

## Fight or Flight – Questions by Topic

**Q1.**

Outline the role of adrenaline in the fight or flight response.

**(Total 4 marks)**

**Q2.**

You are walking home at night. It is dark and you hear someone running behind you. Your breathing quickens, your mouth dries and your heart pounds. Then you hear your friend call out, "Hey, wait for me! We can walk back together." Your breathing slows down and after a couple of minutes you are walking home calmly with your friend.

Explain the actions of the autonomic nervous system. Refer to the description above in your answer.

**(Total 4 marks)**

**Q3.**

The fight or flight response enabled our ancestors to survive but can be less helpful in response to more modern stressors.

Explain how the body responds during fight or flight and why this could be unhelpful in a driving test situation.

**(Total 4 marks)**

**Q4.**

You are a passenger in a car that has suddenly slammed on its brakes to avoid hitting a dog. Your breathing quickens, your mouth is dry and you have a feeling of 'butterflies' in your stomach. But after a few minutes these physical changes start to disappear. Using your knowledge of the body's response to stress, explain why you are likely to have experienced:

(a) the changes that occurred in the first 30 seconds;

**(2)**

(b) the changes that occurred after a few minutes.

**(2)**

**(Total 4 marks)**