



# Sexual Intercourse

## Male Sex Act

**Erection**

**Ejaculation**

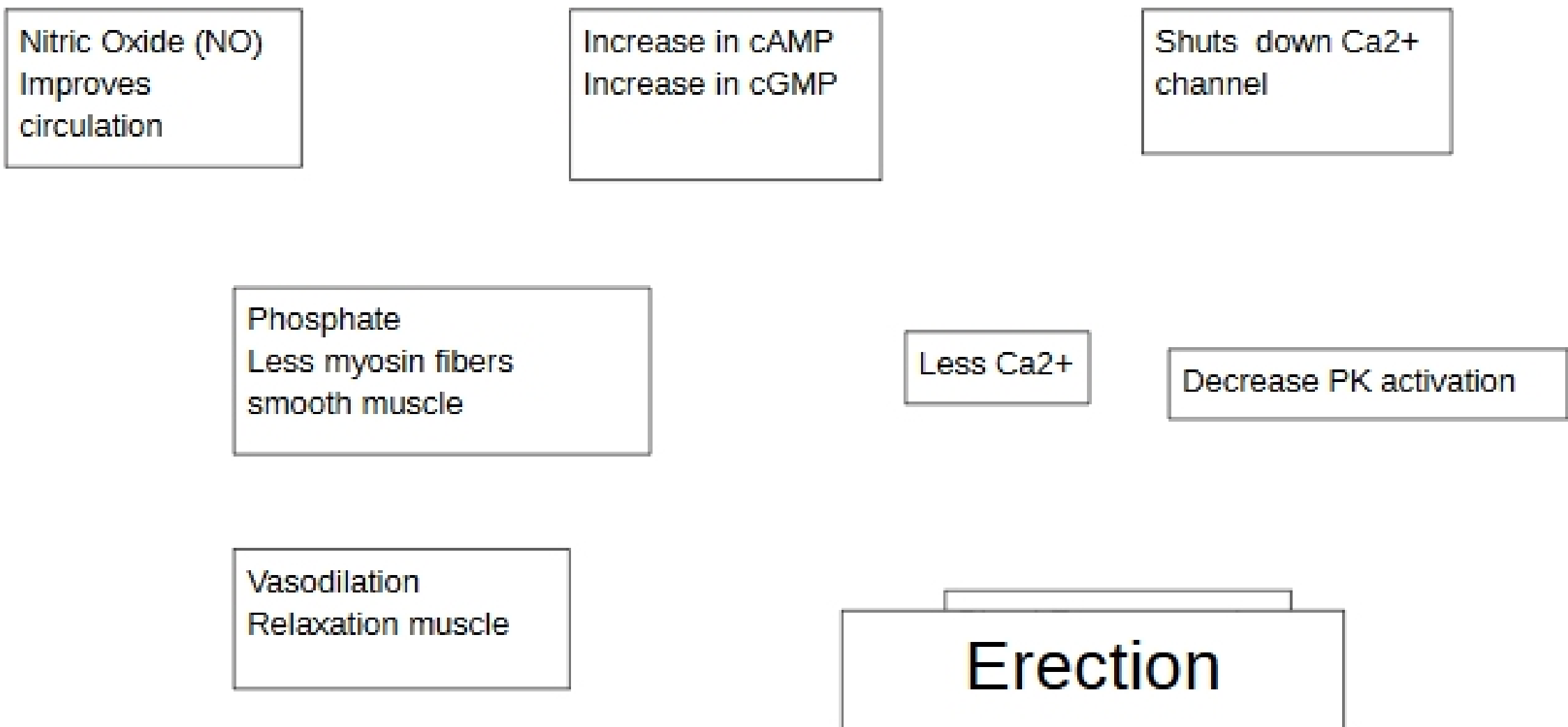
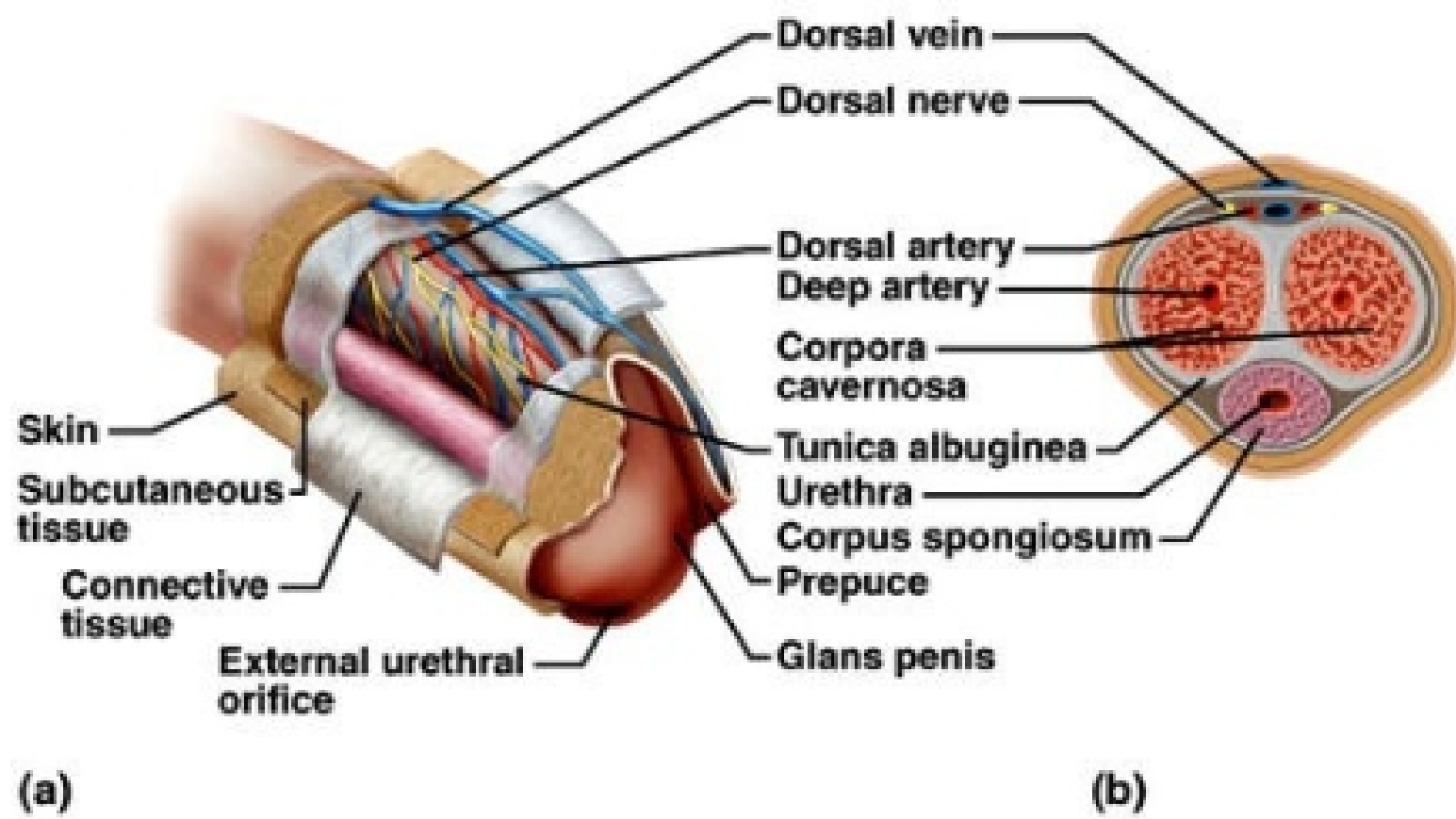


### **Erection:**

- Erections are not caused by the contraction of skeletal muscle
- Erections are the engorgement of blood into three (3) columns of "spongelike", vascular space
  - o These columns extend the length of the penis
  - o Incur simultaneous activation of the nervous system
- Increase in parasympathetic stimulation (rest and digest) **AND** decrease in sympathetic inhibition (fight or flight)
  - o Sympathetic inhibition – promotes sexual arousal

**This creates vasodilation of arteries and compression of the veins**

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## Ejaculation:

- Increase in sympathetic stimulation of smooth muscle to deliver sperm to urethra
- The sphincter will contract to the bladder preventing flow of urine
- Urethra fills with sperm → triggers skeletal muscles at the base of the urethra/penis

The **muscles begin to contract**; this is known as the **orgasm**.

Contractions are generally in 0.8s intervals

Males experience a refractory period afterwards. While the refractory period varies widely among individuals, ranging from minutes to days, most men cannot maintain or achieve an erection during this time, and many perceive a psychological feeling of "satiation" and are temporarily uninterested in further sexual activity; the penis may be hypersensitive and further sexual stimulation may even feel painful during this time frame.

- The increased pressure in the penis expels the semen filled with sperm

## Female Sex Act

Sex Flush

Tenting

**Same 2<sup>nd</sup> messenger pathway and neural controls as male, but  
different location**

*sexual arousal :*

occurs throughout vagina\*

- External genitalia (blood engorgement – similar to erection)