

Human Geography: Health and Physiology

Human Geography · Answer Key · 18 Questions

1. Which organ in the human body is primarily responsible for the detoxification of substances and regulation of blood sugar?

- A) Kidneys
- B) Liver**
- C) Pancreas
- D) Gallbladder

2. In population geography, what does the term 'life expectancy at birth' specifically measure?

- A) The average age of a current population
- B) The predicted average number of years a newborn will live**
- C) The median age of death in a specific region
- D) The maximum biological lifespan of a human

3. Which mineral is essential for the production of hemoglobin, the protein in red blood cells that carries oxygen throughout the body?

- A) Calcium
- B) Iron**
- C) Magnesium
- D) Potassium

4. What is the primary function of the alveoli located within the human lungs?

- A) Filtration of toxins
- B) Production of mucus
- C) Gas exchange between air and blood**
- D) Regulation of heart rate

5. Which geographical factor is most strongly correlated with higher rates of Vitamin D deficiency in human populations?

- A) Proximity to the equator
- B) High altitude residence
- C) Higher latitude residence**
- D) Coastal living

6. What is the approximate percentage of water in the average healthy adult human body?

A) 40-50%

B) 60-70%

C) 80-90%

D) 20-30%

7. Which condition is defined by the World Health Organization as a state of complete physical, mental, and social well-being?

A) Fitness

B) Health

C) Wellness

D) Homeostasis

8. Which part of the human brain is primarily responsible for regulating body temperature and hunger?

A) Cerebellum

B) Hippocampus

C) Hypothalamus

D) Brainstem

9. In demographics, which epidemiological stage is characterized by a decrease in deaths from infectious diseases and an increase in chronic, non-communicable diseases?

A) The Stage of Pestilence

B) The Stage of Receding Pandemics

C) The Stage of Degenerative Diseases

D) The Stage of Delayed Degenerative Diseases

10. What is the most abundant cell type in the human blood?

A) Leukocytes

B) Erythrocytes

C) Platelets

D) Plasma cells

11. Which type of diabetes mellitus is characterized by the body's failure to produce insulin?

A) Type 1

B) Type 2

C) Gestational

D) Pre-diabetes

12. Which major organ system includes the skin, hair, and nails?

- A) Endocrine
- B) Integumentary**
- C) Lymphatic
- D) Excretory

13. What is the primary function of the human skeletal system beyond providing structure and support?

- A) Hormone regulation
- B) Blood cell production**
- C) Digestion
- D) Oxygen transport

14. Which vitamin is synthesized by the human body when the skin is exposed to ultraviolet B rays from the sun?

- A) Vitamin A
- B) Vitamin C
- C) Vitamin D**
- D) Vitamin K

15. What is the technical term for the process of maintaining a stable internal environment in the human body despite external changes?

- A) Metabolism
- B) Homeostasis**
- C) Catabolism
- D) Osmosis

16. Which organ is responsible for the secretion of insulin and glucagon to manage blood glucose levels?

- A) Liver
- B) Spleen
- C) Pancreas**
- D) Thyroid

17. In which part of the digestive system does the majority of nutrient absorption into the bloodstream occur?

- A) Stomach
- B) Large intestine
- C) Small intestine**
- D) Esophagus

18. Which blood type is considered the 'universal donor' because it lacks A and B antigens on its red blood cells?

A) AB positive

B) O negative

C) A positive

D) B negative