

1. Award: 10.00 points

_____ fibers provide input to the brain and spinal cord by carrying signals from receptors.

- Motor nerve
- Sensory nerve
- Afferent
- Bast

2. Award: 10.00 points

The somatic nervous system connects

- the small intestine to the pancreas and ensures the regulation of enzymes in the pancreas.
- the blood vessels to the lymph nodes to help in the formation of lymphocytes.
- nerve fibers to voluntary muscles and provides the brain with feedback about voluntary movement.
- the central nervous system to all the internal organs that cannot be voluntarily controlled.

3. Award: 10.00 points

Which of the following two branches make up the peripheral nervous system?

- parasympathetic and autonomic nervous systems
- somatic and autonomic nervous systems
- central and somatic nervous systems
- autonomic and sympathetic nervous systems

4.

Award: 10.00 points

The _____ nervous system helps to restore the body to a normal state after an emergency has passed.

- central
- sympathetic
- parasympathetic
- somatic

5.

Award: 10.00 points

Which of the following statements is true about the medulla?

- It is responsible for the regulation of heart rate, blood pressure, and respiration.
- It is the largest portion of the brain, involved in higher-order intelligence, memory, and personality.
- It receives and interprets sensory impulses that come from the peripheral areas of the body.
- It contains the somatosensory cortex, in which sensations of touch, pain, temperature, and pressure are registered and interpreted.

6.

Award: 10.00 points

The _____ coordinates voluntary muscle movement, the maintenance of balance and equilibrium, and the maintenance of muscle tone and posture.

- cerebral cortex
- cerebellum
- pons
- medulla

7.

Award: 10.00 points

Damage to the cerebellum is associated with

- loss of muscle tone and disturbances in posture.
- alterations in the rate of breathing.
- reduced blood flow to the left and right atriums of the heart.
- inability to regulate the endocrine system.

8.

Award: 10.00 points

The _____ is responsible for the coordination of visual and auditory reflexes.

- thalamus
- hindbrain
- midbrain
- hypothalamus

9.

Award: 10.00 points

Which of the following is a function of the hypothalamus?

- It serves as a link between the hindbrain and the midbrain.
- It is involved in higher-order intelligence, memory, and personality.
- It assists in the recognition of sensory stimuli and the relay of sensory impulses to the cerebral cortex.
- It acts as a transition center between thoughts generated in the cerebral cortex and one's internal organs.

10. Award: 10.00 points

The _____ lobe contains cortical areas responsible for auditory and olfactory (smell) impulses.

- temporal
- occipital
- parietal
- frontal

11. Award: 10.00 points

Epinephrine and norepinephrine are together termed as

- acids.
- catecholamines.
- platelets.
- enzymes.

12. Award: 10.00 points

Which of the following occurs when catecholamines are released in the body?

- decrease in sweating
- increase in digestion and urination
- constriction of capillaries of the heart
- blood is diverted to internal organs

13. Award: 10.00 points

_____ is a chronic, nonprogressive disorder of the nervous system that is marked by the lack of muscle control.

- Epilepsy
- Parkinson's disease
- Multiple sclerosis
- Cerebral palsy

14. Award: 10.00 points

The gene for _____ has been identified by a test, which also roughly predicts the age when one will succumb to the disease.

- multiple sclerosis
- Parkinson's disease
- epilepsy
- Huntington's disease

15. Award: 10.00 points

_____ is the paralysis of all four extremities and the trunk of the body. It occurs when the upper portion of the spinal cord is severed.

- Epilepsy
- Quadriplegia
- Polio
- Paraplegia

16. Award: 10.00 points

Identify a true statement about epilepsy.

- It results in progressive degeneration of the basal ganglia, a group of nuclei in the brain that control smooth motor coordination.
- It is incurable but can often be controlled through medication and behavioral interventions.
- It is caused by the disintegration of myelin, a fatty membrane that surrounds nerve fibers.
- It is a serious loss of cognitive ability beyond what might be expected from normal aging.

17. Award: 10.00 points

Patients with _____ have progressive degeneration of the basal ganglia, a group of nuclei in the brain that control smooth motor coordination.

- dementia
- Huntington's disease
- Parkinson's disease
- polio

18. Award: 10.00 points

A hereditary disorder of the central nervous system, _____ is characterized by chronic physical and mental deterioration.

- quadriplegia
- epilepsy
- Alzheimer's disease
- Huntington's disease

19.

Award: 10.00 points

The posterior pituitary lobe produces _____, which controls contractions during labor and lactation and is involved in social affiliation.

- oxytocin
- thyrotropic hormone (TSH)
- epinephrine
- adrenocorticotrophic hormone (ACTH)

20.

Award: 10.00 points

The _____ glands are small glands located on top of each of the kidneys.

- pineal
- pituitary
- thyroid
- adrenal

21.

Award: 10.00 points

The right atrium and right ventricle pump blood back to the lungs via the

- mitral valve.
- capillaries.
- aorta.
- pulmonary artery.

22. Award: 10.00 points

Atherosclerosis occurs:

- when the heart muscle is weakened by injury or illness.
- during an acute cardiovascular event, such as a heart attack.
- when deposits of cholesterol form plaques that narrow the arteries.
- when flow of blood from the right atrium to the right ventricle is interrupted.

23. Award: 10.00 points

_____ occurs when the heart has insufficient supply of oxygen or is unable to adequately remove carbon dioxide and other waste products.

- Angina pectoris
- Myocardial infarction
- Arrhythmia
- Ischemia

24. Award: 10.00 points

_____ occurs when a clot has developed in a coronary vessel and blocks the flow of blood to the heart.

- Myocardial infarction
- Angina pectoris
- Ischemia
- Glioblastoma

25. Award: 10.00 points

Blood cells are created in the _____.

- thyroid
- pineal gland
- bone marrow
- lymph nodes

26. Award: 10.00 points

The _____ are a type of blood-forming cells that produce white blood cells.

- osteoclasts
- myeloblasts
- erythroblasts
- megakaryocytes

27. Award: 10.00 points

Which of the following statements is true about platelets?

- They play an important role in healing by absorbing and removing foreign substances from the body.
- They contain hemoglobin, which is needed to carry oxygen and carbon dioxide throughout the body.
- They clump together to block small holes that develop in blood vessels, and they also play an important role in blood clotting.
- They contain granules that secrete digestive enzymes, which engulf and act on bacteria, turning them into a form conducive to excretion.

28. Award: 10.00 points

An adult's body contains approximately _____ liters of blood, which consists of plasma and cells.

- 9
- 7
- 3
- 5

29. Award: 10.00 points

Which of the following blood-forming cells produces platelets?

- myeloblasts
- megakaryocytes
- erythroblasts
- lymphoblasts

30. Award: 10.00 points

_____ results from below-normal numbers of red blood cells, and it interferes with the transportation of oxygen and carbon dioxide throughout the body.

- Peptic ulcer
- Anemia
- Lupus
- Urticaria

31. Award: 10.00 points

The _____, a muscular tube extending downward from the larynx, divides at its lower end into two branches called the primary bronchi.

- alveoli
- larynx
- pharynx
- trachea

32. Award: 10.00 points

The exchange of oxygen and carbon dioxide during respiration occurs between the

- primary bronchi and the secondary bronchi.
- alveoli and the capillaries.
- alveoli and the arteries.
- bronchioles and the arteries.

33. Award: 10.00 points

Respiratory movements are controlled by a respiratory center in the

- cerebellum.
- cerebral cortex.
- medulla.
- pons.

34. Award: 10.00 points

_____ accounts for 80 percent of all cases of chronic obstructive pulmonary disease (COPD).

- Hypertension
- Obesity
- Smoking
- Alcoholism

35. Award: 10.00 points

_____ is a secondary infection that may occur as a complication of other disorders, such as a severe cold or flu.

- Bronchial pneumonia
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Pleurisy

36. Award: 10.00 points

A critical function of the pancreas is the production of

- leptin.
- insulin.
- pepsin.
- oxytocin.

37.

Award: 10.00 points

The primary role of insulin is to

- facilitate the entry of glucose into the bodily tissues.
- diminish fat storage in the adipocytes.
- transport non-water soluble molecules into the bloodstream.
- stimulate gastric secretions to promote digestion.

38.

Award: 10.00 points

Bile is stored in the _____ and is secreted into the duodenum when necessary.

- gallbladder
- pancreas
- appendix
- lower intestine

39.

Award: 10.00 points

_____ is an open sore in the lining of the stomach or the duodenum.

- Hepatitis
- Gastroenteritis
- Peptic ulcer
- Appendicitis

40. Award: 10.00 points

Which of the following digestive system disorders is characterized by watery and frequent bowel movements and occurs when the lining of the small and large intestines cannot properly absorb water or digested food?

- peptic ulcer
- appendicitis
- gastroesophageal reflux disease (GERD)
- diarrhea

41. Award: 10.00 points

One of the chief functions of the kidneys is to

- control secretions in the cortex region of the adrenal gland.
- control the chemical composition of blood.
- control functioning of smooth muscle tissue in the digestive tract.
- control the water balance in the body.

42. Award: 10.00 points

Estrogen is responsible for

- the endometrial lining to move into the fallopian tube.
- the occurrence of menopause.
- preparing the body for pregnancy.
- the development of secondary sex characteristics in females.

43. Award: 10.00 points

_____ is produced by the interstitial cells of the testes under the control of the anterior pituitary lobe.

- Aldosterone
- Testosterone
- Progesterone
- Estrogen

44. Award: 10.00 points

_____ cancer is known to be the most lethal form of cancer that affects women.

- Vaginal
- Ovarian
- Endometrial
- Cervical

45. Award: 10.00 points

Genetic material for inheritance lies in the nucleus of the cell in the form of _____ chromosomes.

- 53
- 36
- 23
- 46

46. Award: 10.00 points

_____ is an example of an environmentally transmitted disease.

- Sickle cell disease
- Yellow fever
- Herpes
- Influenza

47. Award: 10.00 points

Toxigenicity is the ability to

- produce poisons which invade other parts of the body.
- resist the body's defenses.
- produce white blood cells in the body.
- reduce the risk of potential genetic disorders.

48. Award: 10.00 points

"Typhoid Mary" is an example of

- indirect transmission.
- mechanical transmission.
- non-invasive transmission.
- biological transmission.

49. Award: 10.00 points

The largest group of cells involved in natural immunity is known as

- lymphocytes.
- oocytes.
- osteocytes.
- granulocytes.

50. Award: 10.00 points

_____ release cytokines that lead to inflammation and fever and promote wound healing.

- Macrophages
- Lymphoblasts
- Neutrophils
- Megakaryocytes

51. Award: 10.00 points

_____ prevent the passage of microbes from one section of the body to another.

- Phagocytes
- Anatomical barriers
- Antimicrobial substances
- Inflammatory responses

52. Award: 10.00 points

_____ are chemicals produced by the body that kill invading microorganisms.

- Antimicrobial substances
- Phagocytes
- Inflammatory responses
- Anatomical barriers

53. Award: 10.00 points

_____ cells secrete chemicals that kill invading organisms and infected cells.

- Eosinophil
- Mast
- T
- B

54. Award: 10.00 points

Which of the following is true about specific immunity?

- It involves granulocytes and macrophages.
- It is only acquired following a vaccination or inoculation.
- It operates to identify "nonself" material.
- It is acquired after birth.

55. Award: 10.00 points

Which of the following bodily systems functions as the drainage system of the body?

- the immune system
- the lymphatic system
- the endocrine system
- the respiratory system

56. Award: 10.00 points

_____, a malignant lymphoma, involves the progressive, chronic enlargement of the lymph nodes, spleen, and other lymphatic tissue.

- Parkinson's disease
- Meningitis
- Epilepsy
- Hodgkin's disease

57. Award: 10.00 points

In an autoimmune disease,

- the treatment procedure is long-term, but it is easily curable.
- the body fails to recognize the existence of a foreign substance.
- white blood cells ingest microbes, causing an infection.
- the body recognizes its own tissue as a foreign invader and produces antibodies to fight it.

58. Award: 10.00 points

Regulation of the autonomic nervous system occurs via the sympathetic nervous system and the parasympathetic nervous system.

- True
 False

59. Award: 10.00 points

The parasympathetic nervous system is activated in individual responses to stress.

- True
→ False

60. Award: 10.00 points

The structures of the limbic system play an important role in stress and emotional responses.

- True
 False

61. Award: 10.00 points

The endocrine system is responsible for fast-acting, short-duration responses to changes in the body.

- True
→ False

62. Award: 10.00 points

The two primary clinical manifestations of atherosclerosis are angina pectoris and congestive heart disease.

- True
- False

63. Award: 10.00 points

Hepatitis A is typically transmitted through food and water.

- True
- False

64. Award: 10.00 points

Appendicitis means "inflammation of the liver," and the disease produces swelling, tenderness, and sometimes permanent damage.

- True
- False

65. Award: 10.00 points

Hepatitis E resembles hepatitis A but is caused by a different virus.

- True
- False

66. Award: 10.00 points

Progesterone increases when pregnancy fails to occur.

- True
- False

67. Award: 10.00 points

Menopause is a disorder of the reproductive system.

- True
- False

68. Award: 10.00 points

There appears to be a genetic contribution to coronary heart diseases and some forms of cancer.

- True
- False

69. Award: 10.00 points

Antigens are proteins produced in response to stimulation by antibodies.

- True
- False

70. Award: 10.00 points

Describe the two most common disorders of the nervous system.

The most common forms of neurological dysfunction are epilepsy and Parkinson's disease. Epilepsy is a disease of the central nervous system. It is often idiopathic, which means that no specific cause for the symptoms can be identified. Epilepsy is marked by seizures, which range from barely noticeable to violent convulsions accompanied by irregular breathing and loss of consciousness. Epilepsy cannot be cured, but it can often be controlled through medication and behavioral interventions designed to manage stress. Patients with Parkinson's disease have progressive degeneration of the basal ganglia, which is a group of nuclei in the brain that control smooth motor coordination. The result of this deterioration is tremors, rigidity, and slowness of movement. Parkinson's patients may be treated with medication, but large doses can cause undesirable side effects.

71. Award: 10.00 points

Describe the structure of the cardiovascular system. Include the internal and external factors influencing heart rate and its impact on the heart's functioning.

The cardiovascular system comprises the heart, blood vessels, and blood and acts as the transport system of the body. Blood carries oxygen from the lungs to the tissues and carbon dioxide from the tissues to the lungs. Blood also carries nutrients from the digestive tract to the individual cells so that the cells may extract nutrients for growth and energy. The heart functions as a pump, and its pumping action causes the blood to circulate throughout the body. The heart performs its internal functions through regular rhythmic phases of contraction and relaxation known as the cardiac cycle. A number of external factors also influence the rate at which the heart contracts and relaxes. During exercise, emotional excitement, or stress, the heart speeds up, and the cardiac cycle is completed in a shorter time.

72. Award: 10.00 points

Describe the nature and symptoms of hepatitis. Compare and contrast Hepatitis A and Hepatitis B, and explain their modes of transmission.

Hepatitis means inflammation of the liver, and it produces swelling, tenderness, and sometimes permanent damage. It remains in the blood, causing a yellowing of the skin known as jaundice. Hepatitis A is caused by viruses and is typically transmitted through food and water. It is often spread by poorly cooked seafood or through unsanitary preparation and storage of food. Hepatitis B, also known as serum hepatitis, is a more serious form. It is caused by a virus and is transmitted by the transfusion of infected blood, by improperly sterilized needles, through sexual contact, and through mother-to-infant contact. It is a particular risk among intravenous drug users. Its symptoms are similar to those of hepatitis A but are far more serious.

73. Award: 10.00 points

Discuss the role of genetic counseling. How can health psychologists use it effectively?

Genetic counseling is used in prenatal diagnostic tests that permit the detection of some genetically based disorders, including Tay-Sachs disease, cystic fibrosis, muscular dystrophy, Huntington's disease, and breast cancer. Helping people decide whether to be screened and how to cope with genetic vulnerabilities if they test positive represents an important role for health psychologists. For example, belief in a genetic cause can lead people to take medical actions that may be medically unwarranted. People who have a family history of genetic disorders, those who have already given birth to a child with a genetic disorder, or those who have recurrent reproductive problems, such as multiple miscarriages, often seek such counseling. In some cases, technological advances have made it possible to treat some of these problems before birth through drugs or surgery. Growing evidence suggests that people at risk for treatable disorders benefit from genetic testing and do not suffer long-term psychological distress. Health psychologists have an important role to play in research and counseling related to genetic risks, especially if they can help people modify their risk status and manage their distress.

74. Award: 10.00 points

Compare and contrast nonspecific and specific immune mechanisms. Provide an example for each.

The body has a number of responses to invading organisms, some nonspecific and others specific. Nonspecific immune mechanisms are a general set of responses to any kind of infection or disorder. The inflammatory response is an example of a nonspecific immune mechanism. Specific immune mechanisms are always acquired after birth, and they fight particular microorganisms and their toxins. Antibodies that develop with the help of foreign antigens are an example of a specific immune mechanism.