

## 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.