

Chronological Biology and Health Science

Human Biology & Chronobiology · Answer Key · 25 Questions

1. In clinical medicine, what is the approximate average duration in days of a typical human menstrual cycle, excluding the menstrual phase itself?

- A) 14 days
- B) 23 days
- C) 28 days**
- D) 32 days

2. What is the maximum number of days a human can typically survive without water, assuming moderate ambient conditions?

- A) 2 to 3 days
- B) 7 to 10 days**
- C) 14 to 20 days
- D) 30 days

3. According to the American Heart Association, how many months of consistent physical activity are typically required to see structural adaptations in cardiovascular health markers?

- A) 1 month
- B) 3 months
- C) 6 months**
- D) 12 months

4. What is the standard recommended duration in months for exclusive breastfeeding as defined by the World Health Organization?

- A) 3 months
- B) 6 months**
- C) 9 months
- D) 12 months

5. In the context of hematology, what is the approximate lifespan in days of a mature human erythrocyte (red blood cell)?

- A) 30 days
- B) 60 days
- C) 120 days**
- D) 180 days

6. What is the approximate number of days it takes for the human skin epidermis to completely regenerate?

- A) 7-10 days
- B) 28-30 days**
- C) 60-90 days
- D) 120-150 days

7. Medical studies indicate that symptoms of seasonal affective disorder typically manifest during which specific months of the year?

- A) March to June
- B) June to September
- C) September to December
- D) November to February**

8. In neurology, how many months of chronic pain typically categorize a condition as 'chronic' rather than 'acute'?

- A) 1 month
- B) 3 months
- C) 6 months**
- D) 12 months

9. How many days does it typically take for the human liver to regenerate significant mass after a partial resection?

- A) 7-14 days
- B) 30-60 days**
- C) 90-120 days
- D) 180-210 days

10. The human gestation period is clinically calculated as how many days from the first day of the last menstrual period?

- A) 266 days
- B) 280 days**
- C) 300 days
- D) 320 days

11. What is the average number of days it takes for a human hair follicle to transition from the anagen phase to the catagen phase?

- A) 100 days
- B) 500 days
- C) 1,000 days**
- D) 3,000 days

12. Following a significant injury, how many months does the remodeling phase of wound healing typically last?

- A) 1 to 3 months
- B) 6 to 12 months**
- C) 18 to 24 months
- D) 36 to 48 months

13. What is the total number of days in a standard 'biological' year of 13 lunar cycles?

- A) 354 days**
- B) 360 days
- C) 365 days
- D) 370 days

14. Clinical studies on Vitamin D deficiency suggest that supplementation is most critical during which months in high-latitude regions?

- A) May to August
- B) November to March**
- C) July to October
- D) January to April

15. How many months of continuous cigarette smoking cessation are required for the risk of coronary heart disease to be reduced by half?

- A) 6 months
- B) 12 months**
- C) 24 months
- D) 36 months

16. In pharmacology, what is the maximum number of days required for most drugs to reach a 'steady state' in the blood?

- A) 1-2 days
- B) 5-7 days**
- C) 14-21 days
- D) 30-45 days

17. What is the approximate number of days human taste buds take to regenerate?

- A) 3-5 days
- B) 10-14 days**
- C) 20-25 days
- D) 40-50 days

18. According to sleep research, how many months of consistent sleep deprivation can lead to measurable impairment in glucose metabolism?

- A) 1 month**
- B) 3 months
- C) 6 months
- D) 12 months

19. How many days, on average, does a human sperm take to fully mature within the testes?

- A) 14 days
- B) 30 days
- C) 74 days**
- D) 120 days

20. The incubation period for most human viral infections ranges from 2 to how many days?

- A) 7 days
- B) 14 days**
- C) 21 days
- D) 30 days

21. How many months of daily exposure to high-decibel noise are typically required to cause irreversible sensorineural hearing loss?

- A) 1 month
- B) 6 months
- C) 12 months**
- D) 24 months

22. What is the number of days in the human body's circadian rhythm cycle if isolated from all environmental light cues?

- A) 23.5 hours
- B) 24.2 hours**
- C) 25.1 hours
- D) 26.8 hours

23. In immunology, how many months does the immunity conferred by a tetanus booster typically last before waning?

- A) 12 months
- B) 24 months
- C) 60 months
- D) 120 months**

24. How many days does it take for a human fingernail to grow approximately 1 millimeter?

A) 3 days

B) 10 days

C) 30 days

D) 60 days

25. Medical guidelines suggest that patients with hypertension should monitor blood pressure for how many months before adjusting medication dosage?

A) 1 month

B) 3 months

C) 6 months

D) 12 months