

EXAM-DAY · 90-MIN REVISION CARD

Human Reproduction

Print this · Fold it · Carry to the exam-hall gate · Revise once · Then walk in.

FORMULAS & KEY RESULTS

Day 1 of cycle = first day of bleeding (NOT ovulation)

Ovulation = Day 14 (28-day cycle) — triggered by LH SURGE

Fertilisation site = AMPULLA of fallopian tube

Implantation = Day 6-7 post-fertilisation (blastocyst stage)

Spermatogenesis yield = 1 spermatogonium → 4 sperm

Oogenesis yield = 1 oögonium → 1 ovum + 2-3 polar bodies

FSH → Sertoli (sperm support);
LH → Leydig (testosterone)

hCG = placental hormone; maintains corpus luteum + basis of pregnancy test

Colostrum = first milk; rich in IgA antibodies

Oxytocin = parturition + milk ejection (positive feedback)

Prolactin = milk synthesis

Duct sequence (male): Rete → Efferent → Epididymis → Vas deferens → Ejaculatory → Urethra

TOP 5 PYQ PATTERNS

1 T.S. seminiferous tubule labelling

3 marks · 90% of years

Always label Sertoli (INSIDE) vs Leydig (OUTSIDE) — examiners flag this.

2 Menstrual cycle phases + hormone graph

5 marks · 95% of years

4 phases + 4 hormone curves + LH SURGE annotation.

3 Spermatogenesis vs Oogenesis comparison

3 marks · 80% of years

Tabulate: site, start time, yield, arrests, ploidy at each stage.

4 Female reproductive system labelled diagram

5 marks · 85% of years

Mark 'ampulla = site of fertilisation' explicitly.

5 Placenta role in pregnancy

3 marks · 75% of years

Structural + nutritive + endocrine (hCG, hPL, estrogen, progesterone, relaxin).

90-MIN REVISION FLOW

0-15 min

Memorise male duct sequence (RE-V-E-V-E-U) and male accessory glands (seminal vesicles, prostate, bulbourethral). Sketch labelled male system.

15-30 min

Sketch female system + ovary L.S. Annotate ampulla = fertilisation. Drill 3 quick test MCQs on anatomy.

30-50 min

Spermatogenesis and oogenesis flowcharts side-by-side. Drill the 3-mark comparison topper template. Mark all ploidy values.

50-70 min

Menstrual cycle: redraw the 4-hormone graph from memory; annotate Day 1, Day 14 LH surge, luteal progesterone plateau. Practise the 5-mark topper template.

70-85 min

Fertilisation → blastocyst → implantation → placenta hormones. Memorise hCG, hPL, estrogen, progesterone, relaxin.

85-90 min

Parturition (oxytocin positive feedback) + lactation (prolactin synth, oxytocin ejection, colostrum IgA). Final scan of misconceptions list.

Confidence, not anxiety. You've practised this all year. Trust your steps. Don't change strategy on exam morning.
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