

- **homologous bones** - have same evolutionary origin, but have different uses
- **analogous bones** - have similar structure but different evolutionary origins
- molecular evidence - more closely related organisms have less differences in DNA
- **molecular clock** - constant change that occurs to proteins over time
- **phylogenetic tree** - pattern of descent that maps out the history of an organism

HEALTH SCIENCE:

Stress and Health

- Behavioral Medicine- interdisciplinary field that integrates behavioral and medical knowledge and applies that knowledge to health and disease
- Health Psychology- subfield of psychology that provides psychology's contribution to behavioral medicine

What is Stress?

- Stress- the process by which we perceive and respond to events, called stressors, that we appraise as threatening or challenging
- General Adaptation Syndrome- Selye's concept of the body's adaptive response to stress as composed of three stages
- Phase 1-Alarm reaction
- Phase 2-Resistance
- Phase 3-Exhaustion

Stressful Life Events

- Catastrophic Events- earthquakes, combat stress, floods
- Life Changes- death of a loved one, divorce, loss of a job, promotion
- Daily Hassles- rush hour traffic, long lines, job stress, burnout
- Perceived Control- loss of control can increase stress hormones

What is Stress? (Part 2)

- Burnout- physical, emotional and mental exhaustion brought on by persistent job-related stress
- Coronary Heart Disease- clogging of the vessels that nourish the heart muscle; leading cause of death in the US

Stress and Coronary Heart Disease

- Type A- Friedman and Rosenman's term for people who are competitive, hard-driving, impatient, verbally aggressive, anger-prone
- Type B- Friedman and Rosenman's term for easygoing, relaxed people

Stress and Disease