

HLTH 147 | QUIZ 8 OF 29 (Lectures 11 & 12)

NAMES _____

Define habituation and sensitization:

Define accommodation and adaptation.

Create a scenario that characterizes habituation:

Create a scenario that characterizes sensitization:

Create a scenario that characterizes accommodation:

Create a scenario that characterizes adaptation:

What are three examples of cells, tissues, or systems that adapt according to the principle of specificity of adaptation?

Very briefly, what did each of the following people contribute to our understanding of adaptation?

Henry Davis:

Julius Wolff:

Hans Selye:

Thomas DeLorme:

Edward Adolph:

What is the “general alarm reaction”? What is the HPA axis? SAM axis?

How is your skeleton involved in immediate stress response?

Why do we adapt *specifically* to the stresses we experience?