

Psych 361 Study Guide for Exam 4 Chapters 11-13

Chapter 11

Height and weight:

- **Average height:**
 - By the age of 11 the average height for girls is 4 feet and 10 inches
 - while the average height for boys is 4 feet and 9 ½ inches
 - (only time in lifespan that girls are on average, taller than boys)
- **Height and weight gain:**
 - children in the US grow on average 2-3 inches a year
 - during middle childhood, both boys and girls gain around 5 to 7 pounds a year

Nutrition

- **Benefits of good nutrition**
 - Children with better nutrition are more involved with peers
 - More positive emotion
 - Less anxiety
 - More moderate activity levels
 - Promotes growth and strong bones
 - Related to the development of healthy teeth
 - Better cognitive performance (performing better on tests)
- **Consequences of poor nutrition**
 - Influences cognitive development in a bad way
 - Dampens children's curiosity, responsiveness and motivation to learn
 - Obesity

International differences in Height and Weight

- Most children in North America receive sufficient nutrients to grow to their full potential
- In other parts of the world inadequate nutrition and disease take their toll, producing children who are shorter and weigh less than they would if they had the sufficient nutrients
- Children in poorer areas are smaller than their counterparts in affluent areas of the same cities
- In the US, most variations in height and weight are the result of different people's unique genetic inheritance, including genetic factors relating to racial and ethnic background
- Although, we cannot attribute racial and ethnic differences solely to genetic factors because dietary customs as well as possible variations in levels of affluence also may contribute to the differences

- Also, severe stress can affect the functioning of the pituitary gland, thereby affecting growth

Obesity

- **Definition**
 - Defined as body weight that is more than 20 percent above the average for a person of a given age and height
 - By this definition, 15% of US children are obese
- **Causes**
 - Combination of genetic and environmental factors
 - Particular inherited genes
 - Poor diet
 - Lack of exercise
 - Too few fruits and vegetables
 - More fats and sweets than recommended
 - School lunch programs often don't provide proper nutrition
 - Too much TV (snacking while watching)
 - Media
 - Industrialized society
- **Consequences (including health risks)**
 - Diabetes
 - Cancer
 - Heart disease
 - Shorter life span
- **Treatment**
 - Strategies
 - Availability of healthy foods
 - Avoid fast foods
 - Encourage physical activity
 - Make exercise fun
 - Be an exercise role model
 - Make sure activities match child's physical level and motor skills
 - Encourage child to find a partner
 - Start slowly
 - Goal
 - Maintain current weight → normal weight
 - Learn healthy lifestyle habits
- Rate of child obesity (according to the 2010 statistic)
 - 18%

Illnesses and Psychological disorders

- **Common illnesses and Basic Rates**
 - 90 percent of children are likely to have at least one serious medical condition over the 6 year period of middle childhood
1 in 9 children has a chronic, persistent condition, such as repeated migraine headaches
 - Common cold/ flu are common
 - Asthma
 - More than 7 million US children suffer from this disorder and more than 150 million children worldwide
 - Children in poverty more likely to have it due to factors such as dust mites, cockroach feces and body parts, and rodent feces and urine. Also poorer medical care and less sanitary living conditions are factors.
 - More triggers: respiratory infections and allergens
 - Treatment: inhalers, pills or injections
 - Psychological disorders
 - Bipolar disorder
 - Depression and Anxiety
 - 5 percent of preteens suffer from childhood depression
 - 13 percent of children between 9 and 17 experience an anxiety disorder
 - 1 in 5 are impaired with some sort of psychological disorder
 - Treatment: Antidepressants (Although can lead to suicide and an altered brain structure) and therapy

Gross and Fine Motor development

- **Gross Motor Skills**
 - Muscle coordination
 - E.g., ride a bike, ice-skate, swim, skip rope
 - Sex differences?
 - Minimal (has changed over time because of societies views on how girls are “supposed to” perform)
 - Except at puberty
- **Fine Motor Skills**
 - Further advances
 - 6-7 years old- e.g., tie shoes and fasten buttons, typing on a keyboard, writing in cursive, drawing detailed pictures
 - By 11-12 years old- e.g., precise muscle coordination
 - Myelin
 - Major increase 6-8 years old

Physical Competence