

Anatomy and Physiology Test

2

TEST BANK 2021-22 Updated

1. The sense that tells us where the body or body parts are moving is called?
 - a. Proprioception
 - b. Kinesthesia
 - c. **Nociception**
 - d. Adaptation
 - e. Gustation
2. Which of the following is not a rapid adaptation?
 - a. **Pain**
 - b. Pressure
 - c. Touch
 - d. Smell
 - e. Thermal
3. Cranial Nerve XI is the
 - a. Vagus Nerve
 - b. Trochlear Nerve
 - c. Glossopharyngeal Nerve
 - d. **Accessory Nerve**
4. Which of the following is/are the structures of the inner ear that contain receptors for head movement?
 - a. **Vestibule and Semicircular canals**
 - b. Malleus, incus, and stapes
 - c. Cochlear duct
 - d. Oval window, round window, tympanic membrane
5. The photoreceptor cell of the retina with the lowest threshold is the
 - a. **Rod**
 - b. Cone
 - c. Cupula
 - d. Papilla
 - e. Macula
- 6.

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Yijin Wang



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web pranayama exercises help to clear physical and emotional blocks or obstacles in the body so that the breath and prana can flow freely from a spiritual perspective when we practice pranayama the veil of ignorance that covers the inner light is removed the stages of pranayama the four discernable stages of pranayama are inhalation

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web pranayama is often neatly divided into two words prana yama prana meaning life force or energy source and yama as we ve learned already from the yamas week of our eight limbs of yoga program meaning control or restraint

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web prana is taken in through the air we breathe and since the pranayama exercises increase the amount of air we take in they also increase our intake of prana for all pranayama except kapalabhati the breath is slow and steady breathed in and out of the nose and down into the belly