

Chapter 8- Video The Brain

- 1 The _____ controls every aspect of our lives.
- 2 The brain only weighs about _____ pounds.
- 3 The brain consumes _____% of all the fuel our bodies take in.
- 4 The oldest part of the brain is called the _____.
- 5 The brain stem governs vital functions like heart rate, respiration, digestion and _____.
- 6 The limbic system is very important in processing _____.
- 7 Within the limbic system are the _____, the central command center for our emotional reactions.
- 8 The brain region most important in fear would be the _____.
- 9 The part that makes us most human about the brain is our _____.
- 10 The cortex is the thin, wrinkly outer layer that is divided into _____ sets of lobes.
- 11 As humans evolved, the frontal lobes became the place where conscious, rational _____ is processed.
- 12 There are some fears that scientists believe are pre-programmed into our brains called _____ fears, or super fears, that few people can overcome.
- 13 Experts believe _____ has hard wired our brains to dread being trapped under water.
- 14 The brain sends out electrical impulses from its nerve cells to others that travel over _____ mph.
- 15 Under extreme duress, the brain triggers the release of chemical hormones, such as adrenaline, called _____, into the body's blood stream.
- 16 _____ prepare the body for action by increasing heart rate, breathing, and blood pressure.
- 17 Concentrating on specific goals lets the _____ bring structure to chaos and keeps the amygdala in check.
- 18 Mental rehearsal, or _____, is continually running through an activity in your mind.
- 19 _____ helps focus the trainees thoughts.
- 20 The average person speaks to themselves at the rate of _____ words per minute.
- 21 Arousal control is centered around _____.
- 22 The brain is equipped with a strong _____ impulse to ensure survival of the species.
- 23 The brain has many miles of _____.

- 24 When nerve cells in the brain are busy firing, they need lots of energy laden and oxygen rich _____.
- 25 _____ is a type of hormone called a neurotransmitter.
- 26 Scientists know dopamine generates very strong feelings we associate with _____.
- 27 The _____ is the part of the brain that has the densest concentration of dopamine receptors.
- 28 Research suggests as many as _____ person in a _____ is a psychopath.
- 29 Psychopaths don't care as much as normal individuals when they make a _____.
- 30 Psychopaths brains are physically different because they have a shrunken _____.
- 31 The reason we have _____ is to make better decisions the next time around.
- 32 Scientists speculate that the brain can hold _____ trillion bytes of memory.
- 33 Sight is processed at the back of the brain in the occipital lobe or _____ cortex.
- 34 The eyes can detect 2.3 million shades of _____.
- 35 Experts estimate that the eyes send _____ gigabytes of information to the brain every second.
- 36 _____ lobes of the brain control spatial manipulation and hand-eye coordination.
- 37 The part of the brain that acts like a key to the storage and retrieval process of memory is called the _____.
- 38 Without the hippocampus, new _____ do not form.
- 39 The two types of memory in the brain are _____ and _____ term memory.
- 40 Experts believe language memory could line in one of the _____ lobes, responsible for sound and speech, on the left side of the brain.
- 41 The physical change of the brain, by rewriting its own circuitry, is known as _____.
- 42 In the last 10 years, scientist think that about _____% of all sports performance is related to brain function.
- 43 The area of the brain that benefits most from practice is the _____ at the back of the brain.
- 44 The _____ is almost entirely responsible for complicated sequencing of movements.
- 45 The process where athletes need to vary their level of excitement is called _____.
- 46 Nervous thoughts and the fear of failure could trigger the fear response making it extremely difficult to focus on performing a complicated action well. Experts call this situation _____.
- 47 Being "in the zone" is when an athlete's _____ seem to flow with their conscious effort.