EVOLUTION FOR DUMMIES

What is an adaptation?
Give TWO examples of physical and TWO examples of behavioral adaptations.

How is FITNESS as it refers to evolution different from the common “fitness” definition
used at the gym?

Darwin referred to NATURAL SELECTION as “survival of the fittest”.
IS THE “FITTEST” organism always the “biggest and strongest”? EXPLAIN

How is a THEORY in science different than the way the word theory is used in every-day language?