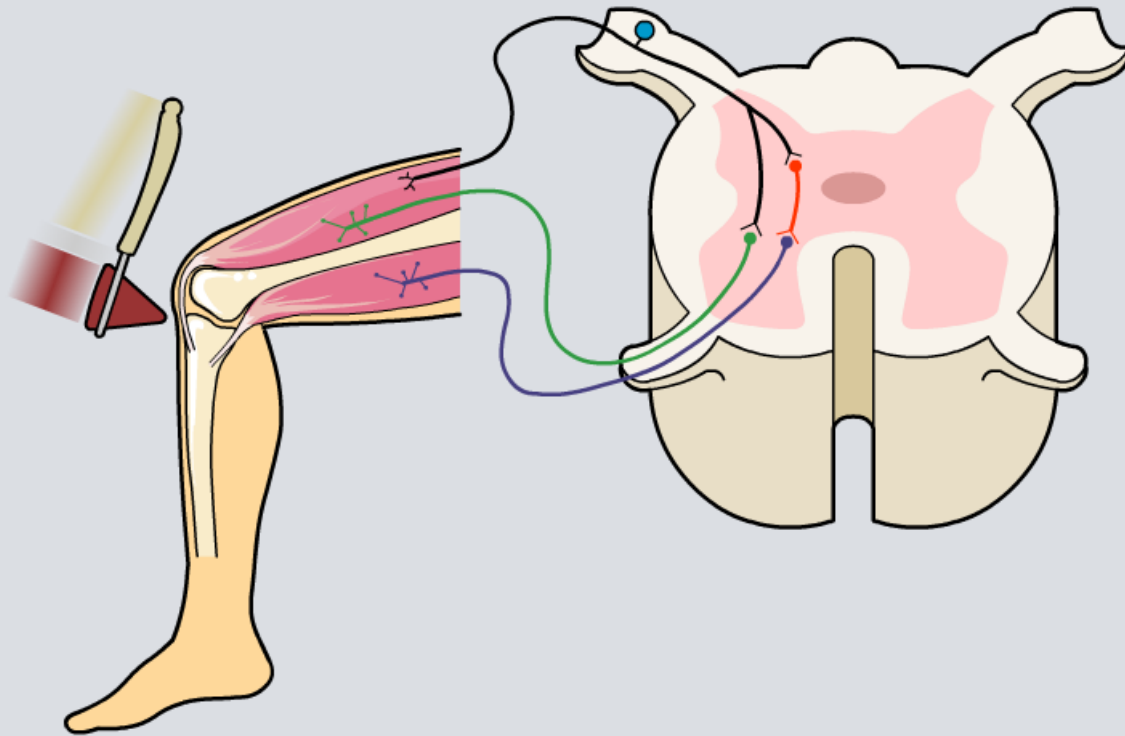


## Reflexes

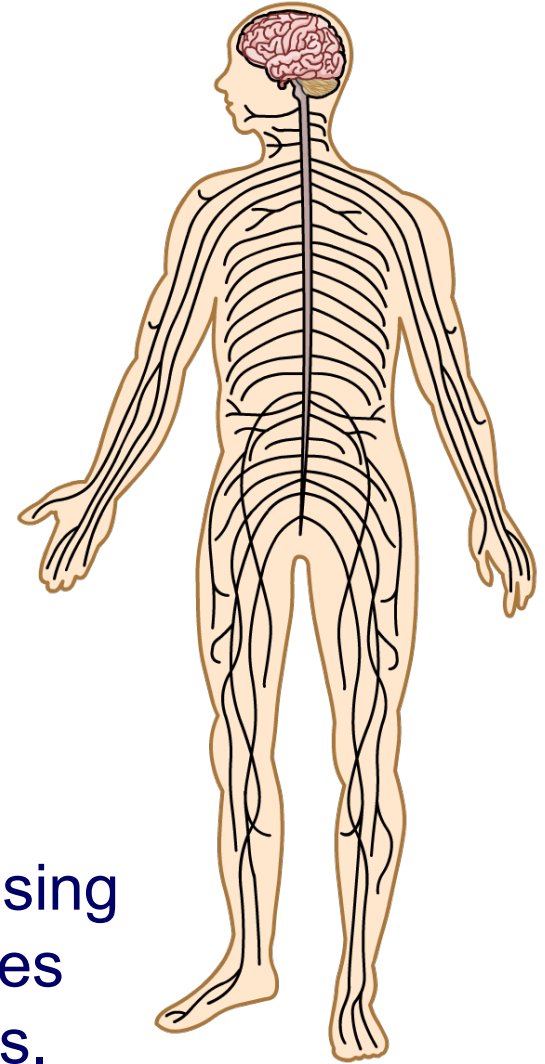


# What are reflexes?

Reflexes are fast, automatic protective biological control systems that link a stimulus to a response.

Reflex reactions happen without you having to think about them – they are **involuntary**. This is because the **central nervous system (CNS)** sends electrical signals to the muscles before the brain can pick up the message.

Many reflexes such as sneezing and focusing your eyes occur naturally, but other reflexes can be learned, i.e. conditioned responses.



# A reflex arc



## What is the sequence of events in a reflex arc?

- 1 Signal reaches muscle (or gland)
- 2 Muscle responds (or gland releases chemicals)
- 3 Signal passes from relay neuron to motor neuron
- 4 Signal passes from sensory neuron to relay neuron
- 5 Stimulus is detected by receptors
- 6 Signal travels along sensory neuron



solve

