

Physiology of Performance

Human Biology In Performance · Practice Test · 8 Questions

1. Which anatomical structure, when engaged during 'diaphragmatic breathing' for stage projection, primarily increases the thoracic cavity volume by moving inferiorly?

- A) The external intercostals
- B) The diaphragm muscle
- C) The sternocleidomastoid
- D) The scalene muscles

2. During a sustained operatic or theatrical vocal performance, which specific cartilage in the larynx is primarily responsible for the abduction and adduction of the vocal folds?

- A) Cricoid cartilage
- B) Thyroid cartilage
- C) Arytenoid cartilage
- D) Epiglottis

3. In high-intensity physical theatre, what is the primary biochemical byproduct produced by anaerobic metabolism in skeletal muscles during rapid, repetitive movement?

- A) Lactic acid
- B) Citric acid
- C) Pyruvic acid
- D) Acetylcholine

4. Which cranial nerve, often referred to as the 'wandering nerve,' is primarily responsible for the parasympathetic control of the heart and the sensory innervation of the larynx?

- A) Trigeminal nerve
- B) Facial nerve
- C) Vagus nerve
- D) Hypoglossal nerve

5. What is the physiological function of the 'Valsalva manoeuvre' if performed incorrectly during heavy stage lifting or straining?

- A) Increased venous return to the heart
- B) Reduction of intra-abdominal pressure
- C) Decreased cardiac output due to increased intrathoracic pressure
- D) Enhanced oxygenation of the myocardium

6. Which muscle is the primary mover for the elevation of the scapula, a movement frequently observed in the 'shrugging' gesture used in character acting?

- A) Trapezius
- B) Pectoralis major
- C) Latissimus dorsi
- D) Deltoid

7. The resonance of the human voice is largely determined by the shape of the vocal tract; which part of the body acts as the primary supraglottic resonator for high-frequency formants?

- A) The nasal cavity
- B) The oropharynx
- C) The oral cavity
- D) The paranasal sinuses

8. In dance and stage movement, what is the 'vestibular system' located in the inner ear primarily responsible for maintaining in the performer?

- A) Auditory pitch perception
- B) Proprioceptive feedback from limbs
- C) Equilibrium and spatial orientation
- D) Dilation of the pupil