

Name:

Date:

Class:

Assessment #1: Pre/Post-Activity Quiz – Answer Key

- Which of the following statements best describes the purpose of the autonomic nervous system?
 - A hormone release system that regulates the levels of epinephrine and norepinephrine.
 - A division of the nervous system that regulates unconscious functions and maintains homeostasis.**
 - A division of the nervous system that regulates conscious functions and intentional processes.
 - A division of the nervous system responsible for the movement of skeletal muscle.
- Which of the following statements is NOT true regarding the sympathetic nervous system?
 - The sympathetic response can be overridden by strong parasympathetic activation.
 - The sympathetic nervous system is always active; however, it can become dominant under times of stress or fear.
 - The sympathetic response cannot be stopped once activated.**
 - Prolonged pathological activation of the sympathetic nervous system can lead to panic attacks.
- If a raging bull were careening down the street toward you, you would expect...
 - Your pupils and airways to dilate, and your heart rate to increase.**
 - Your pupils and airways to constrict, and your heart rate to increase.
 - Your airways to dilate, your pupils to constrict, and your heart rate to decrease.
 - Your airways to constrict, your pupils to dilate, and your heart rate to increase.
- A threat like this would activate the fight or flight response until...
 - You listen to calming music.
 - The threat is no longer present.**
 - You calm yourself down.
 - You engage in meditation.
- What evidence strongly suggests sympathetic innervation to the skin?
 - Sweating during a stressful job interview.**
 - Sweating during exercise.
 - The presence of goosebumps when cold.
 - Secretion of oils to prevent drying out.