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**Multiple Choice Questions**

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| 1. | Of all the developments that take place during the second decade of life, the only one that is truly inevitable is:      |  |  | | --- | --- | | A. | physical maturation. |  |  |  | | --- | --- | | B. | an identity crisis. |  |  |  | | --- | --- | | C. | rebellion against one's parents. |  |  |  | | --- | --- | | D. | the first experience of romantic love. | |

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| 2. | The average girl in the United States reaches \_\_\_\_\_\_\_\_\_, the time of her first menstrual period, sometime between the ages of 12 and 13.      |  |  | | --- | --- | | A. | spermarche |  |  |  | | --- | --- | | B. | menarche |  |  |  | | --- | --- | | C. | puberty |  |  |  | | --- | --- | | D. | adrenarche | |

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| 3. | The physical transformation from child to adult is called:      |  |  | | --- | --- | | A. | puberty. |  |  |  | | --- | --- | | B. | early adolescence. |  |  |  | | --- | --- | | C. | middle adolescence. |  |  |  | | --- | --- | | D. | late adolescence. | |

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| 4. | The term *puberty* refers to the period during which:      |  |  | | --- | --- | | A. | an individual is between the ages of 12 and 15. |  |  |  | | --- | --- | | B. | an individual's endocrine system creates new hormones. |  |  |  | | --- | --- | | C. | an individual becomes capable of sexual reproduction. |  |  |  | | --- | --- | | D. | an individual stops growing. | |

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| 5. | According to the textbook, puberty involves all of the following *except*      |  |  | | --- | --- | | A. | development of the primary sex characteristics. |  |  |  | | --- | --- | | B. | changes in distribution of fat and muscle in the body. |  |  |  | | --- | --- | | C. | development of secondary sex characteristics. |  |  |  | | --- | --- | | D. | increases in intellectual functioning | |

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| 6. | Professor Radon is studying the \_\_\_\_\_\_\_\_\_ system, which produces, circulates, and regulates levels of hormones in the body.      |  |  | | --- | --- | | A. | adrenal |  |  |  | | --- | --- | | B. | circulatory |  |  |  | | --- | --- | | C. | respiratory |  |  |  | | --- | --- | | D. | endocrine | |

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| 7. | Which of the following statements about the production of hormones at puberty is *false?*      |  |  | | --- | --- | | A. | The body begins to produce several hormones that have not been present in the body up until this time. |  |  |  | | --- | --- | | B. | There is an increase in the production of certain hormones. |  |  |  | | --- | --- | | C. | Boys' bodies produce more androgens and girls' bodies produce more estrogens. |  |  |  | | --- | --- | | D. | The feedback loop regulating the endocrine system's set point for each hormone becomes increasingly important. | |

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| 8. | When levels of \_\_\_\_\_ and \_\_\_\_\_ fall below the set points, the \_\_\_\_\_ stops inhibiting the pituitary gland, thus permitting it to stimulate the release of sex hormones by the gonads.      |  |  | | --- | --- | | A. | leptin; thyroid hormones; hypothalamus |  |  |  | | --- | --- | | B. | androgens; estrogen; adrenal gland |  |  |  | | --- | --- | | C. | androgens; estrogens; hypothalamus |  |  |  | | --- | --- | | D. | leptin; thyroid hormones; adrenal gland | |

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| 9. | The presence or absence of certain hormones early in life may "program" the brain and the nervous system to develop in certain ways later on. These hormones are considered:      |  |  | | --- | --- | | A. | androgens. |  |  |  | | --- | --- | | B. | estrogens. |  |  |  | | --- | --- | | C. | organizational. |  |  |  | | --- | --- | | D. | activational. | |

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| 10. | Hormones play two very different roles in adolescence. \_\_\_\_\_\_\_ hormones program the brain to behave in certain ways, whereas \_\_\_\_\_\_\_ hormones are thought to stimulate development of the secondary sex characteristics.      |  |  | | --- | --- | | A. | Activational; organizational |  |  |  | | --- | --- | | B. | Organizational; activational |  |  |  | | --- | --- | | C. | Testosterone; endocrine |  |  |  | | --- | --- | | D. | Endocrine; testosterone | |

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| 11. | Which of the following statements about prenatal development is *not* true?      |  |  | | --- | --- | | A. | Up until about eight weeks after conception, all human brains are feminine. |  |  |  | | --- | --- | | B. | Puberty is part of a gradual process that begins at conception. |  |  |  | | --- | --- | | C. | All hormones necessary for puberty are present before birth. |  |  |  | | --- | --- | | D. | The amount of cortisol exposed to the fetus is directly linked to the timing and tempo of puberty. | |

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| 12. | Which of the following is *not* thought to contribute to the onset of puberty?      |  |  | | --- | --- | | A. | the presence of sexually mature partners in the environment |  |  |  | | --- | --- | | B. | whether the individual is healthy enough to begin reproduction |  |  |  | | --- | --- | | C. | the development of primary sex characteristics |  |  |  | | --- | --- | | D. | whether there are nutritional resources available to support a pregnancy | |

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| 13. | Which of the following statements suggests that rising levels of the protein leptin is an important signal that tells the body it is ready for puberty?      |  |  | | --- | --- | | A. | Production of pubic hair relates to increased sex drive. |  |  |  | | --- | --- | | B. | Excessive thinness can delay onset of puberty. |  |  |  | | --- | --- | | C. | Poorer adolescents tend to go through puberty earlier than non-poor adolescents. |  |  |  | | --- | --- | | D. | Excessive exercise promotes early physical development. | |

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| 14. | Which of the following is *not* part of the feedback loop in the endocrine system?      |  |  | | --- | --- | | A. | gonads |  |  |  | | --- | --- | | B. | hypothalamus |  |  |  | | --- | --- | | C. | pituitary gland |  |  |  | | --- | --- | | D. | thyroid hormones | |

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| 15. | Ten-year-old Luna's budding feelings of sexual attraction are most likely explained:      |  |  | | --- | --- | | A. | by maturation of the adrenal glands through the process called adrenarche. |  |  |  | | --- | --- | | B. | by maturation of the gonads through a process called menarche. |  |  |  | | --- | --- | | C. | as rising levels of leptin instruct her hypothalamus to set the hormonal changes of puberty in motion. |  |  |  | | --- | --- | | D. | as increases in sex hormones activate her HPG axis. | |

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| 16. | The hormonally induced increase in the rate of growth in height and weight is referred to as:      |  |  | | --- | --- | | A. | the adolescent growth spurt. |  |  |  | | --- | --- | | B. | epiphyses. |  |  |  | | --- | --- | | C. | secular trend. |  |  |  | | --- | --- | | D. | delayed phase preference. | |

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| 17. | The simultaneous release of growth hormones, thyroid hormones, and \_\_\_\_\_\_\_\_\_ stimulates rapid acceleration in height and weight during puberty.      |  |  | | --- | --- | | A. | pituitary glands |  |  |  | | --- | --- | | B. | estrogens |  |  |  | | --- | --- | | C. | androgens |  |  |  | | --- | --- | | D. | thyroid glands | |

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| 18. | At the time of peak height velocity, adolescents grow at about the same rate as:      |  |  | | --- | --- | | A. | newborns. |  |  |  | | --- | --- | | B. | infants. |  |  |  | | --- | --- | | C. | toddlers. |  |  |  | | --- | --- | | D. | elementary schoolchildren. | |

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| 19. | The adolescent growth spurt:      |  |  | | --- | --- | | A. | generally begins two years earlier for girls than for boys. |  |  |  | | --- | --- | | B. | generally begins two years earlier for boys than for girls. |  |  |  | | --- | --- | | C. | is slower in the early adolescent years, then speeds up around age 15 for boys and girls. |  |  |  | | --- | --- | | D. | proceeds along a smooth and rapid course over the teen years. | |

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| 20. | Which of the following is *not* characteristic of changes in skeletal structure during puberty?      |  |  | | --- | --- | | A. | One marker that indicates the termination in growth in height is epiphysis. |  |  |  | | --- | --- | | B. | Bones become more porous and more likely to break. |  |  |  | | --- | --- | | C. | Height gains are attributable more to increases in torso length than leg length. |  |  |  | | --- | --- | | D. | The growth sequence generally begins with the extremities, and then proceeds to the arms and legs, then to the torso and shoulders. | |

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| 21. | Who is at the greatest risk of developing body dissatisfaction?      |  |  | | --- | --- | | A. | Callie, an early-maturing, affluent White girl who compares herself to her friends |  |  |  | | --- | --- | | B. | Miranda, a late-maturing Black girl |  |  |  | | --- | --- | | C. | John, an early-maturing Black male who compares himself to his friends |  |  |  | | --- | --- | | D. | Mike, a late-maturing White male who feels he is not muscular enough | |

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| 22. | One reason for the difference in the body shapes of the sexes is:      |  |  | | --- | --- | | A. | the timing of the growth spurt. |  |  |  | | --- | --- | | B. | that females tend to be more "left-brained" and males more "right-brained." |  |  |  | | --- | --- | | C. | differences in the size of the hypothalamus. |  |  |  | | --- | --- | | D. | the difference in the amount and distribution of body fat. | |

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| 23. | Although both sexes experience changes in muscle tissue and body fat, the ratio of muscle to body fat is:      |  |  | | --- | --- | | A. | greater in boys than girls. |  |  |  | | --- | --- | | B. | greater in girls than boys. |  |  |  | | --- | --- | | C. | about the same in both genders. |  |  |  | | --- | --- | | D. | greater in early-maturing girls than in late-maturing boys. | |

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| 24. | Which of the following girls would probably be *least* susceptible to feelings of body dissatisfaction due to the rapid increase in body fat in early adolescence?      |  |  | | --- | --- | | A. | Suzy, an early maturer |  |  |  | | --- | --- | | B. | Lilly, someone who began dating early |  |  |  | | --- | --- | | C. | Diane, someone from a relatively affluent family |  |  |  | | --- | --- | | D. | Beth, a Black adolescent girl | |

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| 25. | The rapid increase in body fat that adolescent girls experience:      |  |  | | --- | --- | | A. | leads to a majority of adolescent girls dieting unnecessarily. |  |  |  | | --- | --- | | B. | leads to an increase in healthy eating patterns among adolescent girls. |  |  |  | | --- | --- | | C. | increases vulnerability to feelings of body dissatisfaction for Black adolescent girls. |  |  |  | | --- | --- | | D. | is seen by the Centers for Disease Control as a major risk factor for obesity among adolescent girls. | |

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| 26. | According to the textbook, the sex difference in athletic performance during early adolescence results from all of the following *except*:      |  |  | | --- | --- | | A. | self-confidence. |  |  |  | | --- | --- | | B. | body fat. |  |  |  | | --- | --- | | C. | hormones. |  |  |  | | --- | --- | | D. | diet and exercise. | |