

BIO 25 PAL Worksheet
Week 8 (#1): Autonomic Nervous System

Remember

1. Your body is always in either sympathetic or parasympathetic mode (or transitioning between the two). Identify FIVE individual, real life things that would physically occur when someone is in each mode.
2. What neurotransmitter(s) are released onto the target tissues by Sympathetic neurons? What neurotransmitter(s) are released onto the target tissues by Parasympathetic neurons? For each of the 10 things you listed above, indicate the neurotransmitter that was released.

Understand

3. During a fight or flight response, the body is revving itself up for action. Describe eight different results of sympathetic stimulation that would assist the body in getting ready to act/move. Specify exactly how each one helps.

Apply

4. Describe ten specific things that occur during parasympathetic times that are necessary for optimal body functioning. How do these parasympathetic changes facilitate this optimization? Be specific.