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1. Life span refers to

a. how long a given person lives

b. the average lifetime of an individual member of a species

*c. the typical lifetime of people in the absence of any external limitations

d. none of the above

2. An age-related disease is one that

a. only occurs in old people

*b. is progressively more likely to occur with age

c. invariably causes death

d. is incurable

3. Darwin's theory suggests that the force of evolution in mammals tends toward

a. living long enough to reproduce once

b. living long enough to reproduce several times

*c. internal immortality

d. none of the above

4. An evolutionary nonprogrammed aging theory suggests that the force of evolution tends toward

a. unlimited life span

b. living long enough to reproduce

*c. a species- and population-specific minimum life span

d. a species- and population-specific optimum life span

5. What is genomic intertrait linkage?

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a. a characteristic of genes that explains why different species have different traits

b. a property of genome design that causes genetic diseases

*c. a property of genome design that makes it difficult for the evolution process to produce a particular trait without also producing another different trait

d. none of the above

6. What is the evolutionary antagonistic pleiotropy theory of aging?

*a. Genomic linkage between aging and some beneficial trait allows existence of aging even though it reduces a person's ability to produce descendants.

b. Aging is antagonistic to survival and reproduction.

c. Pleiotropy causes aging by limiting cell division.

d. Aging unavoidably results from genetic flaws such as pleiotropy.

7. What is a programmed aging theory?

a. Aging is caused by the pleiotropic program.

b. Aging is an inevitable consequence of the growth program.

*c. Aging is purposely caused by a biological program because internally limiting lifetime produces an evolutionary advantage.

d. none of the above

8. What are population-oriented theories regarding the evolution process?

a. Natural selection favors some groups over others, leading to the evolution of traits that are group-advantageous.

b. A trait that benefits survival of a population can evolve even if it is personal adverse.

c. Increasing a population's ability to adapt can offset a reduction in a person's ability to reproduce.

*d. all of the above

9. What is regulated programmed aging?

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a. a theory suggesting that increasing life span is impossible

b. a theory of aging based on logical principles similar to those used in computer programs

*c. a theory suggesting that the aging program can adjust life span to accommodate detection of local or temporary conditions that affect optimum life span

d. none of the above

10. What is anti-aging medicine?

a. treatments that reduce the appearance of aging

b. treatments directed at increasing health during older ages

c. treatments directed at increasing human life span

*d. all of the above

11. Evolvability theories suggest that

a. the ability to evolve is an inherent property of living organisms

b. the ability to evolve is a constant

*c. the ability to evolve is itself mainly the result of evolved traits and can vary among populations

d. none of the above

12. Programmed aging theories suggest that biological mechanisms behind aging could include

a. hormone signaling

b. means for detecting external conditions that affect the optimum life span for a population

c. up- and down-regulation of repair processes

*d. all of the above

13. Genetics discoveries suggest that programmed aging is impossible.

a. True
*b. False

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14. Age-related diseases and conditions cause the majority of all deaths in developed countries.

*a. True
b. False

15. Some programmed aging theories suggest that exercise and some other forms of stress delay aging and increase life span.

*a. True
b. False

16. The main issue surrounding aging theories today is the degree to which nonextinction of a population influences the evolution process.

*a. True
b. False

17. Nonprogrammed aging theories suggest that aging, per se, is an untreatable condition because the causes of the many different symptoms are independent of each other.

*a. True
b. False

18. Genetics discoveries have exposed issues with Darwin's theory as it is widely taught.

*a. True
b. False

19. Describe the evolutionary theories of aging.

Correct Answer:
The evolutionary theories of aging attempt to explain how aging relates to the evolution process, and more specifically, why senescence varies so much between species and otherwise resembles evolved species-specific characteristics of organisms. Evolutionary theories consider that aging is a *trait,* or evolved design feature of an organism, as opposed to a defect or the result of a fundamental limitation.

20. What was Peter Medawar's key evolutionary mechanics concept regarding aging?

Correct Answer:
Medawar suggested that the force of evolution toward living and reproducing longer under wild conditions declines with age in a species- and population-specific manner. Lack of senescence symptoms would provide negligible benefit to a wild population beyond the age at which essentially all of its members could expect to be dead from external causes such as predation, infectious disease, and

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starvation.

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