

## **What is the purpose of reflexes in the human body**

- A. To protect the body from harm.
- B. To make us faster.
- C. To help with digestion.
- D. To improve memory.

## **Which part of the brain is responsible for coordinating reflex actions**

- A. Cerebellum
- B. Brainstem
- C. Hippocampus
- D. Frontal lobe

## **True or false: Reflexes are always involuntary responses.**

- A. True
- B. Sometimes
- C. Maybe
- D. False

## **What is the name of the reflex that causes your knee to jerk when tapped with a reflex hammer?**

- A. Achilles reflex
- B. Quadriceps reflex
- C. Hamstring reflex
- D. Patellar reflex

## **How quickly can reflex actions occur in the body**

- A. Milliseconds

- B. Seconds
- C. Hours
- D. Days

**What is the medical term for the "startle reflex" that causes you to jump when startled?**

- A. Fright reflex
- B. Startle reaction
- C. Jumping syndrome
- D. Moro reflex

**Which reflex is responsible for closing your eyes when an object comes too close to your face?**

- A. Blink reflex
- B. Shut reflex
- C. Close reflex
- D. Eye reflex

**What is the purpose of the gag reflex?**

- A. To prevent choking
- B. To improve digestion
- C. To enhance taste
- D. To protect teeth

**True or false: Reflexes can be influenced by emotions and stress.**

- A. Sometimes
- B. True
- C. Maybe
- D. False

**What reflex allows you to quickly remove your hand from a hot surface**

- A. Quick reflex
- B. Pain reflex
- C. Heat reflex
- D. Withdrawal reflex

**Which reflex helps to protect your eyes from potential harm**

- A. Sneeze reflex
- B. Yawn reflex
- C. Blink reflex
- D. Cough reflex

**What is the name of the reflex that causes your pupils to constrict in bright light**

- A. Constriction reflex
- B. Bright light reflex
- C. Pupillary light reflex
- D. Light-induced pupil response

**How do reflexes help to protect the body from potential danger**

- A. By increasing vulnerability to danger.
- B. By slowing down reaction time to danger.
- C. By causing the body to freeze in response to danger.
- D. By allowing the body to react quickly to danger without conscious thought.

**What is the purpose of the plantar reflex test**

- A. To check for foot flexibility

- B. To determine shoe size
- C. To assess the integrity of the spinal cord and peripheral nerves
- D. To evaluate muscle strength in the legs

**True or false: Reflexes can be learned and improved over time.**

- A. False
- B. Not sure
- C. True
- D. Maybe

**What reflex allows you to maintain your balance when standing on one leg**

- A. the blinking reflex
- B. the sneezing reflex
- C. the jumping reflex
- D. the vestibular reflex

**Which reflex is responsible for causing your heart rate to increase in response to da**

- A. Sleep reflex
- B. Relaxation reflex
- C. Fight or flight reflex
- D. Eating reflex

**How do reflexes differ from conscious movements controlled by the brain**

- A. Conscious movements are involuntary.
- B. Reflexes are conscious movements.
- C. Reflexes are controlled by the brain.
- D. Reflexes are involuntary and controlled by spinal cord, conscious movements are voluntary and

controlled by the brain.

**What type of nerve fibers are responsible for transmitting signals during reflex action?**

- A. Motor nerve fibers
- B. Cranial nerve fibers
- C. Sensory nerve fibers
- D. Autonomic nerve fibers

**How do reflexes help to maintain homeostasis in the body?**

- A. By increasing heart rate
- B. By quickly responding to stimuli to maintain internal balance
- C. By causing rapid changes in body temperature
- D. By releasing hormones

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