



## AP Psychology 1999 Sample Student Responses

**The materials included in these files are intended for non-commercial use by AP teachers for course and exam preparation; permission for any other use must be sought from the Advanced Placement Program. Teachers may reproduce them, in whole or in part, in limited quantities, for face-to-face teaching purposes but may not mass distribute the materials, electronically or otherwise. These materials and any copies made of them may not be resold, and the copyright notices must be retained as they appear here. This permission does not apply to any third-party copyrights contained herein.**

These materials were produced by Educational Testing Service (ETS), which develops and administers the examinations of the Advanced Placement Program for the College Board. The College Board and Educational Testing Service (ETS) are dedicated to the principle of equal opportunity, and their programs, services, and employment policies are guided by that principle.

The College Board is a national nonprofit membership association dedicated to preparing, inspiring, and connecting students to college and opportunity. Founded in 1900, the association is composed of more than 3,900 schools, colleges, universities, and other educational organizations. Each year, the College Board serves over three million students and their parents, 22,000 high schools, and 3,500 colleges, through major programs and services in college admission, guidance, assessment, financial aid, enrollment, and teaching and learning. Among its best-known programs are the SAT<sup>®</sup>, the PSAT/NMSQT<sup>™</sup>, the Advanced Placement Program<sup>®</sup> (AP<sup>®</sup>), and Pacesetter<sup>®</sup>. The College Board is committed to the principles of equity and excellence, and that commitment is embodied in all of its programs, services, activities, and concerns.

Copyright © 2001 by College Entrance Examination Board. All rights reserved. College Board, Advanced Placement Program, AP, and the acorn logo are registered trademarks of the College Entrance Examination Board.

Both biological & learning mechanisms play a major role in determining an individual's eating habits & body weight. An individual's body & brain chemistry creates a predisposition to a certain level of body fat. <sup>Low</sup> Glucose levels in the body also signal an individual that energy consumption is necessary. Individuals with diabetes, & who have ~~low~~ hypo-insulin levels, are much more careful in maintaining healthy eating habits & a consistent body weight. Imbalances in brain chemistry & lesions in the brain (namely the hypothalamus) can result in abnormal eating behaviors, including obesity, anorexia nervosa, & bulimia nervosa. Since the hypothalamus is the hunger center of the brain, it ~~controls~~ <sup>influences</sup> how & how often an individual eats. Any damage to this crucial structure usually results in unhealthy eating habits. Genetics also play an important role in determining eating habits & body weight. The Paleolithic Prescription is a theory that explains why humans are predispositioned to eat sugars & fats (because ~~they~~ sugars are easily processed into energy & fats are ~~readily~~ readily stored). Back in the Paleolithic age, sugars & fats were scarce, now they are abundant. Modern humans still have the same general genetic make-up as Paleolithic man & still tend to eat as much sugar & fat as possible. This is one reason why obesity is so prevalent now-a-days. Obesity is also hereditary. Herdity is important in determining eating habits & body weight. Set points (the body's preferred fat to other ratio, i.e. body fat <sup>percentage</sup> ~~percentage~~) are usually genetically determined & usually ~~are~~ passed from parent to offspring. Other diseases, such as heart disease, <sup>high blood pressure, etc.</sup> ~~diabetes etc.~~, that tend to be hereditary dramatically affect eating habits. People with heart disease, for example, will (hopefully) consume less cholesterol & fat than healthy individuals in order to reduce their risk of heart failure.

Learning mechanisms also affect an individual's eating habits & body weight. Certain foods taste better than others. This positive reinforcement will incline individuals to choose certain better tasting foods over other not-so-good tasting foods, even if the not-so-good tasting foods are healthier. Also, children are usually taught what foods are appropriate at what times. Scolding a child for eating between meal snacks & punishing the consumption of candy will result in regular, 3-meal-a-day eating habits & a moderate-to-low <sup>level of</sup> ~~be~~ empty calorie consumption. Children will also tend to eat what role models eat. What parents, friends, & TV commercials model will be what an individual will tend to eat. Modeling ties in w/ cultural factors. American society, for example, promotes the consumption of fatty foods & the maintenance of low body weight. This paradoxical, oxymoronic ~~belief~~ belief system results in many unhealthy eating patterns & illnesses such as anorexia & bulimia.

By knowing one's genetic make-up & genetic history, an individual can weight manage accordingly. Individuals with a family history of obesity should consume little-to-no fats & minimal sugars while increasing fruit & vegetable intake. Individuals with high-metabolic rates can eat more fats & sugars with less concern, but should try to eat more proteins than anything else.

When planning a diet, or working on weight management, one must realize that culture works against them. An individual should establish weight goals that maximize efficiency, health, & happiness; not what TV feels is

attractive. Heroin seek should not be a weight management goal.~

---

---

An individual's eating habits and body weight are determined both by biological and learning mechanisms. It is a sort of interaction between nature and nurture.

Biologically, an individual's body chemistry affects eating habits depending on its composition. For example, let's say there's two people that each weigh 120 lbs. One is an athlete, and another is a businessman. The percentage of fatty tissue compared to total body weight would probably be much higher in the businessman. Therefore, his body's metabolism would be much lower. If both subjects ate the same amount of food, the businessman would gain more weight than the athlete. This is because fatty tissue does not burn calories but muscle does. In this way, body chemistry affects body weight and eventually eating habits as well. If the businessman chose to remain at the same body weight he would have to reduce his calorie intake (i.e. eat less).

Brain structure and genetics also affect a person's body weight and eating habits. Eating is controlled by the hypothalamus, so an abnormality in the structure of the hypothalamus could lead to an eating disorder.

~~either~~ <sup>either</sup> under-eating and overeating. Body and brain structure/chemistry is passed on from parents on to their children. This is why obesity often runs in families.

However, your genes don't determine your weight and eating habits on their own. Cultural factors influence a person's diet. For example, many people in America eat at fast-food restaurants because it is convenient. However, fast-food is not so readily available in Ethiopia. In this way, a person's culture can influence his ~~his~~ or her body weight. Modeling can influence a person's eating habits as well. The children of a vegetarian are more likely to be vegetarians themselves than children of non-vegetarian parents. Eating something like chocolate can sometimes make people feel good when they are depressed. By reinforcement, people will tend to eat this substance again and again whenever they are feeling sad.

Two ways of controlling your body weight are exercise and changing behavior patterns through reinforcement. By exercising you can change your body chemistry. The percentage of body fat can be reduced and metabolism can be

raised. This means that more food can be eaten without gaining weight. Another way to manage your body-weight is by avoiding situations where you know you eat a lot — parties, social gatherings, etc. Later, you can reward your behavior by watching a movie you've wanted to see for a long time or by going to the beach when you've lost ten pounds.

There are several factors that affect the eating habits and weight management in all people. Both learning and biological mechanisms are the categories in which a person's diet is regulated.

The biological ~~mechanisms~~ mechanisms are extremely important ~~as~~ as a person grows and develops both mentally and physically. Body and brain chemistry ~~are~~ ~~is not a control~~ are the controlling factors. The brain sends messages to the body when food is wanted and hunger must be suppressed. Some people develop hunger quicker and easier than others. ~~The brain~~

The structure of one's brain can cause hunger to occur more frequently even though ~~it is not~~ the body is not.

Genetics also plays a deciding factor for eating and weight management. Some people are born into a family with obesity as a main problem. Others are genetically ~~are~~ situated with fast metabolism. These factors are considered biological because a person has little or no control ~~over~~

~~the~~ ~~because~~ Learning is the second category that determines an individual's eating and weight management. As a child, a person may ~~be~~ ~~in~~ in an environment where snacks and unhealthy foods are constantly available. Parental supervision may ~~not~~ be ~~enforced~~ enforced. ~~The~~ A constant diet of healthy food is important in the development of a person.



The reinforcement for a healthy diet starts with parents and their style of diet. Children learn from what their parents enforce as a healthy diet. Another major factor is the modeling type of learning. Cultural factor is extremely important because it sets guidelines for people. In many cultures around the world vegetarianism or strict diets are enforced. Some cultures have only one main source of food due to economic conditions.

③ Because biological and learning mechanisms play important controlling factors not all people can consciously take full control over their diets. In weight management many people suffer from eating disorders. These can be either overeating or undereating. This may result in either obesity or starvation.

A person's body and brain could convince them that they are too fat or that nothing in life matters as a result of depression. Controlling one's body weight is usually an endless struggle because of ideas and pressures that are set. A person may learn that by not eating they will lose weight and fit the guidelines set by today's society. Reinforcement of negative comments can force a person to develop mentally as a "toofat" person.

Because people chose ~~at~~ certain thing to control  
body weight is a popular choice. ~~How~~ Although it  
is difficult + people with body weight problem  
have the power to change