

Chronological Biology and Health Science

Human Biology & Chronobiology · Practice Test · 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