

Reflex Action Investigation Review

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Understanding the Nervous System

Name: _____

Date: _____

Answer the following questions based on what you learned about reflex arcs and how they protect the body.

1. What is a reflex arc?

- A. A pathway that involves conscious thought
- B. A neural pathway for automatic responses
- C. A type of muscle movement

2. Reflexes are ____ protective responses that occur without conscious thought.

3. Why do you think God designed our bodies with reflexes?

4. Reflex arcs send signals to the brain before responding to stimuli.

- True False

5. Which of the following is an example of a reflex?

- A. Thinking about a problem
- B. Knee-jerk response
- C. Reading a book

6. The ____ response is a reflex that helps protect our eyes from bright light.

7. How do reflexes help keep us safe in everyday situations?

8. Reflex actions are slower than conscious decisions.

- True False

9. What is the purpose of reflex arcs in the body?

- A. To help us think better
- B. To provide instant protection
- C. To make us stronger

10. According to Psalm 139:14, we are ____ and wonderfully made.

Answer Key

1. 1 2. automatic 3. God designed our bodies with reflexes to protect us quickly from harm without needing to think about it. This shows how much He cares for our safety. 4. False 5. Knee-jerk response 6. pupil 7. Reflexes help keep us safe by allowing our bodies to react quickly to danger. For example, if we touch something hot, our reflex makes us pull our hand away before we even feel pain. 8. False 9. To provide instant protection 10. fearfully