

Quiz – Fear: Body Alert

1. The fight-or-flight reaction
 - A. prepares the body for vigorous muscle activity.
 - B. decreases an organism's chances for survival.
 - C. is a learned response to a frightening situation.
 - D. does not require brain activity.

2. What part of the brain is the "fear emotion center"?
 - A. Hippocampus
 - B. Amygdala
 - C. Medulla
 - D. The brain is not involved in making a fear response.

3. Which part of the brain sends signals to many parts of the body involved in the fight-or-flight reaction?
 - A. Hypothalamus
 - B. Hippocampus
 - C. Cerebrum
 - D. Only hormones trigger this reaction.

4. Stress is best described as
 - A. A healthy response to daily life
 - B. The effect of low levels of adrenaline and cortisol
 - C. A prolonged fear response
 - D. The effect of the parasympathetic nervous system

5. Hormones are involved in making the fight-or-flight response because they
 - A. travel faster than nerve impulses.
 - B. only affect the circulatory, respiratory, and muscle systems.
 - C. have a longer lasting and more widespread effect.
 - D. travel only to the sweat glands, brain, and digestive system.

6. Which part of the nervous system carries impulses which act to increase heart rate, breathing rate, and blood flow to muscles?
 - A. sympathetic nerves.
 - B. parasympathetic nerves.
 - C. motor nerves of the reflex arcs.
 - D. sensory nerves of the reflex arcs.

7. What results if the fight-or-flight response does not shut down?
 - A. Homeostasis
 - B. Stress
 - C. Increased change for survival
 - D. Relaxation

8. Which hormone is present in high levels when a person has experienced long-term stress?
 - A. Adrenaline
 - B. Insulin
 - C. Cortisol
 - D. Thyroxin

9. Which endocrine gland is most closely associated with responses to a frightening situation?
 - A. Pancreas
 - B. Thymus
 - C. Thyroid gland
 - D. Adrenal gland

10. Branching nerves that causes the body to restore homeostasis by relaxing and restoring basic life processes are called
 - A. sympathetic nerves.
 - B. parasympathetic nerves.
 - C. motor nerves of the reflex arcs.
 - D. sensory nerves of the reflex arcs.