

Reflexes

Reflex = a response to a stimulus that is outside of our conscious control

↳ Integration (deciding what to do) doesn't only happen in the brain... your spinal cord also plays a role

Reflex Arc

1. Sensory receptors pick up a stimulus
2. The stimulus sends an impulse down an afferent sensory neuron which passes it to the spinal cord
3. The interneurons in the spinal cord decides what to do and sends an impulse to an efferent motor neuron and to the brain
4. The efferent motor neuron activates a response (moves a hand away, secretes a hormone, activates a muscle etc.) this is called the effect
5. Your brain catches up and realizes what happened