

Jazz History and Physiology

Jazz History · Answer Key · 20 Questions

1. Louis Armstrong was known for his powerful embouchure, which refers to the use of which part of the human body to play a wind instrument?

- A) The abdominal muscles
- B) The facial muscles**
- C) The diaphragm
- D) The vocal cords

2. Dizzy Gillespie's trademark cheeks, which expanded significantly during trumpet performance, are a result of what physiological condition?

- A) Laryngeal herniation
- B) Chronic sinusitis
- C) Pharyngeal pouching**
- D) Tonsillar hypertrophy

3. Jazz saxophonists often use circular breathing to sustain long notes; this technique requires the player to store air in which anatomical space?

- A) The nasal cavity
- B) The lungs
- C) The upper esophagus
- D) The oral cavity**

4. The legendary singer Billie Holiday suffered from long-term health issues; which organ is most commonly damaged by the chronic substance abuse documented in her biography?

- A) The liver**
- B) The pancreas
- C) The spleen
- D) The gallbladder

5. What is the primary muscle used for breath control in jazz vocalists, situated at the base of the chest cavity?

- A) Intercostal muscle
- B) Diaphragm**
- C) Pectoralis major
- D) Trapezius

6. Many early jazz musicians were exposed to smoke in clubs, which damages the cilia; where are cilia located in the human body?

A) In the heart

B) In the respiratory tract

C) In the skeletal structure

D) In the dermal layer

7. Jazz pianist Thelonious Monk was noted for his unique finger movements; which part of the hand is primarily responsible for the rapid dexterity required for bebop?

A) The carpal tunnel

B) The phalanges

C) The metacarpals

D) The sesamoid bones

8. Miles Davis underwent multiple hip surgeries due to what condition, which frequently affects jazz musicians who stand for long periods?

A) Osteoarthritis

B) Rheumatoid arthritis

C) Osteoporosis

D) Gout

9. What physical sensation, experienced by jazz drummers during high-intensity solos, is caused by the buildup of lactic acid in the muscles?

A) Muscle atrophy

B) Muscle fatigue

C) Ligament rupture

D) Tendinitis

10. Charles Mingus, like many jazz musicians, dealt with high stress levels; chronic stress is known to increase levels of which hormone in the body?

A) Insulin

B) Cortisol

C) Melatonin

D) Estrogen

11. What repetitive strain injury is common among jazz double bass players due to the intensity of pulling thick strings?

A) Carpal tunnel syndrome

B) Tennis elbow

C) Rotator cuff tear

D) Plantar fasciitis

12. Charlie Parker suffered from health complications related to his lifestyle; which system of the body is primarily responsible for detoxifying ingested substances?

- A) Lymphatic system
- B) Endocrine system
- C) Hepatic system**
- D) Circulatory system

13. When jazz musicians perform in loud venues, they risk damage to which delicate structure within the inner ear?

- A) Cochlear hair cells**
- B) Stapes bone
- C) Eustachian tube
- D) Tympanic membrane

14. The 'Jazz Age' saw the popularity of the Charleston dance; this activity primarily utilizes which large muscle group in the legs?

- A) Quadriceps**
- B) Deltoids
- C) Biceps brachii
- D) Latissimus dorsi

15. What is the medical term for the 'ringing in the ears' that many jazz musicians developed from years of performing near loud brass sections?

- A) Vertigo
- B) Tinnitus**
- C) Otitis media
- D) Presbycusis

16. Duke Ellington's stamina for long tours relied on the efficiency of which organ system to transport oxygen to his muscles?

- A) Digestive system
- B) Cardiovascular system**
- C) Renal system
- D) Nervous system

17. What condition involving the inflammation of tendons, common in jazz pianists, is caused by repetitive wrist motion?

- A) Tenosynovitis**
- B) Scoliosis
- C) Kyphosis
- D) Lordosis

18. The rhythm section in jazz often maintains steady time; which part of the brain is primarily responsible for motor coordination and rhythm?

A) Cerebellum

B) Hippocampus

C) Amygdala

D) Occipital lobe

19. Long-term exposure to high decibel levels during big band performances can lead to a permanent loss of which biological sense?

A) Olfactory sensitivity

B) Auditory sensitivity

C) Gustatory sensitivity

D) Tactile sensitivity

20. Many jazz legends spent their careers in nocturnal environments, which disrupts which physiological cycle that regulates sleep and wakefulness?

A) Circadian rhythm

B) Menstrual cycle

C) Digestive cycle

D) Cardiac cycle