Human Biology and Health Mastery

Human Biology · Answer Key · 15 Questions

1. Which specific bone in the human body is the only one that does not articulate with any other bone, being held in place only by muscles and ligaments?

A) Hyoid bone
B) Sesamoid bone
C) Patella
D) Sphenoid bone

2. What is the medical term for the functional unit of the kidney, of which there are approximately one million per organ?

A) Glomerulus
B) Nephron
C) Tubule
D) Calyx

3. In the human eye, which layer is responsible for the highest concentration of cone cells, enabling sharp, central vision?

A) Choroid
B) Sclera
C) Fovea centralis
D) Tapetum lucidum

4. Which hormone, secreted by the alpha cells of the pancreas, is primarily responsible for increasing blood glucose levels by triggering glycogenolysis in the liver?

A) Insulin
B) Somatostatin
C) Ghrelin
D) Glucagon

5. What is the name of the fibrous structure that connects the gastrocnemius and soleus muscles to the calcaneus bone?

A) Achilles tendon
B) Patellar ligament
C) Plantaris tendon
D) Tibialis posterior

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6. Which cranial nerve, also known as the tenth cranial nerve, is the longest and longest-reaching nerve of the autonomic nervous system?

A) Trigeminal nerve
B) Facial nerve
C) Vagus nerve
D) Glossopharyngeal nerve

7. Within the hierarchy of human muscle fiber types, which classification is characterized by high mitochondrial density and high resistance to fatigue?

A) Type IIx
B) Type I
C) Type IIa
D) Type IIb

8. What is the anatomical name for the tiny air sacs in the lungs where gas exchange occurs?

A) Bronchioles
B) Alveoli
C) Pleura
D) Trachea

9. Which immunoglobulin is the most abundant in the human circulatory system, accounting for approximately 75% to 80% of all serum antibodies?

A) IgG
B) IgM
C) IgA
D) IgE

10. The Circle of Willis is an anatomical configuration of arteries located in which part of the human body?

A) The heart
B) The lungs
C) The brain
D) The liver

11. Which specific region of the brain is the primary integration center for autonomic functions, including heart rate, blood pressure, and respiratory rate?

A) Cerebellum
B) Thalamus
C) Medulla oblongata
D) Hypothalamus

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12. What is the primary protein component found in the human epidermis that provides structural integrity and water resistance?

A) Collagen
B) Keratin
C) Elastin
D) Fibrin

13. In the small intestine, what are the finger-like projections that significantly increase the surface area for nutrient absorption called?

A) Microvilli
B) Peyer's patches
C) Rugae
D) Lacteals

14. Which bone is the smallest in the human body, measuring approximately 2.8 millimeters in length?

A) Incus
B) Stapes
C) Malleus
D) Pisiform

15. What is the term for the process by which white blood cells move through the capillary walls into the tissues to combat infection?

A) Phagocytosis
B) Diapedesis
C) Chemotaxis
D) Opsonization

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