

Launch Lab: Modern Stress!

Answer Key

Answers to Analysis Questions

1. Pulse rate should increase during the stressful situation.
2. You should recognize that the response to this situation produces the same type of physiological effects as when the sympathetic nervous system is stimulated during the fight-or-flight response. Responses to stress that might be observed in this activity include increase in heart rate and blood pressure, increase in breathing rate, and dilation of pupils.
3. In a life-threatening situation, the body's so-called fight-or-flight response will be initiated. Increased breathing rate and heart rate provide muscles with additional supplies of glucose and oxygen. Glucose and oxygen provide muscles with the energy that they need to run or fight. As well, the increased heart rate helps to remove the waste products produced by the muscles during stressful situations.
4. Your answer could include money concerns, family illness or death, personal relationship problems, overcrowded or unsuitable living conditions, increased crime, poverty, overwork, stressful jobs, and inadequate exercise, among others.
Crime is dangerous in a direct way, but any of the other long-term stressful situations may lead indirectly to health problems such as ulcers, heart attacks, or strokes. Short-term responses to stress can help prepare athletes for competition, or help people escape potentially dangerous situations.