

Chapter 3: The Biological Person

Test Bank

Multiple Choice

1. A biological system providing structure and processes for communicating sensory and perceptual information is the _____ system.

- a. endocrine
- b. cardiovascular
- c. nervous
- d. immune

Ans: C

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Nervous System

Difficulty Level: Easy

2. A biological system that plays an important role in a person's growth, metabolism, development, learning, and memory is the _____ system.

- a. endocrine
- b. cardiovascular
- c. nervous
- d. immune

Ans: A

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Endocrine System

Difficulty Level: Easy

3. A biological system that is made up of organs and cells that work together to defend the body against disease is the _____ system.

- a. endocrine
- b. cardiovascular
- c. nervous
- d. immune

Ans: D

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Immune System

Difficulty Level: Easy

4. A biological system that is made up of the heart and the blood is the _____ system.

- a. endocrine
- b. cardiovascular
- c. nervous
- d. immune

Ans: B

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Cardiovascular System

Difficulty Level: Easy

5. A biological system that supports and protects the body and provides motion is the _____ system.

- a. endocrine
- b. cardiovascular
- c. musculoskeletal
- d. immune

Ans: C

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Musculoskeletal System

Difficulty Level: Easy

6. A biological system for which it is important for adolescents to develop an understanding of the structures and functions involved, as well as a value base, is the _____ system.

- a. endocrine
- b. cardiovascular
- c. reproductive
- d. immune

Ans: C

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Reproductive System

Difficulty Level: Easy

7. TBI is associated with the _____.

- a. nervous system
- b. endocrine system
- c. immune system
- d. musculoskeletal system

Ans: A

Learning Objective: LO 3.2

Cognitive Domain: Knowledge

Answer Location: Nervous System

Difficulty Level: Easy

8. Diabetes is associated with the _____.

- a. nervous system
- b. endocrine system
- c. immune system
- d. musculoskeletal system

Ans: B

Learning Objective: LO 3.1

Cognitive Domain: Knowledge

Answer Location: Endocrine System

Difficulty Level: Easy

9. AIDS is associated with _____.

- a. nervous system
- b. endocrine system
- c. immune system
- d. musculoskeletal system

Ans: C

Learning Objective: LO 3.1

Cognitive Domain: Knowledge

Answer Location: Immune System

Difficulty Level: Easy

10. _____ is a social construct based on socially accepted ideals of what it means to be male and female.

- a. Gender
- b. Sexual orientation
- c. Transgender
- d. Sex

Ans: A

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Reproductive Systems

Difficulty Level: Easy

11. _____ has been used to describe situations in which people's gender identity matches their assigned gender based on biological sex.

- a. Transgender
- b. Sexual orientation
- c. Cisgender
- d. Sex

Ans: C

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Reproductive Systems

Difficulty Level: Medium

12. _____ has been used to describe situations in which people's gender identity does NOT match their assigned gender based on biological sex.

- a. Transgender
- b. Sexual orientation
- c. Cisgender
- d. Sex

Ans: A

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Reproductive Systems

Difficulty Level: Medium

13. _____ refers to erotic, romantic, and affectionate attraction to people of the same sex (gay or lesbian), the opposite sex (heterosexual), both sexes (bisexual), or the lack thereof.

- a. Transgender
- b. Sexual orientation
- c. Cisgender
- d. Sex

Ans: B

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Reproductive Systems

Difficulty Level: Medium

14. _____% of women use contraception during their first experience with sexual intercourse

- a. 26
- b. 59
- c. 78
- d. 85

Ans: C

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Reproductive Systems
Difficulty Level: Medium

15. Which of the following is NOT true?
- a. Twice as many Blacks report being in poor health as Whites.
 - b. Twice as many Hispanics report being in poor health as Whites.
 - c. Twice as many Whites report being in poor health as Blacks.
 - d. All of the above are true.

Ans: C

Learning Objective: LO 3.4

Cognitive Domain: Comprehension

Answer Location: Exterior Socioeconomic Environment/Interior Health Environment

Difficulty Level: Medium

16. Which of the following is true?
- a. All Americans have the same access to health care.
 - b. People living in poverty are more at risk for poor health.
 - c. People living in wealth are more at risk for poor health.
 - d. None of the above are true.

Ans: B

Learning Objective: LO 3.4

Cognitive Domain: Comprehension

Answer Location: Exterior Socioeconomic Environment/Interior Health Environment

Difficulty Level: Medium

17. In men, which of the following glands contains the urethra?

- a. corpa cavernosa
- b. corpus spongiosum
- c. testes
- d. none of the above

Ans: B

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Reproductive Systems

Difficulty Level: Hard

18. The primary function of the _____, or male gonads, is to produce sperm.

- a. corpa cavernosa
- b. corpus spongiosum
- c. testes
- d. none of the above

Ans: C

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Reproductive Systems

Difficulty Level: Medium

19. Each individual has _____ pairs of uniquely shaped autosomal chromosomes.

- a. 18
- b. 19
- c. 21
- d. 22

Ans: D

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Reproductive Systems

Difficulty Level: Medium

20. The _____, also called the womb, serves as the pear-shaped home for the unborn child for the 9 months between implantation and birth.

- a. uterus
- b. ovary
- c. estrogen
- d. cervix

Ans: A

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Reproductive Systems

Difficulty Level: Medium

21. _____ facilitates sexual maturation and regulates the menstrual cycle in premenopausal women.

- a. A uterus
- b. An ovary
- c. Estrogen
- d. A cervix

Ans: C

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Reproductive Systems

Difficulty Level: Medium

22. Women's breasts are considered to be _____ sex characteristics because they do not have a direct function in reproduction.

- a. primary
- b. secondary
- c. tertiary
- d. partial

Ans: B

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Reproductive Systems

Difficulty Level: Medium

23. High blood pressure, often called the silent killer, is a major risk factor for _____.

- a. strokes
- b. heart attacks
- c. kidney failure
- d. all of the above

Ans: D

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Cardiovascular Systems

Difficulty Level: Easy

24. MS affects the _____, the insulating layer around nerve fibers.

- a. thyroid
- b. myelin
- c. marrow
- d. cartilage

Ans: B

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Musculoskeletal System
Difficulty Level: Easy

25. Which of the following can hamper the functioning of the immune system?

- a. vitamin deficiency
- b. excess weight
- c. diet high in fats
- d. all of the above

Ans: D

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Immune System

Difficulty Level: Medium

26. The _____, the soft tissue in the core of bones, is the largest organ in the body.

- a. lymph node
- b. marrow
- c. thymus
- d. spleen

Ans: B

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Immune System

Difficulty Level: Medium

27. _____ frameworks describe and explain human phenomena as sets of interrelated parts.

- a. Exchange
- b. Psychodynamic
- c. Systems
- d. Developmental

Ans: C

Learning Objective: LO 3.2

Cognitive Domain: Analysis

Answer Location: An Integrative Approach

Difficulty Level: Hard

28. Which of the following social work roles relates to health-related practice?

- a. researcher
- b. clinician
- c. service coordinator
- d. all of the above

Ans: D

Learning Objective: LO 3.5

Cognitive Domain: Comprehension

Answer Location: Implications for Social Work Practice

Difficulty Level: Medium

29. Social workers should understand the influence of exterior context, including _____ issues.

- a. cultural
- b. social
- c. political
- d. all of the above

Ans: D

Learning Objective: LO 3.5

Cognitive Domain: Comprehension

Answer Location: Implications for Social Work Practice
Difficulty Level: Medium

30. The most common cause of death in the United States is _____.

- a. cardiovascular disease
- b. AIDS
- c. lung cancer
- d. breast cancer

Ans: A

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Cardiovascular System

Difficulty Level: Medium

31. The great majority of school districts that have sex education policies

- a. provide condoms and other forms of birth control with parental permission
- b. require that abstinence be promoted
- c. do not provide any requirements for what is taught
- d. provide condoms and other forms of birth control without parental permission

Ans: B

Learning Objective: LO 3.5

Cognitive Domain: Comprehension

Answer Location: Reproductive Systems

Difficulty Level: Medium

32. The endocrine system regulates the secretion of hormones through a _____.

- a. neurotransmitter
- b. synapse
- c. feedback system
- d. neuron

Ans: C

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Endocrine System

Difficulty Level: Medium

33. A cell body with a nucleus and a conduction fiber is a(n) _____.

- a. axon
- b. synapse
- c. neurotransmitter
- d. neuron

Ans: A

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Nervous System

Difficulty Level: Medium

34. The basic unit of all the nervous systems is a(n) _____.

- a. axon
- b. synapse
- c. neurotransmitter
- d. neuron

Ans: D

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Nervous System
Difficulty Level: Medium

35. The connection between each axon and dendrite is actually a gap called a(n) _____.

- a. axon
- b. synapse
- c. neurotransmitter
- d. neuron

Ans: B

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Nervous System

Difficulty Level: Medium

True/False

1. The right and left sides of the heart contract together.

Ans: T

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Cardiovascular

Difficulty Level: Easy

2. Parasympathetic activities increase the heart rate.

Ans: F

Learning Objective: LO 23.3

Cognitive Domain: Knowledge

Answer Location: Cardiovascular

Difficulty Level: Easy

3. Sympathetic activities increase the heart rate.

Ans: T

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Cardiovascular

Difficulty Level: Easy

4. The immune system becomes increasingly effective throughout childhood and declines in effectiveness in older adulthood.

Ans: T

Learning Objective: LO 3.3

Cognitive Domain: Knowledge

Answer Location: Immune System

Difficulty Level: Easy

5. Comprehensive analysis requires knowledge of all biological systems, exterior environment conditions, and their reciprocal influence.

Ans: T

Learning Objective: LO 3.2

Cognitive Domain: Comprehension

Answer Location: An Integrative Approach

Difficulty Level: Medium

6. In the cases of Cheryl, Bess, Melissa, Thomas, Mary, and Juan and Belinda, their exterior environments are the initial reason they are seeking social work assistance.

Ans: F

Learning Objective: LO 3.2

Cognitive Domain: Comprehension

Answer Location: An Integrative Approach

Difficulty Level: Medium

7. Public health experts have long noted the association of poor health outcomes, in all body systems, with low income.

Ans: T

Learning Objective: LO 3.4

Cognitive Domain: Knowledge

Answer Location: Exterior Socioeconomic Environment

Difficulty Level: Easy

8. Chronic stress has NOT been linked to such adverse health outcomes as hypertension.

Ans: F

Learning Objective: LO 3.4

Cognitive Domain: Knowledge

Answer Location: Exterior Socioeconomic Environment

Difficulty Level: Easy

9. Individuals living in low-income neighborhoods have been found to have poorer health than individuals living in middle- or high-income neighborhoods.

Ans: T

Learning Objective: LO 3.4

Cognitive Domain: Knowledge

Answer Location: Exterior Socioeconomic Environment

Difficulty Level: Easy

10. People with lower SES have greater exposure to such environmental hazards as air, water, and noise pollution.

Ans: T

Learning Objective: LO 3.4

Cognitive Domain: Knowledge

Answer Location: Exterior Socioeconomic Environment

Difficulty Level: Easy

11. Health insurance guarantees access to health care.

Ans: F

Learning Objective: LO 3.4

Cognitive Domain: Comprehension

Answer Location: Exterior Socioeconomic Environment

Difficulty Level: Medium

12. Health literacy is a critical factor in health status.

Ans: T

Learning Objective: LO 3.4

Cognitive Domain: Comprehension

Answer Location: Exterior Socioeconomic Environment

Difficulty Level: Medium

13. The peripheral nervous system, which is a subsystem of the nervous system, consists of the brain and the spinal cord.

Ans: F

Learning Objective: LO 3.3
Cognitive Domain: Comprehension
Answer Location: Nervous System
Difficulty Level: Medium

14. A synapse is a gap that is the connection between each axon and dendrite.

Ans: T

Learning Objective: LO 3.3
Cognitive Domain: Comprehension
Answer Location: Nervous System
Difficulty Level: Medium

15. Diabetes mellitus is the most common illness caused by hormonal imbalance.

Ans: T

Learning Objective: LO 3.3
Cognitive Domain: Comprehension
Answer Location: Endocrine System
Difficulty Level: Medium

16. A nonspecific immunity involves the lymphocytes developing a memory of an infection that allows the body to make a rapid defense against a subsequent exposure.

Ans: F

Learning Objective: LO 3.3
Cognitive Domain: Comprehension
Answer Location: Immune System
Difficulty Level: Hard

17. The basic working unit of all nervous systems is the neurotransmitter.

Ans: F

Learning Objective: LO 3.3
Cognitive Domain: Comprehension
Answer Location: Nervous System
Difficulty Level: Medium

18. A system that is made up of organs and cells that work together to defend the body against disease is the immune system.

Ans: T

Learning Objective: LO 3.3
Cognitive Domain: Comprehension
Answer Location: Immune System
Difficulty Level: Easy

19. Despite the introduction of new medical protocols, the perception of HIV/AIDS as a terminal disease has never changed.

Ans: F

Learning Objective: LO 3.3
Cognitive Domain: Comprehension
Answer Location: Immune System
Difficulty Level: Easy

20. A traumatic brain injury is defined as an insult to the brain that is caused by an external physical force and may result in a diminished or altered state of consciousness.

Ans: T

Learning Objective: LO 3.3
Cognitive Domain: Comprehension

Answer Location: Nervous System
Difficulty Level: Easy

Completion

1. The _____ perspective suggests that human phenomena are pluralistic in meaning.

Ans: constructionist

Learning Objective: LO 3.2

Cognitive Domain: Comprehension

Answer Location: An Integrative Approach

Difficulty Level: Medium

2. The _____ system plays a crucial role in a person's growth, metabolism, development, learning, and memory.

Ans: endocrine

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Endocrine System

Difficulty Level: Medium

3. A system that is made up of organs and cells that work together to defend the body against disease is the _____.

Ans: immune system

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Immune System

Difficulty Level: Medium

4. _____ is the measure of pressure of the blood against the wall of a blood vessel.

Ans: Blood pressure

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Cardiovascular System

Difficulty Level: Medium

5. The use of _____ has been increasing among many sexually active teens in the United States.

Ans: contraception

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Reproductive System

Difficulty Level: Easy

6. _____ issues, including travel time to a physician, availability, and cost are considered to contribute to health disparities.

Ans: Access

Learning Objective: LO 3.4

Cognitive Domain: Application

Answer Location: Exterior Socioeconomic Environment

Difficulty Level: Medium

7. The endocrine system regulates the secretion of hormones through a _____.

Ans: feedback control mechanism

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Endocrine System

Difficulty Level: Medium

8. A _____ is a gap that is the connection between each axon and dendrite.

Ans: synapse

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Nervous System

Difficulty Level: Hard

9. _____ is the most common illness caused by hormonal imbalance.

Ans: Diabetes mellitus

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Endocrine System

Difficulty Level: Medium

10. _____ is defined as an insult to the brain that is caused by an external physical force and may result in a diminished or altered state of consciousness.

Ans: A traumatic brain injury

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Nervous System

Difficulty Level: Medium

11. _____, which is a subsystem of the nervous system, consists of spinal and cranial nerves.

Ans: The peripheral nervous system

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Nervous System

Difficulty Level: Medium

12. There is some evidence that risky health behaviors are used as _____ in the face of stress.

Ans: coping strategies

Learning Objective: LO 3.4

Cognitive Domain: Application

Answer Location: Exterior Socioeconomic Environment

Difficulty Level: Hard

13. In assessment and intervention, consider the ways in which one person's _____ environment health status is affecting other people in the person's exterior environment.

Ans: interior

Learning Objective: LO 3.5

Cognitive Domain: Comprehension

Answer Location: Implications for Social Work Practice

Difficulty Level: Medium

14. Recognize that the _____ environmental meanings attached to health and illness may influence not only the physical experience but also the values and socioemotional response assigned to health and illness.

Ans: exterior

Learning Objective: LO 3.5

Cognitive Domain: Comprehension

Answer Location: Implications for Social Work Practice

Difficulty Level: Medium

15. People with lower SES have greater exposure to _____, such as air, water, and noise pollution and hazardous waste.

Ans: environmental hazards

Learning Objective: LO 3.4

Cognitive Domain: Comprehension

Answer Location: Exterior Socioeconomic Environment/Interior Health Environment

Difficulty Level: Medium

16. _____ connect the ovaries to the uterus.

Ans: The fallopian tubes

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Reproductive Systems

Difficulty Level: Medium

17. Women's breasts are considered _____ sex characteristics.

Ans: secondary

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Reproductive Systems

Difficulty Level: Medium

18. For humans, _____ come in pairs, one member from the father and one from the mother.

Ans: chromosomes

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Reproductive Systems

Difficulty Level: Medium

19. A person with an attraction to people of both sexes is considered _____.

Ans: bisexual

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Reproductive Systems

Difficulty Level: Medium

20. Gender is a _____ based on socially accepted ideals of what it means to be male and female.

Ans: social construct

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Reproductive Systems

Difficulty Level: Medium

Essay

1. Define the purpose of the nervous system, and list the three major subsystems that compose it.

Ans: Correct answer should address central, peripheral, and autonomic nervous systems

Learning Objective: LO 3.3

Cognitive Domain: Comprehension

Answer Location: Nervous System

Difficulty Level: Medium

2. Using Juan and Belinda as your guide, discuss what social workers need to know about reproductive and sexual health.

Ans: Contraception, sexuality, and STIs

Learning Objective: LO 3.1

Cognitive Domain: Application

Answer Location: Reproductive Systems
Difficulty Level: Medium

3. Using Mary's case as your guide, discuss musculoskeletal disorders, including risk factors. What else would you, as a social worker, need to know to be helpful to Mary?

Ans: Diversity issues and MS risk and supports available

Learning Objective: LO 3.1

Cognitive Domain: Analysis

Answer Location: Musculoskeletal Systems

Difficulty Level: Hard

4. Discuss race and class issues as they relate to physical health. What do you need to know as a social worker to advocate for health equity?

Ans: Discuss differential access, environmental exposure, health behaviors, stress, and community influences.

Learning Objective: LO 3.4

Cognitive Domain: Analysis

Answer Location: Exterior Socioeconomic Environment

Difficulty Level: Hard

5. Of the six cases presented in Chapter 3, which client would you prefer to work with? Why? Which client might be the most difficult? Why? How would this influence your assessment and intervention?

Ans: Discuss big ideas from cases

Learning Objective: LO 3.1

Cognitive Domain: Analysis

Answer Location: Case Studies

Difficulty Level: Hard