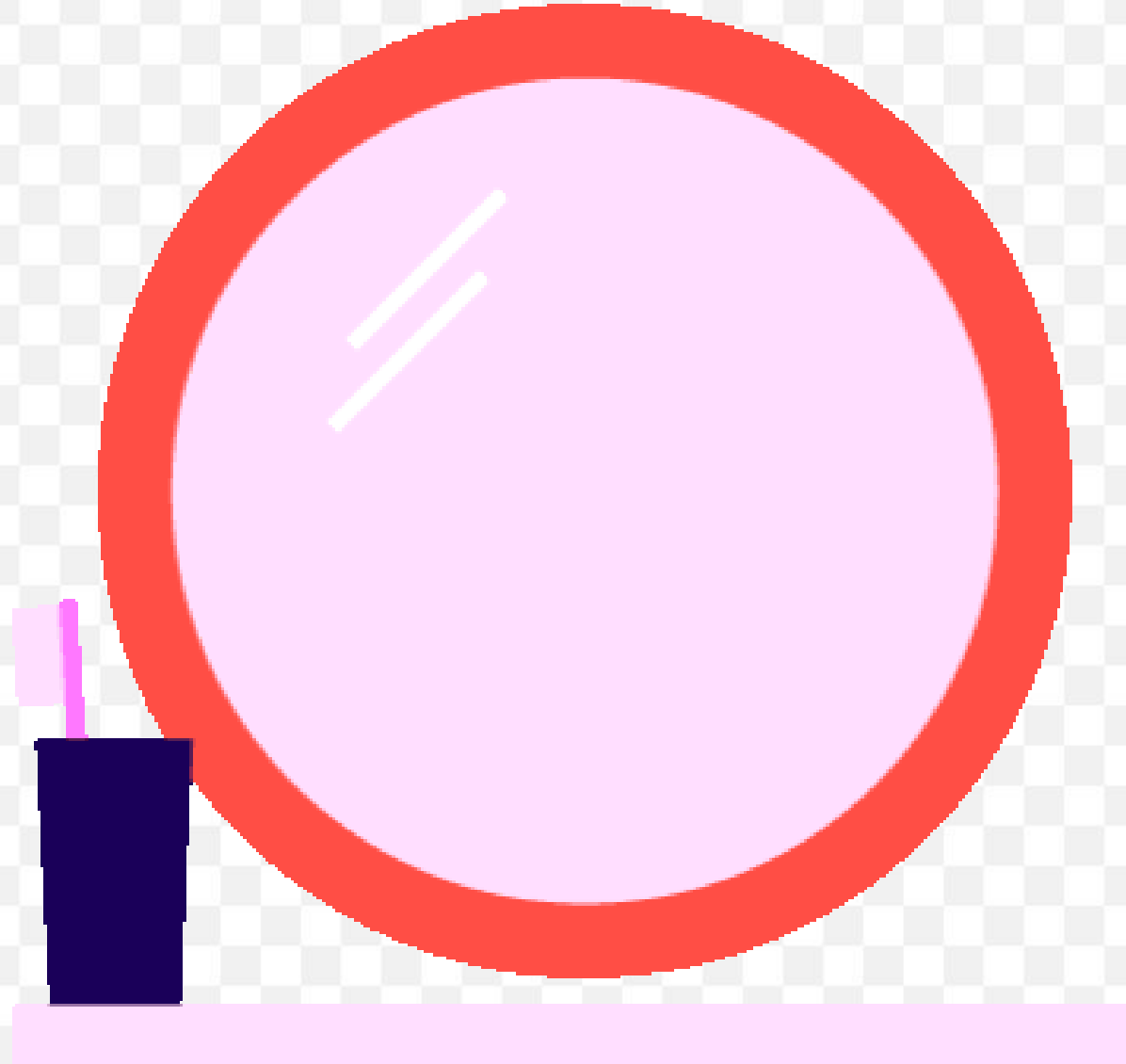


I am beautiful/handsome because...

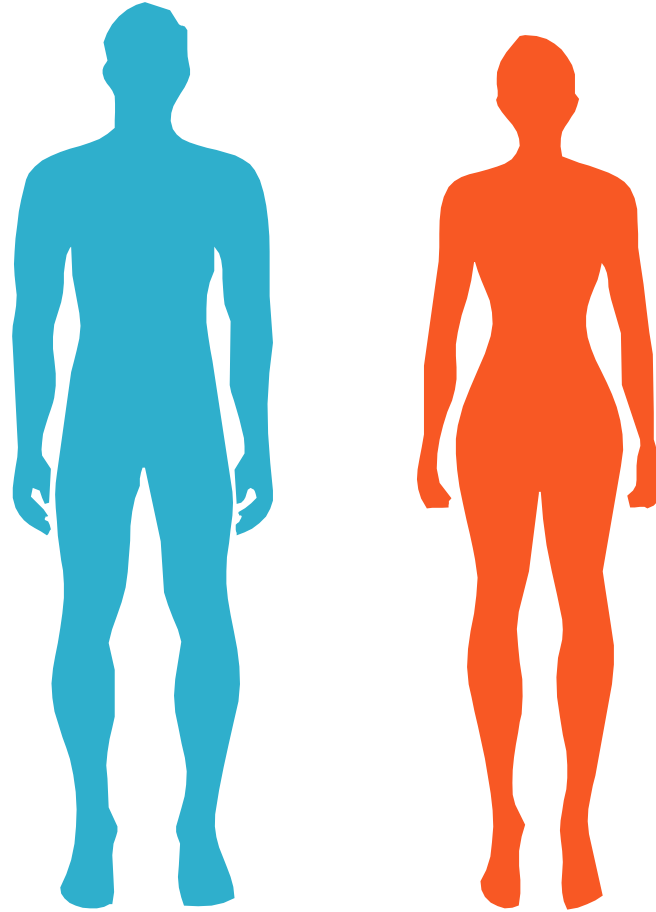




# The Physical Self

# Physical Self

This refers to the body that includes basic parts such as head, neck, arms, and legs.



This made up of different organs such as brain, heart, lungs, stomach, intestines, and muscles.







“

This is the study of genes  
and inheritance in living  
organisms.

”

**Gregor Mendel**

**Genetics**

The background of the slide features a light gray area on the left containing several molecular models with spheres and connecting lines. Below these, there is a row of ten test tubes, each containing a different level of gray liquid. The right side of the slide is a solid teal color.

# Heredity

This is the transmission of traits or characteristics from parents to offspring. It provides the raw materials of which the individual is made up.

# Genes

Basic carriers of hereditary traits

Can be classified into:

- > Dominant (strong genes)
- > Recessive (weak genes)

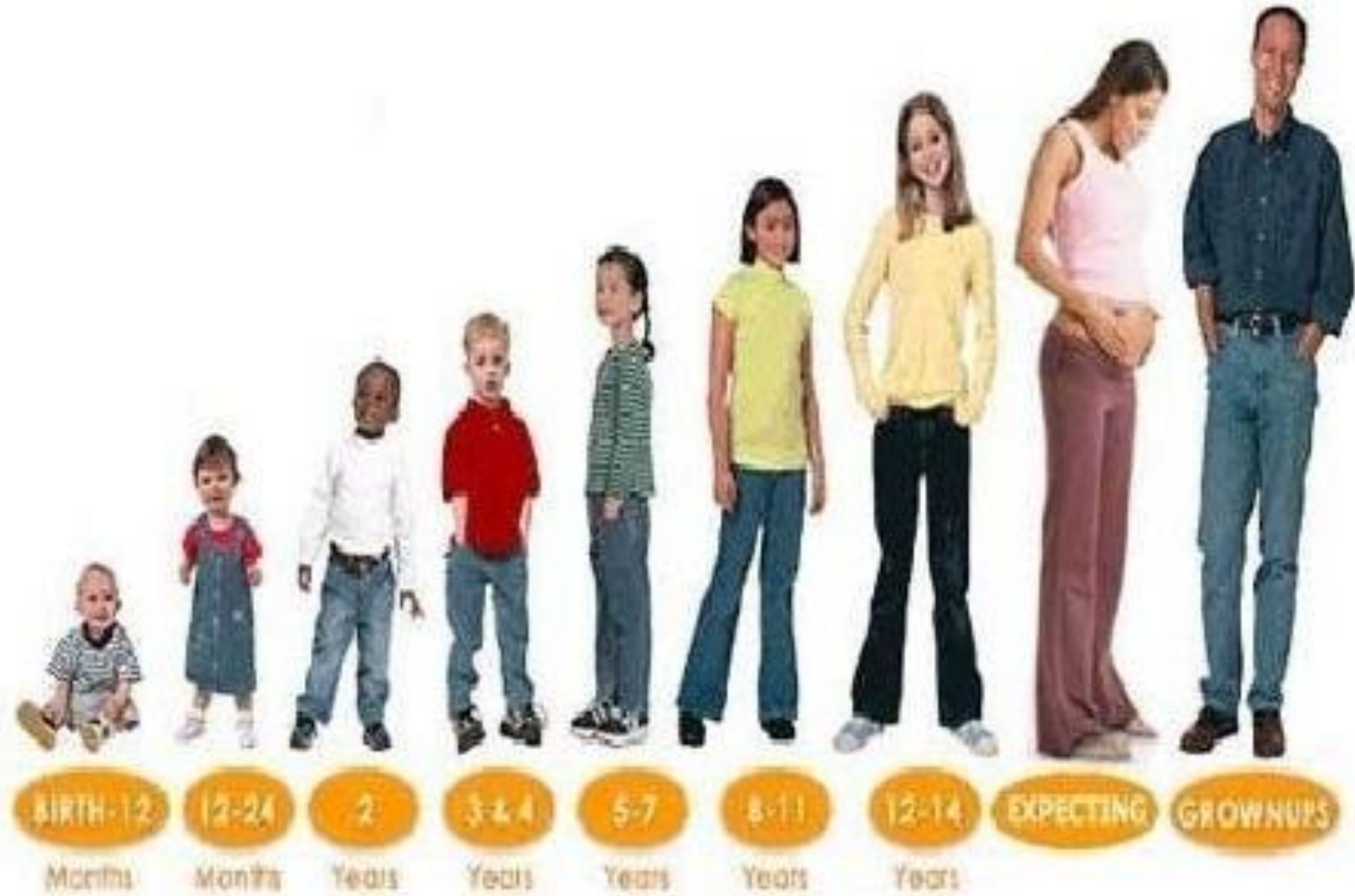


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- Infancy (1-2 years)
- Toddler (2-4 years)
- Early school age (5-7 years)
- Middle school age (8-12 years)
- Early adolescence (13-17 years)
- Later adolescence (18-25 years)
- Early adulthood (25-30 years)
- Middle adulthood (30-50 years)
- Later adulthood (50 and up)



# Stages of Development





In general, our body performs **LEAST** well during infancy and old age.

Physical efficiency generally peaks in early adulthood and declines into the middle age.



Physical development and growth during childhood continues at a slow rate compared with babyhood which is in rapid rate.



# FACTORS AFFECTING PHYSICAL GROWTH AND DEVELOPMENT

A puzzle with a DNA double helix pattern on a dark background. The puzzle pieces are scattered, with some missing, creating a sense of incompleteness. The DNA helix is rendered in a light blue color, contrasting with the dark background.

## 2. ENVIRONMENT

This refers to factors which the individual is exposed to after conception.



# FACTORS AFFECTING PHYSICAL GROWTH AND DEVELOPMENT

A man in a white shirt is seated at a table, eating a meal with chopsticks. He is holding a piece of food to his mouth. The table is set with various dishes, including what appears to be a bowl of soup and several plates of food. In the background, there are shelves with books and other items. On the right side of the frame, there is a vertical list of Korean text, which appears to be a menu or a list of items. The text includes words like '참치마구', '로알스페', '참다랑어', '명품참다', '참다랑어', '참다랑어', '눈다랑어', '황새치배', '육회', '참해', and '초본'.

## 2. ENVIRONMENT

This refers to factors such as diet, nutrition, and diseases, which play an important role in physical development.





# Body Image

This refers to how individuals perceive, think, and feel about their body and physical appearance.

# Causes of Poor Body Image

**Emphasis on  
thin ideal body**



**Bullying and  
Peer Pressure**



**Media**





# Euro-centric Perspective of Beauty

**Western beauty ideals include being thin and tall, having long hair, having light/tanned skin, having big breasts, large eyes, a small nose, and high cheekbones.**









# Three Common Types of Eating Disorder

## Anorexia Nervosa

They are constantly expressing disdain for their body or how unsatisfied they are with the way they look, even if they are fit and toned.





# Three Common Types of Eating Disorder

## **Bulimia Nervosa**

They have recurrent and frequent episodes of eating unusually large amounts of foods followed by purging (throwing up), fasting and/or excessive exercise.



# Three Common Types of Eating Disorder

## **Binge-Eating Disorder**

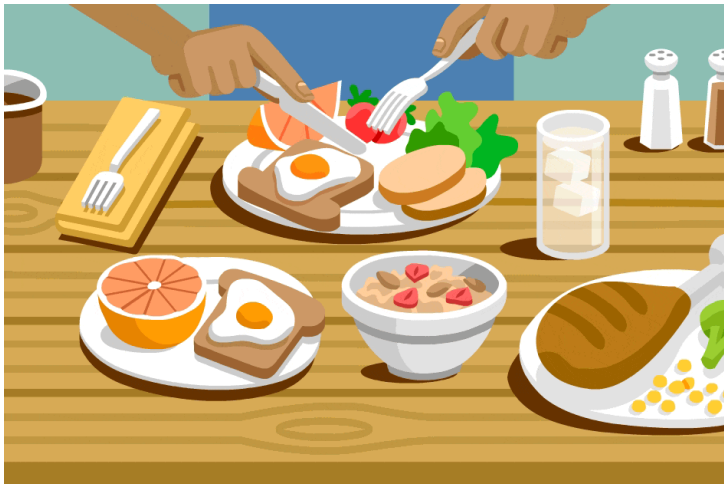
They repeatedly eat unusually large amounts of food in a short period of time.



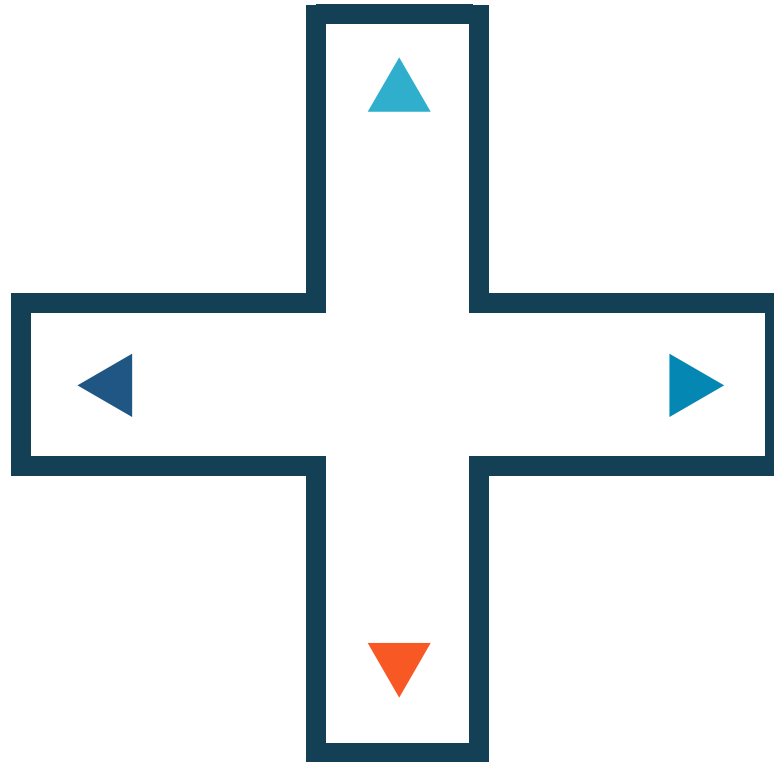
# Ways to take care of our Physical Self



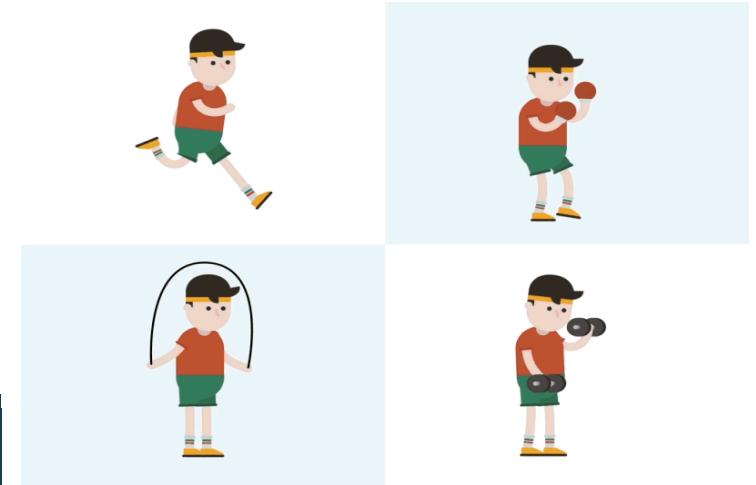
Enough sleep.



Complete nutrition needs.



Exercise regularly.



Good hygiene.





**Take-aways**