

Biology 327  
Biology of Aging  
Spring 2006  
Final- Take Home Exam

Name \_\_\_\_\_

1. Pick 5 different “systems” in the body from the following (i.e., muscle, bone, nerve, brain, eye, ear, intestinal, immune, circulatory, heart, reproductive) and: (10 points for each system) (50 total points)

describe the full normal anatomy/function of each system

describe the changes that occur with age for each system

describe what can be done at an early age to prevent/delay these aging alterations

describe what can be done to correct/compensate for these age-dependent changes

what do you for see in the future happening to the aging changes in each system?

2. Look on the internet (or any other place) and find 15 ways that would help to live a high quality of life for most of your life span. (15 points)

Also, find 5 life styles or 5 ways that different societies that are successful in having longevity in their population use or employ to promote this longevity or to treat the elderly. (10 points)

3. Envision yourself as a 90-100 year old person later this century. Tell me how you see yourself in terms of physical capability, mental ability, health and why you feel that you are in such good or bad condition. (5 points)