1. 4. Regarding the regulation of body temperature:
2. In a temperate climate under normal conditions, the greatest loss of body heat occurs through radiation
3. During water immersion, heat is mainly lost via radiation
4. The thalamus is the centre for integrating thermal information
5. As the skin possesses thermoreceptors, its temperature is regulated more closely than the core temperature
6. Shivering occurs only when core body temperature goes below 37.5°C
7. 5. Regarding sweating and heat loss:
8. Heat loss through sweating is controlled by the parasympathetic nervous system.
9. Profuse sweating can lead to heat exhaustion
10. The efficacy of sweating as a mechanism of heat loss is increased in tropical rain forest
11. Sweat is secreted by the apocrine glands
12. Sweating is the best mechanism used to transfer heat between the body and the air