

## Major Theorists of Biological Development

Think about the major theories of aging in late adulthood we discussed. Research the five main biological theories of aging and complete the chart.

Biological Theories	Description of the Biological Theories	The Effects on Older Adults
Evolutionary Theory		
Cellular Clock Theory		
Free-Radical Theory		
Mitochondrial Theory		
Hormonal Stress Theory		

1. Describe how a person's brain and body change in late adulthood.
  
2. To what age do you think you will live? Why? To what age would you like to live?
  
3. Which of the five theories of biological development makes the most sense to you? Why?