

Chapter 2—Physiological Development during Adolescence

Multiple-Choice Items

- Which of the following glands plays a major role in pubertal development?
 - Thyroid
 - Adrenal
 - Pituitary
- Which of the following statements is true?
 - Girls start their growth spurt earlier than boys.
 - Boys start their growth spurt earlier than girls.
 - Girls and boys start their growth spurts at roughly the same time.
- Which of the following body systems plays a major role in pubertal development?
 - Endocrine system
 - Exocrine system
 - Lymphatic system
- Which of the following is true about adolescent gain in height?
 - Height gain in girls peaks at about age 14.
 - Height gain in boys peaks at about age 14.
 - Height gain in boys and girls peaks at about age 16.
- Which of the following parts of the body are typically the first to start to grow most rapidly?
 - Torso and chest
 - Shoulders and legs
 - Hands and feet
- The *Tanner Scale* is used to do which of the following?
 - Chart the development of the primary sex characteristics
 - Chart the development of the secondary sex characteristics
 - Chart the development of the primary and the secondary sex characteristics
- Which of the following is true about the muscle to fat ratio at the end of adolescence?
 - The ratio in girls is about 3:1, whereas it is about 4:1 in boys.
 - The ratio in girls is about 5:4, whereas it is about 3:1 in boys.
 - The ratio in both girls and boys is about 5:4.
- Which of the following is the correct term used for the pattern of early onset of puberty?
 - The secular trend
 - The temporal trend
 - The precocial trend
- According to the textbook, which of the following is considered by researchers to be a possible cause of early pubertal onset?
 - Better record keeping and computerized health records
 - Increases in global temperatures and changes in weather patterns

- c. Chemicals in the environment that mimic hormones
10. *Menarche* refers to which of the following?
- a. The development of breast buds and pubic hair
 - b. The attainment of sexual maturity and ability to become pregnant
 - c. The beginning of the process of ovulation
11. *Semenarche* refers to which of the following?
- a. The beginning of sperm production in the testes
 - b. The development of body and facial hair
 - c. Scrotal thickening and the attainment of sexual maturity
12. According to the textbook, research comparing mood fluctuations in adults vs. adolescents found that adolescents reported which of the following?
- a. More extreme negative, but not more extreme positive moods than adults
 - b. More extreme positive moods, but not more extreme negative moods than adults
 - c. More extreme positive and more extreme negative moods than adults
13. According to the textbook, which of the following is true about what research has shown about the causes of increased moodiness in adolescents?
- a. Hormones are the most likely cause of increased fluctuations in mood in adolescents.
 - b. Many factors may contribute to increased fluctuations in mood in adolescents.
 - c. The causes of increased moodiness in adolescents are the same as in adults.
14. According to the textbook, which of the following is true about teenage moodiness?
- a. In many cultures, the adolescent years are *not* marked by increased moodiness.
 - b. Moodiness is a universal phenomenon of adolescents in all cultures.
 - c. In U.S. culture, adolescent moodiness is actually not that common.
15. Which of the following is the term used for the process in the brain where the axons of the neural pathways thicken allowing the electrical signals to travel more quickly?
- a. Neurogenesis
 - b. Encephalization
 - c. Myelination
16. Which of the following is the last part of the brain to develop?
- a. Prefrontal cortex
 - b. Cerebellum
 - c. Parietal lobe
17. According to the textbook, which of the following is the percentage of American high school girls who reported actively trying to lose weight?
- a. ~40%
 - b. ~60%
 - c. ~25%
18. According to the textbook, which of the following is true about the amount of sleep teenagers need to feel rested?

- a. It is less than what adults need.
- b. It is more than what adults need.
- c. It is about the same as what adults need.

19. Which of the following is true about athletic participation rates for adolescent boys and girls?
 - a. The rate of participation for girls has steadily increased for the past 25 years.
 - b. The rate of participation for boys has decreased slightly since the 1990's.
 - c. Today the rates of participation are approximately equal for boys and girls.

20. Which of the following is the most fatal type of eating disorder?
 - a. Bulimia
 - b. Purging
 - c. Anorexia

Essay Items

1. What are *menarche* and *semenarche*, and what are two differences and two similarities between them as experienced by boys and girls, according to the textbook?
2. Hormonal changes associated with puberty are often presumed to cause an increase in moodiness. Describe two alternative causes for the change in emotionality in adolescents as posited by the authors of the textbook.
3. According to the textbook, what are three things educators can do when dealing with a temperamental teenager.
4. Describe the findings of the landmark longitudinal study by Giedd et al. (1999) about the cortical development from childhood through adolescence.
5. Describe three consequences of early physical maturation for boys and three consequences of early physical maturation for girls, according to the textbook.
6. Describe three consequences of late physical maturation for boys and three consequences of late physical maturation for girls, according to the textbook.

7. CHAPTER 2–*Physical Development*

8.

9. 1. c
10. 2. a
11. 3. a
12. 4. b
13. 5. c
14. 6. b
15. 7. b
16. 8. a
17. 9. c
18. 10. c
19. 11. a
20. 12. c
21. 13. b
22. 14. a
23. 15. c
24. 16. a
25. 17. b
26. 18. b
27. 19. a
28. 20. c

