Journey of Adulthood 8th edition Bjorklund Test Bank

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Bjorklund_TB_Ch2

Key: Answer, Page, Type, Learning Objective, Level

Type
A=Applied
C=Conceptual
F=Factual
Level
(1)=Easy; (2)=Moderate; (3)=Difficult

LO=Learning Objective
SG=Used in Study Guide
p=page

Bjorklund_TB_Ch2

Multiple Choice Single Select

M/C Question 1
Which theory of aging focuses on changes at the cellular level, including the release of free radicals?

a) Oxidative damage
Consider This: This theory suggests that as we age, our resistance to environmental effects diminishes.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

b) Genetic limits
Consider This: This theory suggests that as we age, our resistance to environmental effects diminishes.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

c) Caloric restriction
Consider This: This theory suggests that as we age, our resistance to environmental effects diminishes.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

d) Interactionist view

ANS: a
Skill=Understand the Concepts, Objective=LO 2.1: Analyze theories of primary aging arguing in favor and against each, Topic=Theories of Primary Aging, Difficulty=Easy

M/C Question 2
Which theory of aging is centered on the idea that each species has a maximum life span?

a) Genetic limits

b) Oxidative damage
Consider This: This theory suggests that aging is imbedded within each of us.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

c) Caloric restriction
Consider This: This theory suggests that aging is imbedded within each of us.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

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d) Interactionist view
Consider This: This theory suggests that aging is imbedded within each of us.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

ANS: a

Skill=Understand the Concepts, Objective=LO 2.1: Analyze theories of primary aging arguing in favor and against each, Topic=Theories of Primary Aging, Difficulty=Easy

M/C Question 3

What is true about adults ages 60 and older in terms of obesity?

a) They are slightly more likely to be obese than other age groups.
b) They are twice as likely to be obese than other age groups.
Consider This: As people age, they may become more sedentary.
LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences
c) They are half as likely to be obese than other age groups.
Consider This: As people age, they may become more sedentary.
LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences
d) They are rarely obese compared to other age groups.
Consider This: As people age, they may become more sedentary.
LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences

ANS: a

Skill=Understand the Concepts, Objective=LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences, Topic=Physical Changes During Adulthood, Difficulty=Easy

M/C Question 4

Which sense develops last in infants and is the first to show decline as we age?

a) Vision
b) Smell
Consider This: This is the most complex of the senses.
LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences
c) Hearing
Consider This: This is the most complex of the senses.
LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences
d) Touch
Consider This: This is the most complex of the senses.
LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences

ANS: a

Skill=Understand the Concepts, Topic=Physical Changes During Adulthood, Difficulty=Easy, Objective=LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences

M/C Question 5

At what age do most athletic abilities peak?

a) 20s
b) 30s
Consider This: Most prime athletes are young and around college age.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
c) 40s
Consider This: Most prime athletes are young and around college age.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
d) 50s
Consider This: Most prime athletes are young and around college age.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
ANS: a
Objective=LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning, Difficulty=Easy, Skill=Understand the Concepts, Topic=Changes in Physical Behavior

M/C Question 6
What is true about the incidence of insomnia as we age?
a) It increases for everyone, but even more so for women.
b) It increases for everyone, but even more so for men.
Consider This: Lifestyle and outside factors, such as stress, affect insomnia.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
c) It decreases for everyone, but even more so for women.
Consider This: Lifestyle and outside factors, such as stress, affect insomnia.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
d) It decreases for everyone, but even more so for men.
Consider This: Lifestyle and outside factors, such as stress, affect insomnia.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
ANS: a
Skill=Understand the Concepts, Objective=LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning, Topic=Changes in Physical Behavior, Difficulty=Easy

M/C Question 7
About _____ % of facial skin aging and variation of body weight can be attributed to genetics.
a) 60
b) 90
Consider This: Genetics has a moderately strong effect on genetics.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors
c) 40
Consider This: Genetics has a moderately strong effect on genetics.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors
d) 25

Consider This: Genetics has a moderately strong effect on genetics.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors

ANS: a

Difficulty=Easy, Skill=Understand the Concepts, Objective=LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors, Topic=Individual Differences in Primary Aging

M/C Question 8

What did Chiou, Yang, and Wan (2011) find when they gave study participants a placebo nutritional pill?

a) Participants were more likely to participate in risky behaviors.
b) Participants were more likely to exercise.
Consider This: Researchers found that nutritional supplements have an ironic effect.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors
c) Participants were more likely to eat healthier.
Consider This: Researchers found that nutritional supplements have an ironic effect.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors
d) Participants were more likely to keep taking nutritional supplements.
Consider This: Researchers found that nutritional supplements have an ironic effect.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors

ANS: a

Topic=Individual Differences in Primary Aging, Skill=Understand the Concepts, Objective=LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors, Difficulty=Easy

M/C Question 9

Ohlshansky (2012) suggests that people who have aged well have cells that are resistant to

a) oxidative damage.
b) lifestyle choices.
Consider This: The ability to reduce free radicals is important in slowing aging.
LO 2.5: Discuss becoming young once again
c) smoking damage.
Consider This: The ability to reduce free radicals is important in slowing aging.
LO 2.5: Discuss becoming young once again
d) diet influences.
Consider This: The ability to reduce free radicals is important in slowing aging.
LO 2.5: Discuss becoming young once again

ANS: a

Skill=Understand the Concepts, Objective=LO 2.5: Discuss becoming young once again, Difficulty=Easy, Topic=Can We â Turn Back the Clockâ of Primary Aging?

M/C Question 10

When do most adults pass their physical peak?

a) 40
b) 50

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Consider This: Once adults reach the middle-age years, aging begins to accelerate.
LO 2.6: Relate age to physical changes

c) 60
Consider This: Once adults reach the middle-age years, aging begins to accelerate.
LO 2.6: Relate age to physical changes

d) 30
Consider This: Once adults reach the middle-age years, aging begins to accelerate.
LO 2.6: Relate age to physical changes

ANS: a

Topic=An Overview of the Physical Changes in Adulthood, Skill=Understand the Concepts, Objective=LO 2.6: Relate age to physical changes, Difficulty=Easy

M/C Question 11

Dr. Paulsen is conducting research to see if people who drink red wine live longer than people who drink other alcoholic beverages. Her research is guided by which theory on aging?

a) Genetic limits

b) Genetic limits
Consider This: Diet appears to have an impact on aging and longevity.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

c) Oxidative damage
Consider This: Diet appears to have an impact on aging and longevity.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

d) Interactionist view
Consider This: Diet appears to have an impact on aging and longevity.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

ANS: a

Skill=Apply What You Know, Objective=LO 2.1: Analyze theories of primary aging arguing in favor and against each, Difficulty=Moderate, Topic=Theories of Primary Aging

M/C Question 12

Among the theories of aging, _____ has identified a cause for aging, while _____ has just been seen to accompany aging.

a) genetic limits; oxidative damage

b) caloric restriction; genetic limits
Consider This: While both look at biological processes, only one has been seen to lead directly to aging.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

c) oxidative damage; genetic limits
Consider This: While both look at biological processes, only one has been seen to lead directly to aging.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

d) genetic limits; caloric restriction
Consider This: While both look at biological processes, only one has been seen to lead directly to aging.
LO 2.1: Analyze theories of primary aging arguing in favor and against each

ANS: a

Skill=Analyze It, Objective=LO 2.1: Analyze theories of primary aging arguing in favor and against each, Topic=Theories of Primary Aging, Difficulty=Moderate

M/C Question 13
Dr. King is examining whether running has an effect on telomeres. Dr. King is working under which theory?

a) Genetic limits
b) Oxidative damage
   Consider This: This theory focuses on whether programmed aging can be altered.
   LO 2.1: Analyze theories of primary aging arguing in favor and against each
c) Caloric restriction
   Consider This: This theory focuses on whether programmed aging can be altered.
   LO 2.1: Analyze theories of primary aging arguing in favor and against each
d) Interactionist view
   Consider This: This theory focuses on whether programmed aging can be altered.
   LO 2.1: Analyze theories of primary aging arguing in favor and against each

ANS: a
Difficulty=Moderate, Skill=Apply What You Know, Objective=LO 2.1: Analyze theories of primary aging arguing in favor and against each, Topic=Theories of Primary Aging

M/C Question 14
Margaret undergoes a DXA scan and discovers her bones have rapidly become less dense since she turned 55. Margaret has

a) osteoporosis.
b) BMD.
   Consider This: This condition affects women much more than men because women's bones are smaller.
   LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences
c) osteoarthritis.
   Consider This: This condition affects women much more than men because women's bones are smaller.
   LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences
d) scoliosis.
   Consider This: This condition affects women much more than men because women's bones are smaller.
   LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences

ANS: a
Skill=Apply What You Know, Objective=LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences, Topic=Physical Changes During Adulthood, Difficulty=Moderate

M/C Question 15
On a day-to-day basis, how does the heart of an older person compare to one of a younger person?

a) They both work just about the same.
b) The heart of the older person works slower than the younger person.
   Consider This: Disease is what affects the functioning of the heart for typical activities.
   LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences
c) The heart of the older person works faster than the younger person.
   Consider This: Disease is what affects the functioning of the heart for typical activities.
   LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences

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d) The heart of the older person has more plaque than the younger person.
Consider This: Disease is what affects the functioning of the heart for typical activities.
LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences

ANS: a

Skill=Analyze It, Objective=LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences, Topic=Physical Changes During Adulthood, Difficulty=Moderate

M/C Question 16

A study reveals that Mark's brain at age 70 is experiencing both changes in neurons and also some pruning of neurons. These are both examples of the brain's

a) plasticity.
b) neurogenesis.
Consider This: The brain is not a rigid organ.
LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences
c) stem cells.
Consider This: The brain is not a rigid organ.
LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences
d) myelin.
Consider This: The brain is not a rigid organ.
LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences

ANS: a

Skill=Apply What You Know, Objective=LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences, Topic=Physical Changes During Adulthood, Difficulty=Moderate

M/C Question 17

Thomas has always played tennis, but now that he is in his 60s, he finds he has more trouble following the ball and connecting his racquet with it. Thomas is experiencing a loss of

a) dexterity.
b) stamina.
Consider This: Arthritic changes in the joints affect this ability.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
c) balance.
Consider This: Arthritic changes in the joints affect this ability.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
d) density.
Consider This: Arthritic changes in the joints affect this ability.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning

ANS: a

Skill=Apply What You Know, Objective=LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning, Topic=Changes in Physical Behavior, Difficulty=Moderate

M/C Question 18
Cho, a 51-year-old woman, is complaining of insomnia. She says she has trouble getting to sleep because her temperature is off, and when she does fall asleep, her partner says she snores loudly. Cho is likely experiencing insomnia as a result of

a) menopause.
b) stress.
Consider This: This affects women only.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
c) lifestyle factors.
Consider This: This affects women only.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
d) genetic disposition.
Consider This: This affects women only.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning

ANS: a
Skill=Analyze It, Objective=LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning, Topic=Changes in Physical Behavior, Difficulty=Moderate

M/C Question 19
Differences in sexual desire between young adults and middle-aged adults appear to be related to

a) parenthood.
b) income.
Consider This: This is a major form of stress for young adults that decreases as we move into middle-age.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
c) exercise.
Consider This: This is a major form of stress for young adults that decreases as we move into middle-age.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning
d) diet.
Consider This: This is a major form of stress for young adults that decreases as we move into middle-age.
LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning

ANS: a
Skill=Analyze It, Objective=LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning, Topic=Changes in Physical Behavior, Difficulty=Moderate

M/C Question 20
Alana and Amber are identical twins in their 60s. Alana looks much older than Amber; what is likely to be true?

a) Alana has a more sedentary lifestyle than Amber.

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b) Alana has more genetic predisposition for aging than Amber.
Consider This: Lifestyle factors affect the aging process.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors
c) Alana has an inherited disease that has aged her faster than Amber.
Consider This: Lifestyle factors affect the aging process.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors
d) Alana has avoided UV exposure more than Amber.
Consider This: Lifestyle factors affect the aging process.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors

ANS: a

Skill=Analyze It, Objective=LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors, Topic=Individual Differences in Primary Aging, Difficulty=Moderate

M/C Question 21

What is an example of a food desert?

a) A low-income neighborhood with many convenience stores
b) A low-income neighborhood with many people on government aid
Consider This: Some areas experience a dearth of healthy food options.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors
c) A high-income neighborhood with expensive health food stores
Consider This: Some areas experience a dearth of healthy food options.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors
d) A middle-class neighborhood with one grocery store
Consider This: Some areas experience a dearth of healthy food options.
LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors

ANS: a

Skill=Apply What You Know, Objective=LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors, Topic=Individual Differences in Primary Aging, Difficulty=Moderate

M/C Question 22

What can be inferred from Olshansky's (2012) research on aging?

a) Antioxidant foods may help slow aging.
b) More exercise builds bone density.
Consider This: Olshansky (2012) studied cellular aging.
LO 2.5: Discuss becoming young once again
c) Genetics heavily influence the progression of aging.
Consider This: Olshansky (2012) studied cellular aging.
LO 2.5: Discuss becoming young once again
d) Socioeconomic status impacts the aging process.
Consider This: Olshansky (2012) studied cellular aging.
LO 2.5: Discuss becoming young once again

ANS: a

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Objective=LO 2.5: Discuss becoming young once again, Topic=Can We â Turn Back the Clockâ of Primary Aging?, Difficulty=Moderate, Skill=Analyze It

M/C Question 23
Jean attributes her long, healthy life to a steady diet of blueberries and green tea. Olshansky (2012) would suggest this diet has
a) reduced oxidative damage.
b) decreased the appearance of wrinkles.
Consider This: Free radicals can contribute to cell damage.
LO 2.5: Discuss becoming young once again
c) increased the density of bones.
Consider This: Free radicals can contribute to cell damage.
LO 2.5: Discuss becoming young once again
d) increased joint health.
Consider This: Free radicals can contribute to cell damage.
LO 2.5: Discuss becoming young once again
ANS: a
Skill=Analyze It, Objective=LO 2.5: Discuss becoming young once again, Topic=Can We â Turn Back the Clockâ of Primary Aging?, Difficulty=Moderate

M/C Question 24
Marilisa, a 70-year-old woman, reports a lack of sexual activity. What is the top reason for her lack of sexuality?
a) Lack of a partner
b) Decreased desire
Consider This: Mortality also increases as we age.
LO 2.6: Relate age to physical changes
c) Hormonal changes
Consider This: Mortality also increases as we age.
LO 2.6: Relate age to physical changes
d) Painful intercourse
Consider This: Mortality also increases as we age.
LO 2.6: Relate age to physical changes
ANS: a
Objective=LO 2.6: Relate age to physical changes, Topic=An Overview of the Physical Changes in Adulthood, Difficulty=Moderate, Skill=Analyze It

M/C Question 25
Which of the following is an example of a person most likely to receive cosmetic surgery?
a) Marcus, a 50-year-old man, receives hair transplants.
b) Lucy, a 29-year-old woman, receives breast augmentation.
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
c) Regina, a 70-year-old woman, obtains a chemical peel.
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
d) Ricky, an 80-year-old man, receives liposuction.
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
ANS: a

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Skill=Apply What You Know, Objective=LO 2.6: Relate age to physical changes, Topic=An Overview of the Physical Changes in Adulthood, Difficulty=Moderate

Essay

SA Question 26
Compare and contrast the three theories of primary aging, noting each one's advantages and limitations.
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
Objective=LO 2.1: Analyze theories of primary aging arguing in favor and against each, Topic=Theories of Primary Aging, Difficulty=Moderate, Skill=Analyze It

SA Question 27
Analyze how people age in terms of bones and muscles, cardiovascular and respiratory systems, and the brain and nervous system. How do these systems compare to those of younger adults?
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
Skill=Analyze It, Objective=LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences, Topic=Physical Changes During Adulthood, Difficulty=Moderate

SA Question 28
Distinguish how younger adults and older adults differ in terms of athletic abilities, sleep, and sexual functioning.
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
Skill=Analyze It, Objective=LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning, Topic=Changes in Physical Behavior, Difficulty=Moderate

SA Question 29
Compare and contrast the genetics effect and lifestyle effects on individual aging processes.
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
Skill=Analyze It, Objective=LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors, Topic=Individual Differences in Primary Aging, Difficulty=Moderate

SA Question 30
Analyze the relationship of physical changes to age. When do these physical changes become most apparent, and why?
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
Skill=Analyze It, Objective=LO 2.6: Relate age to physical changes, Topic=An Overview of the Physical Changes in Adulthood, Difficulty=Moderate

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Essay Question 31
Pick two of the three theories of primary aging and analyze its impact on Americans. How can these theories guide people's fight against aging? Which one do you think is the most useful, and why?
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
Difficulty=Difficult, Skill=Analyze It, Objective=LO 2.1: Analyze theories of primary aging arguing in favor and against each, Topic=Theories of Primary Aging

Essay Question 32
Assume you have a Great Aunt Lois. Using the seven physical systems of change that older adults experience, apply these to your great aunt. How has she aged, what changes has she experienced, and what can she do now, at age 85, to help decrease the physical changes of aging?
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
Skill=Apply What You Know, Objective=LO 2.2: Assess physical changes during adult development including outward appearance, faculties. bodily systems and individual differences, Topic=Physical Changes During Adulthood, Difficulty=Moderate

Essay Question 33
Evaluate the causes that create changes in physical behavior, such as athletic abilities, sleep, and sexual functioning. What causes are most influential, and what are strategies people can adopt to decrease these changes? How do you think these changes affect people's morale, and why?
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
Skill=Evaluate It, Objective=LO 2.3: Discuss changes in physical behavior like decline of stamina, dexterity, and balance; changes in sleep habits and sexual functioning, Topic=Changes in Physical Behavior, Difficulty=Difficult

Essay Question 34
Critique the statement that aging is genetically determined. How important are race and socioeconomic factors in influencing lifestyle and genetic factors for individual aging, and why?
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
Skill=Evaluate It, Objective=LO 2.4: Identify the proportionate relationship between aging and individual differences based on genetics, lifestyle, race and socio-economic factors, Topic=Individual Differences in Primary Aging, Difficulty=Difficult

Essay Question 35
Criticize commercials' claims that their products can reverse the signs of aging. What does research suggest? What do you think would be the most effective ways to delay aging, and why?
Consider This: Those in middle age often want to fight the signs of aging.
LO 2.6: Relate age to physical changes
Topic=Can We â Turn Back the Clockâ of Primary Aging?, Difficulty=Difficult, Skill=Evaluate It, Objective=LO 2.5: Discuss becoming young once again

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