**NAME: BELEMA SUCCESS**

**DEPARTMENT: NURSING**

**COLLEGE: MEDICINE AND HEALTH SCIENCES**

**COURSE: PHS 212**

**MATRIC NO: 18/MHS02/054**

**QUESTIONS**

**WRITE SHORT NOTE ON;**

1. **SEMEN**
2. **MALE ORGASM**

**SEMEN**

Semen, also known as seminal fluid, is a greyish white bodily fluid that is secreted by the gonads (sexual glands) and other sexual organs of [male](https://en.wikipedia.org/wiki/Male) or [hermaphroditic](https://en.wikipedia.org/wiki/Hermaphrodite) [animals](https://en.wikipedia.org/wiki/Animal) and can [fertilize](https://en.wikipedia.org/wiki/Fertilization) the [female](https://en.wikipedia.org/wiki/Female) [ovum](https://en.wikipedia.org/wiki/Ovum). It carries sperm or the spermatozoa and fructose and other enzymes that help the sperm to survive to facilitate successful fertilization. The whitish opalescence is due to the large amount of protein that it contains and its slightly turbid appearance is due to the spermatozoa contained within it.

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](https://en.wikipedia.org/wiki/Seminal_vesicle), which is located in the pelvis. The process that results in the discharge of semen is called [ejaculation](https://en.wikipedia.org/wiki/Ejaculation). Semen is also a form of genetic material. In animals, semen has been collected for cryoconservation. [Cryoconservation of animal genetic resources](https://en.wikipedia.org/wiki/Cryoconservation_of_animal_genetic_resources) is a practice that calls for the collection of genetic material in efforts for conservation of a particular breed.

**MALE ORGASM**

The male orgasm is a complex system involving multiple hormones, organs, and nerve pathways.

The hormone testosterone, produced in the testicles, plays a central role by enhancing the sexual desire (libido) that leads to arousal, erection, and ultimately orgasm. By contrast, low testosterone not only decreases a man's energy and mood, it makes him less responsive to sexual stimuli, both physical and mental.With that being said, a man often only requires physical stimulation to achieve arousal, while women typically need physical and mental stimulation to achieve the same.

Men differ from women in that their orgasms, the climax of the sexual response come on faster and are shorter than women's. By and large, the male orgasm will last for five to 10 seconds. Women will last 10 to 15 seconds on average, although some have reported orgasms that last as long as a minute (a virtual impossibility for men).

The male ejaculate, [semen](https://www.verywellhealth.com/facts-about-semen-an-indication-of-health-status-2328524), is comprised of sperm cells and seminal fluid, the latter of which contains phosphorylcholine (an enzyme that aids in fertility) and fructose (which provides fuel for sperm). The average volume of semen expelled by a healthy man is around a teaspoon.

There are four phases of male orgasm:

1. Arousal
2. Plateau
3. Orgasm
4. Resolution and Refraction

The male orgasm is a complex experience. The major function of the male orgasm is to ejaculate sperm, although not all men will ejaculate during an orgasm. Beyond delivering pleasure, the role of the female orgasm is less clear, although it may help move the sperm closer toward the ovum (egg).