**Assessment #1: Pre/Post-Activity Quiz**

1. Which of the following statements best describes the purpose of the autonomic nervous system?
	1. A hormone release system that regulates the levels of epinephrine and norepinephrine.
	2. A division of the nervous system that regulates unconscious functions and maintains homeostasis.
	3. A division of the nervous system that regulates conscious functions and intentional processes.
	4. 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?
	1. The sympathetic response can be overridden by strong parasympathetic activation.
	2. The sympathetic nervous system is always active; however, it can become dominant under times of stress or fear.
	3. The sympathetic response cannot be stopped once activated.
	4. 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…
	1. Your pupils and airways to dilate, and your heart rate to increase.
	2. Your pupils and airways to constrict, and your heart rate to increase.
	3. Your airways to dilate, your pupils to constrict, and your heart rate to decrease.
	4. Your airways to constrict, your pupils to dilate, and your heart rate to increase.

1. A threat like this would activate the fight-or-flight response until…
	1. You listen to calming music.
	2. The threat is no longer present.
	3. You calm yourself down.
	4. You engage in meditation.
2. What evidence strongly suggests sympathetic innervation to the skin?
	1. Sweating during a stressful job interview.
	2. Sweating during exercise.
	3. The presence of goosebumps when cold.
	4. Secretion of oils to prevent drying out.