

# Chapter 2

## Human Performance: The Life Course Perspective

### EXAM

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