

QUIZ POOL #1

THERMOREGULATION AND DRESSING FOR THE OUTDOORS

1. Humans have very efficient cooling systems. T or F?
2. Shivering requires the energy of a slow jog. T or F?
3. A majority of the energy derived from the food we eat goes into heat production. T or F?
4. An initial reaction of the body when it attempts to cool itself is to dilate (expand) the blood vessels in the extremities. T or F?
5. Tobacco is a vasodilator. T or F?
6. Alcohol is a vasoconstrictor. T or F?
7. The mechanism of heat loss that is the most common when the body is at rest is _____.
8. Heat loss due to physical contact with a cooler object is called _____.
9. Sweating is a form of _____ heat loss.
10. Loss of body heat to circulating wind is called _____.
11. Cotton is an effective insulator in wet, cold conditions. T or F?
12. Down is a good choice as an insulator for wet, rainy conditions. T or F?
13. The kind of air space that exists between fibers and is responsible for trapping body heat is called _____ air space.
14. At rest, the majority of heat production occurs in the head region. T or F?