Name _____

Mastering the Beat: Regulating Blood Pressure for a Healthy Heart

Multiple Choice Questions

1. What is blood pressure, and how is it measured?

a) The rate at which blood flows through the body; measured in heartbeats per minute

b) The force exerted by blood against artery walls; measured in systolic and diastolic numbers

c) The amount of oxygen in the blood; measured in millimeters of mercury

d) The thickness of blood vessel walls; measured in inches

2. Why is maintaining healthy blood pressure important for the body?

a) To control body temperature

b) To efficiently transport oxygen and nutrients to cells

c) To increase the body's energy levels

d) To decrease the production of waste products

3. Which of the following mechanisms is NOT involved in regulating blood pressure?

a) The autonomic nervous system

b) Hormones like adrenaline and aldosterone

c) The digestive system

d) The kidneys

4. What role do the kidneys play in regulating blood pressure?

a) They control heart rate

b) They influence the constriction of blood vessels

c) They regulate the volume of blood and levels of sodium and water in the body

d) They produce hormones that affect blood pressure

5. Which of the following is NOT a recommended strategy for maintaining healthy blood pressure?

a) Consuming a diet high in fruits and vegetables

b) Engaging in regular physical activity

c) Managing stress through relaxation techniques

d) Increasing alcohol and tobacco use