# Chapter 01
# Introduction to the Human Body

## Multiple Choice Questions

1. The term used to describe something pertaining to the internal organs is
**A.** visceral.
B. proximal.
C. peripheral.
D. deep.

*Bloom's Level: 1. Remember*
*HAPS Objective: A4.2. Describe the location of body structures, using appropriate directional terminology.*
*Learning Objective: 01.04 Use directional terms to describe the location of body parts.*
*Section 01.03*
*Topic: Directional terms*

2. The term peripheral refers to a structure that is
A. toward the abdominal surface.
B. away from the body surface.
**C.** away from the center of the body.
D. to the left of the midline.

*Bloom's Level: 1. Remember*
*HAPS Objective: A4.1. List and define the major directional terms used in anatomy.*
*Learning Objective: 01.04 Use directional terms to describe the location of body parts.*
*Section 01.03*
*Topic: Directional terms*

3. The chin is _____ to the mouth, and the knee is _____ to the ankle.
A. anterior; distal
B. inferior; distal
C. superior; proximal
**D.** inferior; proximal

*Bloom's Level: 2. Understand*
*HAPS Objective: A4.1. List and define the major directional terms used in anatomy.*
*Learning Objective: 01.04 Use directional terms to describe the location of body parts.*
*Section 01.03*
*Topic: Directional terms*

4. The integumentary system contains
A. bones, ligaments, and cartilage.
B. hormone producing glands.
C. brain, spinal cord, and nerves.
**D.** skin, hair, nails, and associated glands.

*Bloom's Level: 1. Remember*
*HAPS Objective: A7.1. List the organ systems of the human body and their major components.*
*Learning Objective: 01.03 List the major organs and functions for each organ system.*
*Section 01.02*
*Topic: Survey of body systems*

5. A tissue is
A. an organ with specific functions.
B. organs grouped together.
C. the structural and functional units of the body.
**D.** a group of cells that perform similar functions.

*Bloom's Level: 1. Remember*
*HAPS Objective: A6.1. Describe, in order from simplest to most complex,the major levels of organization in the human organism.*
*Learning Objective: 01.02 Describe the levels of organization in the human body.*
*Section 01.02*
*Topic: Levels of organization*

6. The lowest level of organization in the body is the _____ level.
A. organ
B. tissue
**C.** chemical
D. cellular

*Bloom's Level: 1. Remember*
*HAPS Objective: A6.1. Describe, in order from simplest to most complex,the major levels of organization in the human organism.*
*Learning Objective: 01.02 Describe the levels of organization in the human body.*
*Section 01.02*
*Topic: Levels of organization*

7.

A(n) _____ consists of a group of tissues working together to perform specific functions.

**A.** organ
B. organelle
C. molecule
D. tissue

*Bloom's Level: 1. Remember*
*HAPS Objective: A6.1. Describe, in order from simplest to most complex,the major levels of organization in the human organism.*
*Learning Objective: 01.02 Describe the levels of organization in the human body.*
*Section 01.02*
*Topic: Levels of organization*

8. The simplest structures in which the processes of life occur are
A. organs.
B. tissues.
C. molecules.
**D.** cells.

*Bloom's Level: 1. Remember*
*HAPS Objective: A6.1. Describe, in order from simplest to most complex,the major levels of organization in the human organism.*
*Learning Objective: 01.02 Describe the levels of organization in the human body.*
*Section 01.02*
*Topic: Levels of organization*

9. Blood, heart, and blood vessels compose the _____ system.
**A.** cardiovascular
B. pulmonary
C. lymphatic
D. endocrine

*Bloom's Level: 1. Remember*
*HAPS Objective: A7.1. List the organ systems of the human body and their major components.*
*Learning Objective: 01.03 List the major organs and functions for each organ system.*
*Section 01.02*
*Topic: Survey of body systems*

10. The study of the structure and organization of the human body is
A. histology.
B. physiology.
C. chemistry.
**D.** anatomy.

*Bloom's Level: 1. Remember*
*HAPS Objective: A5.1. Define the terms anatomy and physiology.*
*Learning Objective: 01.01 Define anatomy and physiology.*
*Section 01.01*
*Topic: Basic terminology*

11. A feedback mechanism that returns the body to homeostasis is
A. positive feedback.
**B.** negative feedback.
C. hormone feedback.
D. nervous feedback.

*Bloom's Level: 2. Understand*
*HAPS Objective: B2.2 Compare and contrast positive and negative feedback in terms of the relationship between stimulus and response.*
*Learning Objective: 01.15 Explain how homeostasis relates to both normal body functions and disorders.*
*Section 01.08*
*Topic: Types of homeostatic mechanisms*

12. A negative feedback mechanism contains what three components?
A. a reflex, an effect, and a chemical signal
B.

a receptor, a reflex, and a chemical signal

**C.**

a receptor, an integration center, and an effector

D.

a chemical signal, an integration center, and a reflex

*Bloom's Level: 1. Remember*
*HAPS Objective: B2.1 List the components of a feedback loop and explain the function of each.*
*Learning Objective: 01.16 Describe the general mechanisms of negative feedback and positive feedback.*
*Section 01.08*
*Topic: Types of homeostatic mechanisms*

13.

A feedback mechanism that amplifies the stimulus is called _____.

**A.** positive feedback.
B. negative feedback.
C. hormone feedback.
D. nervous feedback.

*Bloom's Level: 2. Understand*
*HAPS Objective: B2.2 Compare and contrast positive and negative feedback in terms of the relationship between stimulus and response.*
*Learning Objective: 01.16 Describe the general mechanisms of negative feedback and positive feedback.*
*Section 01.08*
*Topic: Types of homeostatic mechanisms*

14. In anatomical terms, the forearm is the _____ region and the fingers are the _____ region.
A. patellar; plantar
B. antecubital; palmar
**C.** antebrachial; digital
D. crural; tarsals

*Bloom's Level: 1. Remember*
*HAPS Objective: A4.1. List and define the major directional terms used in anatomy.*
*HAPS Objective: A4.2. Describe the location of body structures, using appropriate directional terminology.*
*Learning Objective: 01.05 Locate the major body regions on a chart or anatomical model.*
*Section 01.04*
*Topic: Basic terminology*

15. In anatomical terms, the posterior potion of the elbow is the _____ region.
A. axillary
**B.**

olecranal

C. brachial
D. pedal

*Bloom's Level: 1. Remember*
*HAPS Objective: A4.1. List and define the major directional terms used in anatomy.*
*HAPS Objective: A4.2. Describe the location of body structures, using appropriate directional terminology.*
*Learning Objective: 01.05 Locate the major body regions on a chart or anatomical model.*
*Section 01.04*
*Topic: Basic terminology*

16. The plane that divides the body into superior and inferior portions is the
A. sagittal.
**B.** transverse.
C. frontal.
D. coronal.

*Bloom's Level: 1. Remember*
*HAPS Objective: A2.1. Identify the various planes in which a body might be dissected.*
*HAPS Objective: A2.2 Describe the appearance of a body presented along various planes.*
*Learning Objective: 01.06 Describe the four planes used in making sections of the body or body parts.*
*Section 01.05*
*Topic: Body planes and sections*

17. The plane that separates the body into the front and back, or anterior and posterior portions, is the
A. frontal.
B. coronal.
C. sagittal.
D. transverse.
**E.** frontal and coronal.

*Bloom's Level: 1. Remember*
*HAPS Objective: A2.1. Identify the various planes in which a body might be dissected.*
*HAPS Objective: A2.2 Describe the appearance of a body presented along various planes.*
*Learning Objective: 01.06 Describe the four planes used in making sections of the body or body parts.*
*Section 01.05*
*Topic: Body planes and sections*

18. The dorsal body cavity contains the
A. abdominal and pelvic cavities.
B. thoracic and abdominal cavities.
**C.**

cranial cavity and vertebral canal.

D.

thoracic cavity and vertebral canal.

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.1. Describe the location of the body cavities and identify the major organs found in each cavity.*
*Learning Objective: 01.07 Name the two major body cavities, their subdivisions and membranes.*
*Section 01.06*
*Topic: Body cavities and regions*

19. The mediastinum, pleural, and pericardial cavities are contained within the
A. abdominal cavity.
**B.** thoracic cavity.
C. pelvic cavity.
D. cranial cavity.

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.1. Describe the location of the body cavities and identify the major organs found in each cavity.*
*Learning Objective: 01.07 Name the two major body cavities, their subdivisions and membranes.*
*Section 01.06*
*Topic: Body cavities and regions*

20. The stomach is contained within the
**A.** left upper quadrant.
B. lower left quadrant.
C. hypogastic region.
D. umbilical region.

*Bloom's Level: 2. Understand*
*HAPS Objective: A3.3 Describe the location of the four abdominopelvic quadrants and the nine abdominopelvic regions and list the major organs located in each.*
*Learning Objective: 01.10 Name the abdominopelvic quadrants and nine regions.*
*Learning Objective: 01.11 Locate the abdominopelvic quadrants and nine regions on a chart or anatomical model.*
*Section 01.07*
*Topic: Body cavities and regions*

21. All the chemical reactions within a cell or organism are known as
A. anabolic reactions.
B. catabolic reactions.
**C.** metabolism.
D. maintenance.

*Bloom's Level: 1. Remember*
*Learning Objective: 01.12 Define metabolism, anabolism, and catabolism.*
*Section 01.08*
*Topic: Basic terminology*

22. The survival needs of the human body include
A. food, water, and oxygen.
**B.** food, water, oxygen, body temperature, and atmospheric pressure.
C. food, water, and the appropriate atmosphere containing oxygen and adequate pressure.
D. food, water, oxygen, and the appropriate environmental conditions.

*Bloom's Level: 1. Remember*
*Learning Objective: 01.13 List the five basic needs essential for human life.*
*Section 01.08*
*Topic: Basic terminology*

23.

The sacral region of the body is located

**A.** between the hips.
B. above the thoracic region.
C. directly below the cervical region.
D. between the thoracic and lumbar regions.

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.2. List and describe the location of the major anatomical regions of the body.*
*Learning Objective: 01.05 Locate the major body regions on a chart or anatomical model.*
*Section 01.04*
*Topic: Basic terminology*

24. The diaphragm divides the
A. dorsal cavity.
**B.** ventral cavity.
C. abdominal and pelvic cavities.
D. thoracic cavity and mediastinum.

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.1. Describe the location of the body cavities and identify the major organs found in each cavity.*
*Learning Objective: 01.07 Name the two major body cavities, their subdivisions and membranes.*
*Section 01.06*
*Topic: Body cavities and regions*

25. The region surrounding the knee can be described as the
**A.** popliteal and patellar.
B. popliteal and crural.
C. patellar and perineal.
D. popliteal and perineal.

*Bloom's Level: 2. Understand*
*HAPS Objective: A3.2. List and describe the location of the major anatomical regions of the body.*
*Learning Objective: 01.05 Locate the major body regions on a chart or anatomical model.*
*Section 01.04*
*Topic: Basic terminology*

26. The coxal region refers to the
A. armpits.
B. thighs.
**C.** hips.
D. buttocks.

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.2. List and describe the location of the major anatomical regions of the body.*
*Learning Objective: 01.05 Locate the major body regions on a chart or anatomical model.*
*Section 01.04*
*Topic: Basic terminology*

27. The cephalic region comprises
A. the head and neck.
B. the shoulders and arms.
**C.** the cranial and facial regions.
D. the cranial and cervical regions.

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.2. List and describe the location of the major anatomical regions of the body.*
*Learning Objective: 01.05 Locate the major body regions on a chart or anatomical model.*
*Section 01.04*
*Topic: Basic terminology*

28.

The upper and lower limbs compose the _____ portion of the body.

A. distal
B. proximal
C. axial
**D.** appendicular

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.2. List and describe the location of the major anatomical regions of the body.*
*Learning Objective: 01.05 Locate the major body regions on a chart or anatomical model.*
*Section 01.04*
*Topic: Basic terminology*

29. A _____ plane divides the body into equal left and right portions.
A. sagittal
**B.**

median

C. coronal
D. transverse

*Bloom's Level: 1. Remember*
*HAPS Objective: A2.1. Identify the various planes in which a body might be dissected.*
*HAPS Objective: A2.2 Describe the appearance of a body presented along various planes.*
*Learning Objective: 01.06 Describe the four planes used in making sections of the body or body parts.*
*Section 01.05*
*Topic: Body planes and sections*

30.

In anatomical terms, the arm is the _____ , and the wrist is the _____ region.

A. antebrachium; cubital
**B.** brachium; carpal
C. brachial; cubital
D. antebrachium; carpal

*Bloom's Level: 2. Understand*
*HAPS Objective: A3.2. List and describe the location of the major anatomical regions of the body.*
*HAPS Objective: A4.2. Describe the location of body structures, using appropriate directional terminology.*
*Learning Objective: 01.05 Locate the major body regions on a chart or anatomical model.*
*Section 01.04*
*Topic: Basic terminology*

31.

The ventral body cavity contains which of the following cavities?

A. Cranial, abdominal, pelvic
**B.** Thoracic, abdominal, pelvic
C. Cranial, spinal, pelvic
D. Thoracic, pleural, pelvic

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.1. Describe the location of the body cavities and identify the major organs found in each cavity.*
*Learning Objective: 01.07 Name the two major body cavities, their subdivisions and membranes.*
*Section 01.06*
*Topic: Body cavities and regions*

32. The membrane lining the abdominal cavity and the surface of its organs is the
A. meninges.
B. pleura.
C. pericardium.
**D.** peritoneum.

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.1. Describe the location of the body cavities and identify the major organs found in each cavity.*
*Learning Objective: 01.07 Name the two major body cavities, their subdivisions and membranes.*
*Section 01.06*
*Topic: Body cavities and regions*

33.

The gallbladder is located in the _____ quadrant.

**A.** right upper
B. right lower
C. left upper
D. left lower

*Bloom's Level: 2. Understand*
*HAPS Objective: A3.3 Describe the location of the four abdominopelvic quadrants and the nine abdominopelvic regions and list the major organs located in each.*
*Learning Objective: 01.10 Name the abdominopelvic quadrants and nine regions.*
*Learning Objective: 01.11 Locate the abdominopelvic quadrants and nine regions on a chart or anatomical model.*
*Section 01.07*
*Topic: Body cavities and regions*

34.

The urinary bladder is located in the _____ region.

A. left iliac
B. epigastric
**C.** hypogastric
D. umbilical

*Bloom's Level: 2. Understand*
*HAPS Objective: A3.3 Describe the location of the four abdominopelvic quadrants and the nine abdominopelvic regions and list the major organs located in each.*
*Learning Objective: 01.10 Name the abdominopelvic quadrants and nine regions.*
*Learning Objective: 01.11 Locate the abdominopelvic quadrants and nine regions on a chart or anatomical model.*
*Section 01.07*
*Topic: Body cavities and regions*

35. Digestion breaks down complex molecules into simpler molecules. Select the term that best describes this process.
A. Anabolism
**B.** Catabolism
C. Homeostasis
D. Negative Feedback

*Bloom's Level: 1. Remember*
*Learning Objective: 01.12 Define metabolism, anabolism, and catabolism.*
*Section 01.08*
*Topic: Basic terminology*

36. Homeostasis is maintained by self-regulating physiological processes. Select the process that is primarily responsible for maintaining homeostasis.
A. Anabolism
B. Catabolism
C. Positive Feedback
**D.** Negative Feedback

*Bloom's Level: 3. Apply*
*HAPS Objective: B1.1. Define homeostasis*
*HAPS Objective: B2.3 Explain why negative feedback is the most commonly used mechanism to maintain homeostasis in the body.*
*Learning Objective: 01.14 Define homeostasis.*
*Section 01.08*
*Topic: Definition of homeostasis*
*Topic: Types of homeostatic mechanisms*

## True / False Questions

37. Gross anatomy can best be studied using a microscope.
**FALSE**

*Bloom's Level: 1. Remember*
*HAPS Objective: A5.1. Define the terms anatomy and physiology.*
*Learning Objective: 01.01 Define anatomy and physiology.*
*Section 01.01*
*Topic: Basic terminology*

38. Physiology can best be studied using dissections.
**FALSE**

*Bloom's Level: 1. Remember*
*HAPS Objective: A5.1. Define the terms anatomy and physiology.*
*Learning Objective: 01.01 Define anatomy and physiology.*
*Section 01.01*
*Topic: Basic terminology*

## Multiple Choice Questions

39. The part of a cell that is most like our organs is the
A. organism
B. organic macromolecule
C. atom
**D.** organelle

*Bloom's Level: 4. Analyze*
*HAPS Objective: A6.1. Describe, in order from simplest to most complex,the major levels of organization in the human organism.*
*Learning Objective: 01.02 Describe the levels of organization in the human body.*
*Section 01.02*
*Topic: Levels of organization*

40. An organ system that protects vital organs, produces blood cells, and stores minerals is the _____ system
A. lymphatic
**B.** skeletal
C. cardiovascular
D. integumentary

*Bloom's Level: 1. Remember*
*HAPS Objective: A7.2 Describe the major functions of each organ system.*
*Learning Objective: 01.03 List the major organs and functions for each organ system.*
*Section 01.02*
*Topic: Survey of body systems*

41.

The pericardium is located

A.

in the abdominal cavity, surrounding the pancreas.

B.

in the superior mediastinum, surrounding the cardiac vessels.

C.

in the abdominal cavity, surrounding the aorta.

**D.**

in the center of the thoracic cavity, surrounding the heart.

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.1. Describe the location of the body cavities and identify the major organs found in each cavity.*
*Learning Objective: 01.08 Locate the body cavities, their subdivisions and membranes on a diagram.*
*Learning Objective: 01.09 Name the organs located in each body cavity.*
*Section 01.06*
*Topic: Body cavities and regions*

42.

The covering of the lungs is the _____, and they are located in the _____ cavities.

A.

parietal pleura; pleural

B.

parietal pleura; peritoneal

**C.**

visceral pleura; pleural

D.

visceral pleura; peritoneal

*Bloom's Level: 1. Remember*
*HAPS Objective: A3.1. Describe the location of the body cavities and identify the major organs found in each cavity.*
*Learning Objective: 01.08 Locate the body cavities, their subdivisions and membranes on a diagram.*
*Learning Objective: 01.09 Name the organs located in each body cavity.*
*Section 01.06*
*Topic: Body cavities and regions*

43.

A lack of _____ would impair the body's ability to maintain homeostasis.

A.

food

B.

water

C.

oxygen

**D.**

all items listed are necessary to maintain homeostasis.

*Bloom's Level: 2. Understand*
*HAPS Objective: B1.1. Define homeostasis*
*Learning Objective: 01.13 List the five basic needs essential for human life.*
*Section 01.08*
*Topic: Definition of homeostasis*

44.

A chronic obstructive pulmonary disorder impairs the ability of the body to obtain oxygen. Eventually, if the body cannot compensate, _____ will be lost.

**A.**

homeostasis

B.

metabolism

C.

energy

D.

equilibrium

*Bloom's Level: 3. Apply*
*HAPS Objective: B1.1. Define homeostasis*
*Learning Objective: 01.14 Define homeostasis.*
*Section 01.08*
*Topic: Definition of homeostasis*