

# Art & Design Basics: Human Body and Health Facts

Art & Design Basics · Practice Test · 10 Questions

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**1. In human proportions, the typical adult head height is approximately equal to which other body measurement?**

- A) Length of one arm
- B) Length of one leg
- C) Width of the shoulders
- D) Length of the torso

**2. The human eye's perception of the color blue is primarily stimulated by which part of the visible light spectrum?**

- A) Longer wavelengths (e.g., red, orange)
- B) Shorter wavelengths (e.g., violet, blue)
- C) Medium wavelengths (e.g., green, yellow)
- D) Infrared wavelengths

**3. The arrangement of visual elements in art and design to create a sense of stability and equality is known as:**

- A) Asymmetrical balance
- B) Radial balance
- C) Symmetrical balance
- D) Contrast

**4. Which of the following colors is most commonly associated with conveying a sense of calm and tranquility, often used in healthcare settings to reduce stress?**

- A) Red
- B) Yellow
- C) Blue
- D) Orange

**5. The Fibonacci sequence, often found in nature and art, relates to the human body's growth and proportions. What is the approximate ratio of consecutive numbers in the sequence that approaches the Golden Ratio?**

- A) 1:2
- B) 1:3
- C) 1.618:1
- D) 2:1

**6. The skin's ability to produce Vitamin D when exposed to sunlight is a crucial health function. This process is most effectively triggered by which type of ultraviolet radiation?**

- A) UVC radiation
- B) UVA radiation
- C) UVB radiation
- D) Visible light

**7. In anatomy, the human skeletal structure provides a framework that influences posture and movement. What is the approximate number of bones in an adult human skeleton?**

- A) 150
- B) 206
- C) 250
- D) 300

**8. The sensation of touch, involving pressure and texture, is detected by specialized nerve endings in the skin. The density of these receptors is highest in which of the following areas?**

- A) The back
- B) The soles of the feet
- C) The fingertips
- D) The forearms

**9. The human brain processes visual information rapidly. What is the approximate minimum duration a stimulus needs to be presented for it to be consciously perceived by the brain?**

- A) 10 milliseconds
- B) 100 milliseconds
- C) 500 milliseconds
- D) 1 second

**10. Color psychology suggests that warmer colors, like red and orange, can have a physiological effect on the human body. Which of these effects is most commonly associated with exposure to such colors?**

- A) Lowering heart rate
- B) Increasing blood pressure
- C) Reducing body temperature
- D) Inducing relaxation