

How does the sympathetic nervous system prepare an individual for fight?

The sympathetic nervous system controls our fight and flight reactions. It prepares us for a fight by exciting different organs in our bodies through chemicals, and stimulating the adrenal glands, which excite organs in the entire body. Thus, the pupils dilate, the heart rate increases, blood is shunted away from the non-essential organs and the GI tract is slowed down or stopped.

What is the effect of parasympathetic stimulation on the cardiac muscles? On respiration?

The parasympathetic nervous system relaxes us, so it obviously slows down the heart rate (inhibiting the cardiac muscles) and increases respiratory effort in rate and depth.