Journey of Adulthood 8th edition Bjorklund Solutions Manual

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Chapter 2: Physical Changes

Chapter Context

The theme of this chapter is primary aging, the physical changes that take place predictably in most of us when we reach certain milestones in our journeys of adulthood. Basic theories are introduced, as well as areas of more complex functioning, such as (1) athletic abilities, (2) stamina, dexterity, and balance, (3) sleep, and (4) sexual activity, all of which decline gradually with age.

Outcome-based Outline

Outcome	**Learning Objectives**
Knowledge of Discipline	2.2 Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences
	2.3 Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
	2.5 Discuss becoming young once again
	2.6 Relate age to physical changes
Cultural Competence	2.4 Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors
Information Literacy	2.1 Analyze theories of primary aging arguing in favor and against each

Discussion Question Bank

This discussion question bank provides a listing of discussion questions (1-2 per module) which are included for in-class use.

Module	**Discussion Question(s)**
2.1 Theories of Primary Aging	1. Reflecting on your observations, which theory of aging best matches your experience? 2. Based on the aging of individuals you have known, how important is genetics? Have you observed similarities among family members?
2.2 Physical Changes during	1. Based on common physical changes during adulthood, what

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Adulthood	changes do you expect over the next twenty years? Have you observed these changes in older relatives? 2. Which of the physical changes during adulthood aging do you think most impacts life? If you had a magic wand and could preserve one system (senses, bones and muscles, cardiovascular and nervous, immune system, hormonal) which one would you preserve and why?
2.3 Changes in Physical Behavior	1. Considering the changes in physical behavior during adulthood, at what point do you think you will be at your physical best athletically? What, if anything, could you do to prevent the decline in athletic ability? 2. How do your beliefs about sexual behavior in adulthood match the research? What information surprised you the most?
2.4 Individual Differences in Primary Aging	1. Reflecting on your habits, what lifestyle changes could affect the rate of your primary aging? What makes it difficult to make these changes? 2. Considering the neighborhood you live in and those you travel through, what food options are available? What differences do you see in higher versus lower income neighborhoods?
2.5 Can We "Turn Back the Clock" of Primary Aging?	1. If a fountain of youth were available and you could postpone or slow down aging significantly, would you choose to use it or not? How long is an optimal life? 2. If you know how long your parents, grandparents, and great-grandparents lived, do you see a pattern that could be related to genetics? What lifestyle patterns may also be related? If you don't have that information about family, consider families you are aware of with long and short lifespans and reflect on the impact of genetics and lifestyle.
2.6 An Overview of the Physical Changes in Adulthood	1. Considering the physical changes in adulthood, what advice would you give to a group of 18-22 year-olds about aging? 2. Based on the changes throughout adulthood, at what age would you consider someone over-the-hill physically?

Research Assignments

The following research assignments pertain to the main topics and/or themes of the chapter. Please respond by writing a paper consisting of 1000–1500 words.

Theories of Aging

Choose one bodily system and describe the most significant physical changes that occur between the ages of eighteen and eighty. Discuss how oxidative damage, genetic limit, and caloric restriction explain the aging to that bodily system. Use 2-3 scholarly sources.

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