REFLEX ACTION WORKSHEET

Name:_____   Date:_____

1. Which of the following statement best describe the definition of reflex action?
   a) A reflex action is a rapid, automatic response to a stimulus that only involve the spinal cord.
   b) A reflex action is a slow, voluntary response to a stimulus that only involve the spinal cord.
   c) A reflex action is a rapid, automatic response to a stimulus that only involve the brain.
   d) All of the above.

2. Select which of the following examples are reflex actions.
   a) Blinking and sneezing
   b) Knee jerk and walk
   c) Quickly pulling your hand away from a hot pot and quickly moving your foot after stepping on a tack.
   d) All of the above.

3. Give one reasons why are reflex actions important?
   I. _____.

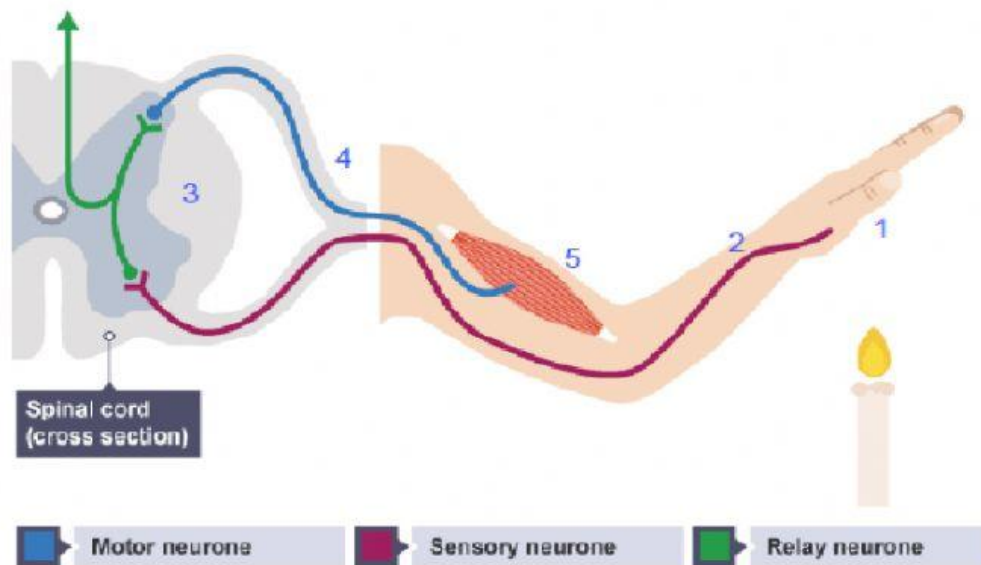4. Match the elements of column A with the corresponding on column B.

Column A	Column B
1. Voluntary actions	Takes place without thinking, faster, controlled mainly by the spinal cord and usually lifesaving actions.
2. Common actions	
3. Involuntary actions	Requires thinking, slower, controlled mainly by the brain.

5. On the diagram bellow is shown an example of a reflex action. Choose the right option to describe the steps of this process.
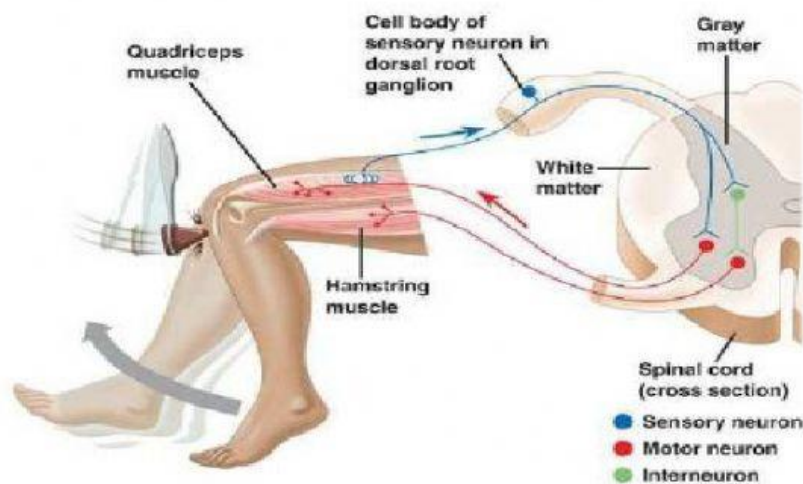

Spinal cord (cross section)

Motor neurone   Sensory neurone   Relay neurone

1. _____.

2. _____.

3. _____.

4. _____.

5. _____.

6. Conditioned reflexes are movements that are learned and then performed voluntarily without conscious thought and known also as learned reflexes.
a) Select the right examples of this type of reflex.
1. A ringing bell causing a dog to salivate
2. Walking
3. riding a bike and swimming
4. Breathing

7. On the diagram bellow is shown an example of a reflex action. Label and describe the steps of this process.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.