

Integumentary Systems Quiz

Choose the best answer.

1. Which is part of the integumentary system?
 - A. bone
 - B. ligament
 - C. organ
 - D. skin
2. Which protein is found in the epidermis layer of the skin?
 - A. actin
 - B. keratin
 - C. melanin
 - D. myosin
3. Which is the function of sebaceous glands?
 - A. clean away particles
 - B. lubricate the skin
 - C. produce keratin
 - D. supply essential nutrients
4. Which is a possible negative effect of staying indoors for long periods of time?
 - A. decreased bone density
 - B. delayed nerve reactions
 - C. increased calcium levels
 - D. vitamin D deficiency
5. Which is a sign of first-degree sunburn?
 - A. blisters
 - B. mild epidermal redness
 - C. muscle and tissue damage
 - D. scarring
6. Which tissue type is responsible for the formation of "goose bumps"?
 - A. Muscle tissue
 - B. Nerve tissue
 - C. Connective tissue
 - D. Epithelial tissue
7. How does the skin regulate body temperature?
 - A. by increasing sweat production
 - B. by retaining water
 - C. by producing vitamin D
 - D. by regulating fat content in the epidermis
8. Which are not found in the dermis?
 - A. muscles
 - B. sweat and oil glands
 - C. fat cells
 - D. nerve cells
9. What can be inferred from suntans?
 - A. Tanning produces healthier skin
 - B. A tan might indicate sun damage to the skin
 - C. Tanning strengthens the elastic in the skin making the skin feel tight
 - D. Tanning promotes skin that has a more youthful appearance
10. What type of burn results in blisters and severe pain?
 - A. First-degree burn
 - B. Second-degree burn
 - C. Third-degree burn