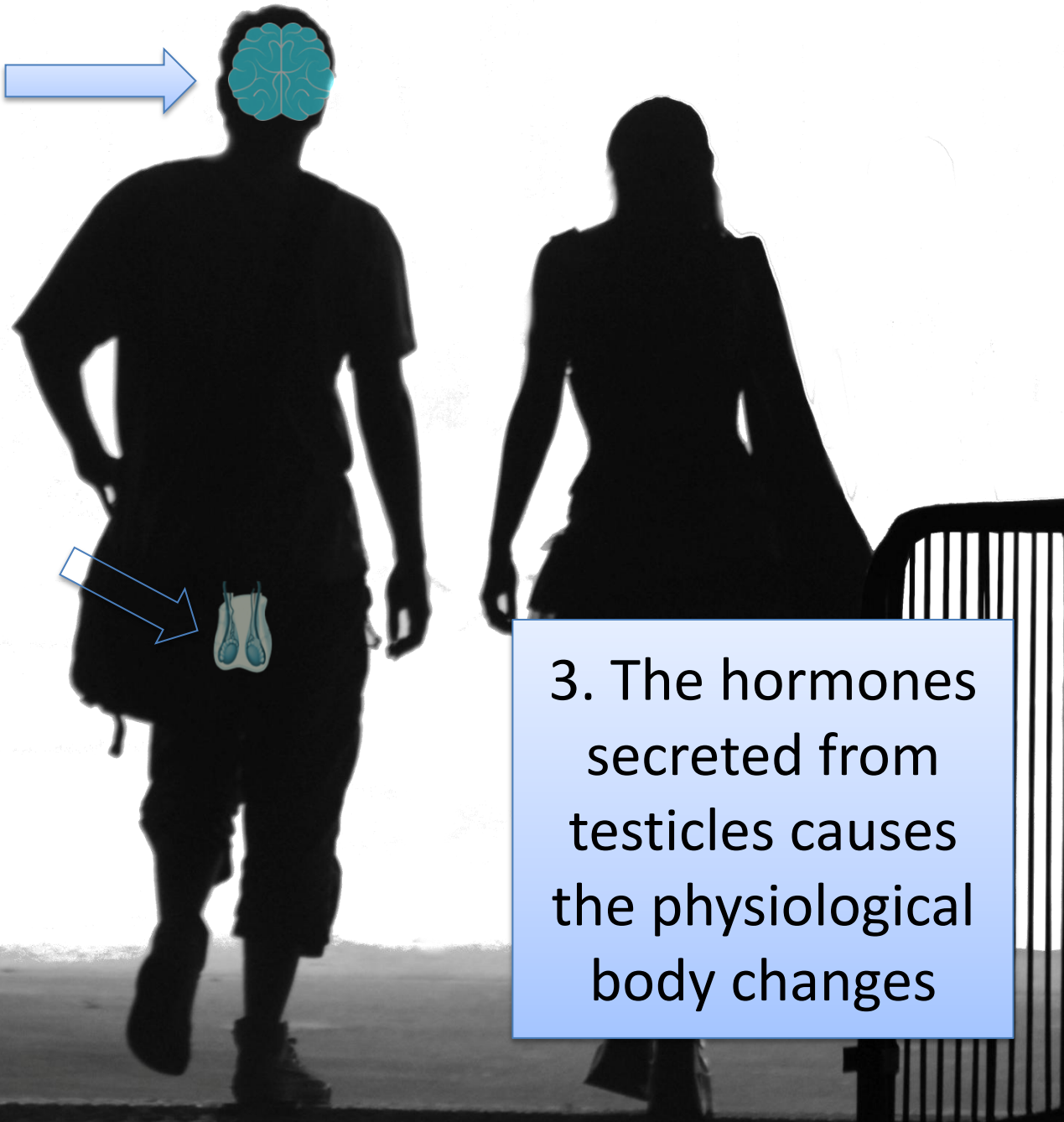
1. Puberty begins when hormonal activity changes and increases in your brains



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



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



Physiological changes

- The changes happen at an individual pace
- Comparison with others is pointless
- Even though some boys have grown rather big and tall during upper comprehensive school, it doesn't mean that they are expected to be men or required to act like men
- It's time to get to know the changing body and slowly assume the role of a grown up

The first signs of puberty start at ~12 y.o.

Physiological changes

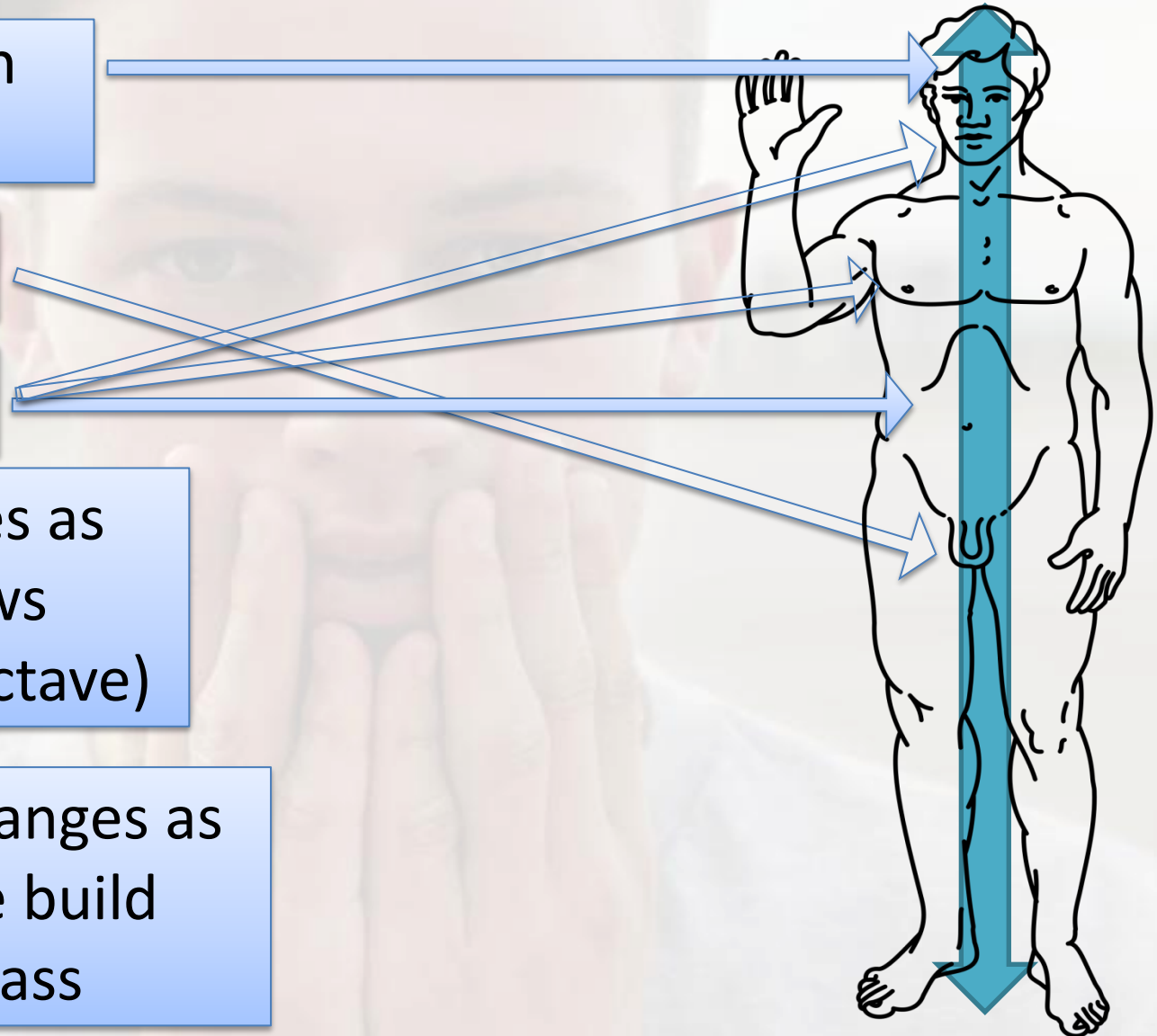
The growth in height

Testicles grow

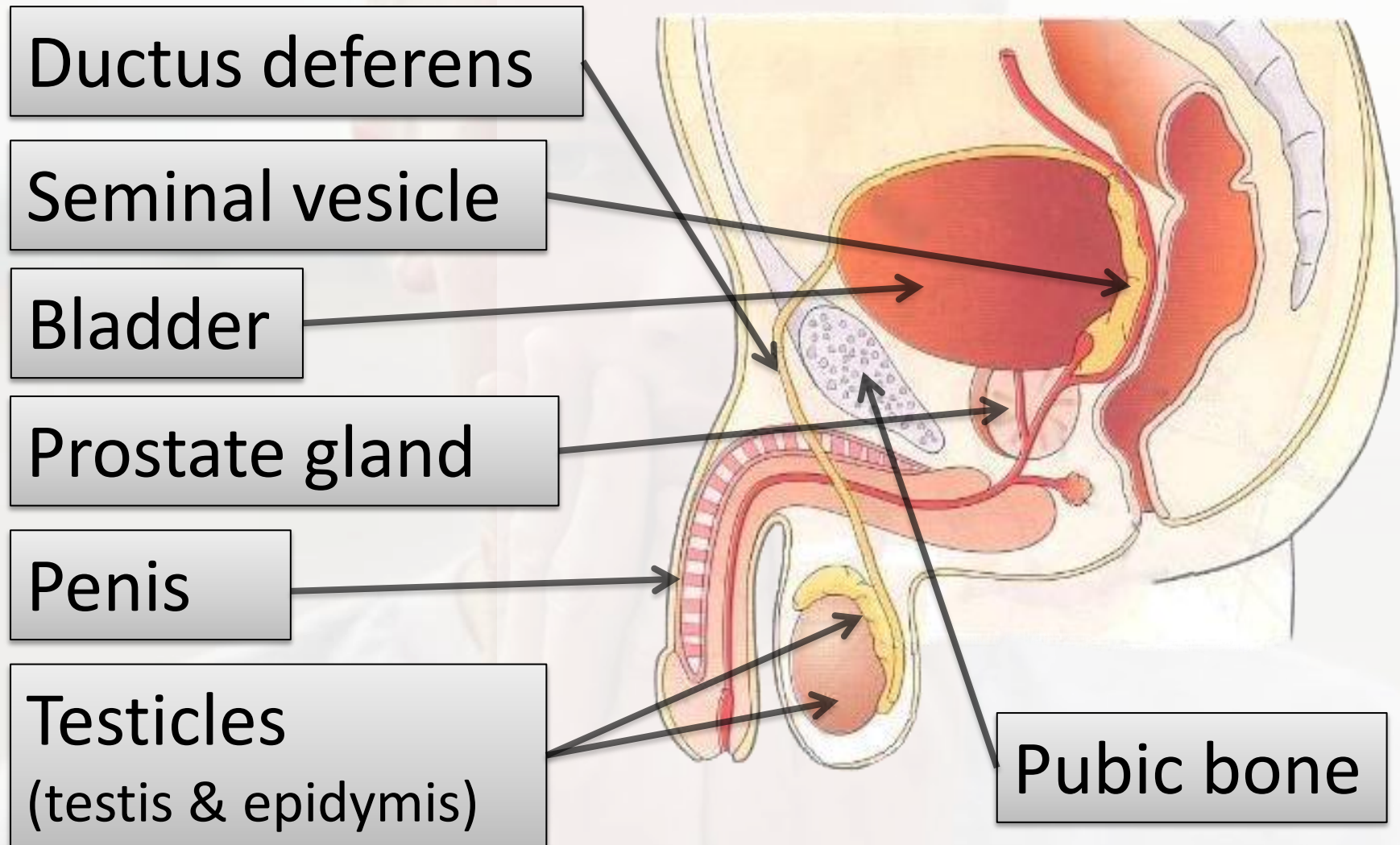
Hair growth

Voice changes as larynx grows
(deepens an octave)

Body shape changes as testosterone build muscle mass



Male reproductive system



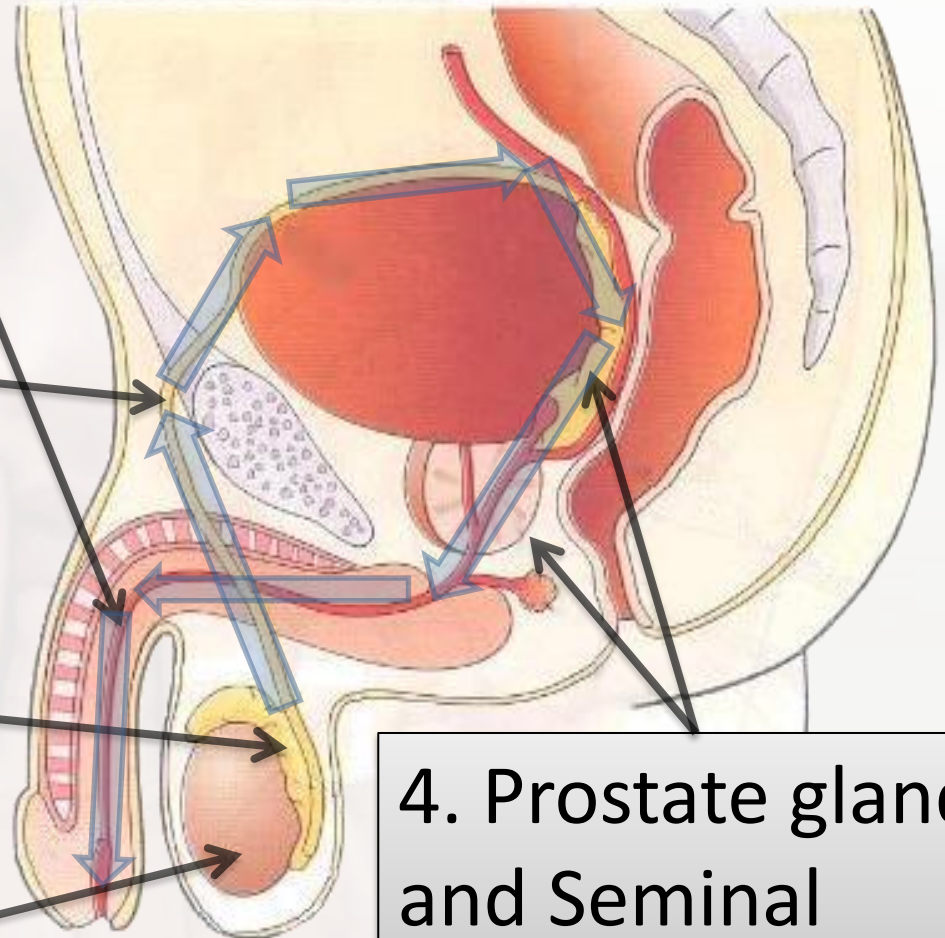
Ejaculation

5. The sperm gets discharged through urethra

3. Ductus deferens transports them

2. Epidymis stores them

1. Testis produces sperm cells



4. Prostate gland and Seminal vesicle secretion

Homework

- What does it mean to be sexually mature?
When does one become sexually mature?