

Name:

Date:

Class:

Assessment #1: Pre/Post-Activity Quiz

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