

What is the main function of the nervous system

- A. To transmit signals between the brain and the rest of the body
- B. To regulate body temperature
- C. To pump blood throughout the body
- D. To digest food

What are the two main divisions of the nervous system

- A. Sympathetic and Parasympathetic
- B. Brain and Spinal Cord
- C. Somatic and Autonomic
- D. Central and Peripheral

What is the basic unit of the nervous system

- A. Nerve
- B. Spinal cord
- C. Brain
- D. Neuron

What is the name of the long fiber that carries signals away from the cell body of a neuron

- A. Axon
- B. Synapse
- C. Dendrite
- D. Nucleus

What is the name of the protective covering that surrounds some neurons

- A. Neuron jacket

- B. Myelin sheath
- C. Nerve shield
- D. Axon armor

What is the role of neurotransmitters in the nervous system

- A. Neurotransmitters regulate blood sugar levels.
- B. Neurotransmitters produce energy for the body.
- C. Neurotransmitters control heart rate.
- D. Neurotransmitters transmit signals between neurons.

What is the difference between the central nervous system and the peripheral nervous system

- A. The central nervous system is made up of sensory neurons, while the peripheral nervous system is made up of motor neurons.
- B. The central nervous system is located in the arms and legs, while the peripheral nervous system is in the head and torso.
- C. The central nervous system controls voluntary movements, while the peripheral nervous system controls involuntary movements.
- D. The central nervous system includes the brain and spinal cord, while the peripheral nervous system includes nerves outside of the brain and spinal cord.

What is a reflex and how does it work in the nervous system

- A. An involuntary response to a stimulus, controlled by spinal cord.
- B. A voluntary action controlled by the brain.
- C. A type of muscle movement controlled by hormones.
- D. A cognitive process involving decision-making.

What is the role of the spinal cord in the nervous system

- A. Controlling muscle movements
- B. Regulating body temperature

- C. Producing hormones
- D. Transmitting signals between the brain and the body

What is the function of the cerebellum in the brain

- A. Processing emotions
- B. Coordination of movement
- C. Digesting food
- D. Regulation of body temperature

What is the purpose of the autonomic nervous system

- A. Control voluntary movements
- B. Regulate involuntary bodily functions
- C. Maintain body temperature
- D. Digestion of food

What is the fight or flight response and how does it relate to the nervous system

- A. The fight or flight response is the body's way of calming down during a stressful situation.
- B. The fight or flight response is the body's automatic response to perceived threat or danger, releasing stress hormones to prepare for action. It is controlled by the sympathetic nervous system.
- C. The fight or flight response is only activated during physical fights, not mental stressors.
- D. The fight or flight response is related to the parasympathetic nervous system.

What is the role of the parasympathetic nervous system

- A. Fight or flight
- B. Rest and digest
- C. Regulates body temperature
- D. Controls voluntary movements

What is the function of the hypothalamus in the brain

- A. Controls breathing and heart rate
- B. Stores long-term memories
- C. Regulates body temperature, hunger, and thirst
- D. Responsible for vision and hearing

What is the role of the medulla oblongata in the brainstem

- A. Controls memory and emotions
- B. Filters toxins from the blood
- C. Regulates vital functions such as heart rate and breathing
- D. Coordinates muscle movements

What is the function of the thalamus in the brain

- A. Relay sensory and motor signals to the cerebral cortex
- B. Stores long-term memories
- C. Regulates body temperature
- D. Produces hormones

What is the difference between afferent and efferent neurons

- A. Efferent neurons carry sensory information to the brain.
- B. Afferent neurons carry sensory information to the brain, while efferent neurons carry motor signals away from the brain.
- C. Afferent neurons carry motor signals to the brain.
- D. Afferent and efferent neurons serve the same function.

What is the purpose of the blood-brain barrier

- A. To produce red blood cells in the brain
- B. To protect the brain from harmful substances in the blood
- C. To deliver nutrients to the brain
- D. To regulate blood pressure in the brain

What is the function of the myelin sheath in the nervous system

- A. Insulates and speeds up nerve impulses
- B. Produces hormones for nerve communication
- C. Stores nutrients for nerve cells
- D. Regulates body temperature

What is the importance of the brain in controlling all bodily functions

- A. Affects muscle strength
- B. Controls all bodily functions
- C. Produces hormones
- D. Regulates body temperature