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VIDEO GUIDE · UNIT 1 · TOPIC 1.2

The Nervous System

Watch the lesson

Name _____ Class _____ Date _____

NOTES: FILL IN THE BLANKS WHILE YOU WATCH

Central and peripheral

1. The _____ (CNS) is the brain and spinal cord.
2. The _____ (PNS) is the nerves outside the CNS; it carries sensory information in and instructions back out to muscles and glands.

Somatic and autonomic

3. The _____ controls the skeletal muscles; its movements are usually voluntary.
4. A spinal _____ is an automatic response triggered through the spinal cord before the brain gets the message; it's still somatic, since skeletal muscles move.
5. The quick loop from the body to the spinal cord and back is a _____.
6. The _____ runs internal functions like heart rate and digestion automatically (memory trick: it sounds like "automatic").

Sympathetic and parasympathetic

7. The _____ prepares the body for action, _____: heart pounds, pupils dilate, digestion slows.
8. The _____ calms the body back toward its normal resting state: rest and digest.

CHECK YOUR UNDERSTANDING

1. Seconds before giving a speech, a student's heart races, her mouth goes dry, and her breathing quickens. Which division is most active?

(A) Parasympathetic
(B) Somatic
(C) Central
(D) Sympathetic

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2. While you read, your stomach digests lunch and your heart keeps beating without any thought from you. Which division of the peripheral nervous system runs these functions?

(A) Somatic

(B) Autonomic

(C) Central

(D) Reflex arc

3. A doctor taps a patient's knee, and the leg kicks before the patient is aware of the tap. Why is the response so fast?

(A) The signal loops through the spinal cord before the brain gets the message

(B) The autonomic nervous system controls the leg muscles

(C) The sympathetic nervous system speeds up all movements

(D) The brain processes reflexes faster than voluntary movements

NOTES

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