

Name: _____

AP PSYCH
Unit 8A.2 Activities
Obesity & Sexual Motivation

Use your book and the notes to answer the following questions.

1. What is BMI? Use the bottom corner of p340. Have you ever calculated your own BMI? Happy with the results?
2. Do you agree with the Figure 8A.8 and the WHO standards on obesity? Why or why not? Use at least TWO supporting details.

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3. Describe at least 3 social effects of obesity.

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4. Explain the physiology of obesity. Why is it hard for obese people to lose weight? Be sure to mention number of fat cells in your answer. You MUST DRAW AND LABEL the image on p343 for part of this answer.

5. Explain the physiology of obesity. Why do obese people require less food to maintain weight? You must use the terms **set point** and **metabolism** in your answers.

6. The Genetic Factors of obesity. Is it nature or nurture? Use at least two facts from the book to support your answer.

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7. How does sleep contribute to obesity?

8. How do social factors contribute to obesity?

9. Describe 6 tips to help lose weight mentioned in the book.

10. The sexual response cycle: You will be responsible for this on a test. We won't have to talk about it now, but study it for future tests.

11. Summarize the major sex hormones, the genders they are found in (both?) and why, and their jobs in the body.

Hormone name	Gender(s) found in? Why?	All the jobs in the body

12. Do men and women think about sex as often as each other? Explain.

13. Do sexual fantasies make people perverts? Do they have problems? Explain your answer.

14. What is the difference between external and imagined stimuli?

These discussion questions should be based on your own opinions and life experiences.

1. Do you think obesity is nature or nurture? Explain your answer.
2. Car-based societies are more obese. Evaluate that statement.
3. Do you agree with a “Twinkie Tax”? Explain your answer.
4. Explain your stance on gastric bypass surgery. Do you agree with it? Disagree? Use supporting details in your argument.
5. What is the “Freshman 15”? Do you believe in the “Freshman 15”? Explain your answer.