

Human Geography: Health and Physiology

Human Geography · Practice Test · 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