

Video Game History and Health Facts

Video Game History · Answer Key · 10 Questions

1. What is the repetitive strain injury involving the thumb, which became common in the early 1990s due to handheld gaming?

- A) Tennis Elbow
- B) Nintendo Thumb**
- C) Runner's Knee
- D) Golfer's Wrist

2. In 2006, which game console introduced motion-controlled gaming, encouraging players to stand and move their arms to improve physical activity?

- A) Nintendo Wii**
- B) PlayStation 2
- C) Sega Genesis
- D) Atari 2600

3. What sensory organ do video games primarily engage to process visual information displayed on a screen?

- A) Ears
- B) Nose
- C) Eyes**
- D) Tongue

4. Extended periods of playing video games can lead to digital eye strain; which of the following is a recommended habit to help reduce it?

- A) Staring continuously
- B) Increasing screen brightness
- C) Following the 20-20-20 rule**
- D) Sitting closer to the screen

5. Which part of the human hand is most frequently used to press buttons on a standard game controller?

- A) Palm
- B) Thumb**
- C) Forearm
- D) Bicep

6. Early research into video game addiction in the 1980s noted that intense gaming can cause a temporary increase in which vital sign?

- A) Heart rate**
- B) Body height
- C) Lung capacity
- D) Blood type

7. Video game developers often study ergonomics to ensure that controllers fit naturally into the human hand, focusing on the anatomy of what?

- A) The foot
- B) The rib cage
- C) The phalanges (fingers)**
- D) The cranium

8. What physical activity was popularized by the 1998 rhythm game 'Dance Dance Revolution'?

- A) Weightlifting
- B) Swimming
- C) Full-body stepping**
- D) Long-distance running

9. High-intensity video gaming is often associated with a focus-related neurotransmitter in the brain known as what?

- A) Dopamine**
- B) Insulin
- C) Melatonin
- D) Adrenaline

10. To avoid neck strain, experts recommend that a monitor or TV screen should be placed at what level relative to the player's eyes?

- A) At the feet
- B) At eye level**
- C) Near the ceiling
- D) On the floor