

Chapter 2

Human Performance: The Life Course Perspective

EXAM

1. Behaviors such as rolling over, sitting up, and learning to walk, are characterized:
 - a. As developmental milestones
 - b. By being heavily influenced by maturation
 - c. As typical across much cultural variation in practice
 - d. All of these are true statements
2. The term *heritability* is associated with:
 - a. Variability in the phenotype due to variability in the genotype
 - b. Variability in the genotype due to variability in the phenotype
 - c. Both of these
 - d. Neither of these
3. Which of the following is NOT a true statement about the human genome?
 - a. There are large areas of noncoding sequences.
 - b. Mutations occur frequently and can influence traits.
 - c. Genes are determinant and are not influenced by triggers, such as environmental events.
 - d. Alleles are the various forms of a gene that might be on a chromosome.
4. Epigenetics is the study of:
 - a. Mapping the human genome
 - b. Determining what causes genes to express themselves
 - c. Patterns of inheritance
 - d. None of these
5. Which of the following is NOT a true statement about obesity?
 - a. Obesity has some basis in genotype.
 - b. Obesity is expressed irrespective of environmental factors.
 - c. Obesity is modified by physical activity and diet.
 - d. Genotypic variance causes different responses to caloric restriction, that is, dieting.
6. In the dynamical systems theory of motor control, which of the following is the most representative statement?
 - a. Movement is preprogrammed and not affected by the environment.
 - b. If a movement has a large number of degrees of freedom, it is likely to be very stereotypical in form.
 - c. Movement emerges in the context of control parameters.
 - d. Learned movements are exactly the same every time they are produced.

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7. The Flynn effect discussed in the chapter as describing changes in intelligence quotients among cohorts is an example of:
 - a. Age-normative influence
 - b. History-normative influence
 - c. Nonnormative influence
 - d. Heritability
8. Which of the following terms is NOT associated with life course theory?
 - a. Health trajectory
 - b. Cumulative impact
 - c. Resilience
 - d. Genomic variance
9. A therapist develops a community-based education program about wearing helmets to prevent injury when riding bicycles. This is an example of:
 - a. Competence promotion
 - b. Cumulative impact
 - c. Health trajectory
 - d. Critical periods
10. Which of the following statements about the constructs presented in this chapter is NOT true?
 - a. Early intervention is associated with more positive outcomes.
 - b. Developmental theory is important only in treating certain populations, such as children.
 - c. Genomic science influences understanding of developmental trajectory.
 - d. Protective factors enhance resilience.