

## Chapter 13 Study Guide

- 1) What happened to the number of students enrolled in distance learning programs between 2002 and 2007?

The number increased by 4 times.

- 2) Describes the years between 18 and 40?

These years are optimal for physical and cognitive functioning.

- 3) What is the term that researchers use to describe the basic, underlying, inevitable processes of physical change that affect all human beings?

Researchers use the term primary aging.

- 4) What is the most powerful factor that interacts with age to influence patterns of secondary aging?

Social class is the most common factor that interacts with age to influence patterns of secondary aging.

- 5) What are the benefit of engaging in moderate physical activity every day?

The benefits include reduced anxiety, normalization of blood pressure, and reduced risk of diabetes.

- 6) Neuropsychologists believe that the brain development of early adulthood leads to increased capacities in brain functioning. What are the increased capacities that the author is referring to in the text?

They're referring to abstract reasoning and response inhibition.

- 7) Which part of the brain is responsible for controlling the limbic system to provide response inhibition?

The frontal lobes are responsible for this.

- 8) What are the two specific changes that occur in the immune system beginning in adolescence?

Two specific changes are shrinking of the thymus gland and production of immature T cells.

- 9) Why do adults become more susceptible to disease as they age?

They do this because fewer antibodies are produced and T cells become less

# Chapter 13 Study Guide Answers

**Kenneth W. Raymond**



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