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DEPARTMENT: NURSING

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QUESTION: WRITE SHORT NOTES ON THE FOLLOWING:

1. SEMEN
2. MALE ORGASM

1. **Semen**, also called seminal fluid, fluid that is emitted from the male reproductive tract and that contains sperm cells, which are capable of fertilizing the female eggs. Semen also contains other liquids, known as seminal plasma, which help to keep the sperm cells viable. Semen is an organic fluid that contains spermatozoa. It is secreted by the gonads (sexual glands) and other sexual organs of male or hermaphroditic animals and can fertilize the female ovum. In humans, seminal fluid contains several components besides spermatozoa: proteolytic and other enzymes as well as fructose are elements of seminal fluid which promote the survival of spermatozoa, and provide a medium through which they can move or "swim". Semen is produced and originates from the seminal vesicle, which is located in the pelvis. The process that results in the discharge of semen is called ejaculation. During the process of ejaculation, sperm passes through the ejaculatory ducts and mixes with fluids from the seminal vesicles, the prostate, and the bulbourethral glands to form the semen. The seminal vesicles produce a yellowish viscous fluid rich in fructose and other substances that makes up about 70% of human semen

The total volume of semen for each ejaculation of human male averages between 2 and 5 ml (0.12 to 0.31 cubic inch); In the sexually mature human male, sperm cells are produced by the testes (singular, testis); they constitute only about 2 to 5 percent of the total semen volume. As sperm travel through the male reproductive tract, they are bathed in fluids produced and secreted by the various tubules and glands of the reproductive system. The constituents of seminal fluid secretions are mainly citric acid, acid phosphatase, calcium, sodium, zinc, potassium, protein-splitting enzymes, and fibrolysin (an enzyme that reduces blood and tissue fibers).

1. **Male Orgasm**: Orgasm is a series of muscle contractions in the genital region that is accompanied by sudden release of endorphins. A Male orgasm refers to the peak of sexual pleasure. It causes a number of physiological reactions in the male body, including rhythmic contractions of the muscles of the penis and an increased heart rate, blood pressure, and respiration. The typical result of a male orgasm is ejaculation of sperm through muscle contractions, although not all men will ejaculate during an orgasm. Though it seems simple enough, the male orgasm is actually a complex process. Men achieve orgasm through a series of steps involving a number of organs, hormones, blood vessels, and nerves working together. The typical result is ejaculation of fluid that may contain sperm through strong muscle contractions. The fuel for the process leading to orgasm is testosterone, a hormone produced in steady supply by the testicles. The testicles also make millions of sperm each day, which mature and then are mixed with whitish, protein-rich fluids. These fluids nourish and support the sperm so they can live after ejaculation for a limited time. This mixture of fluid and sperm, known as semen, is what is moved through the urethra and out the penis during orgasm.