

Summer Assignment - Human A&P - Dr. Romano

Due: Wednesday of Fall semester Week 1. You will be submitting this to Canvas for grading via uploading a file. You may write this assignment out by hand, then capture the written pages using the Canvas Assignment Scanner, or you may complete this assignment electronically and submit a single, compiled file.

Description: We will be expanding our understanding of tissues, bones, muscles, and CNS/PNS from last year's human systems content. As such, it's very important to have a solid foundation of how our systems interact and the importance of providing a sound foundation for our bodies. Setting up healthy habits now has lasting impacts later in life. *This assignment will utilize your past and current data only as a tool in self-reflection. You are NOT intended to make any modifications to your health status for the purposes of this assignment. Any changes to your health maintenance should be thoroughly discussed with your parent(s)/ guardian(s) and/or health professional(s), as necessary.*

Directions: Complete each of the following tasks in the order listed. This assignment will need to be **started by 8/11/26** to be completed in time for the submission due date (Wednesday of Week 1).

1. **TIME:** Complete the Time Management Activity table (page 2), borrowed from Overloaded and Underprepared by Pope, Brown, and Miles (2015). Use the time estimates in the subsequent tables (page 3) to determine your input for your BUSIEST semester.
2. **JOURNAL:** Keep a journal for 2 weeks (14 days), making daily notations regarding:
 1. Date
 2. Sleep Rating (Quality and Quantity) for the Night Before
 1. You may use a sleep tracking app, if you want
 3. AM Feeling when you wake up
 1. Overall physical state, emotional state, cognition
 2. How does this track to your activities the day(s) before?
 4. Daily Activities
 1. Chores, walking, gardening, dance video, sitting, etc.
 5. Daily Nutrition and Hydration
 1. Foods and liquids ingested
 2. You may use a meal tracking app, if you want
 6. PM Feeling when you're winding down for the night
 1. Overall physical state, emotional state, cognition
 2. How does this track to your activities during the day and the day(s) before?
3. **SUMMARY:** Read the following articles, and write a 0.5 to 1-page (Times New Roman, 12 point, single-spaced, 1-inch margins) summary on the importance of nutrition, exercise, hydration, sleep, and stress mitigation on the development and homeostasis of the body (specifically tissues, bones, muscles, and CNS/PNS).
 1. <https://kidshealth.org/en/teens/exercise-wise.html>
 2. <https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>
 3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5973814/>
 4. <https://www.hopkinsmedicine.org/-/media/migration/all-childrens-hospital/documents/healthy-weight-toolkit/95210-go.pdf>
4. Read the following article, and write a 0.5 to 1-page (Times New Roman, 12 point, single-spaced, 1-inch margins) summary that includes the implications as they relate to your personal education and current learning practices.
 1. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11943480>
5. **REFLECTION:** Using your time management table, journal entries, and articles summary from Steps 1-3 in this assignment, critically evaluate your own personal nutrition, exercise, hydration, sleep, and stress mitigation, and include anything you might modify to optimize your overall health during the academic year.

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Time Management Activity

		Average Hours Per Week
1. School Activities	School Attendance (5 days x 7 hours)	
	Homework/Studying/Projects Outside of Class	
	Other:	
		1. Total:
2. Extracurriculars	Job	
	Hobbies	
	Community Service	
	Sports	
	Music/Performance	
	Other:	
		2. Total:
3. Daily Living	Sleep (7 days x 9 hours)	
	Necessities (eat, shower, chores, etc.)	
	Family Time	
	Free Time (friends, TV, phone, video games, etc.)	
	Other:	
		3. Total:

My Total Hours in Busiest Semester (sum 1., 2., 3.) = _____

vs.

Actual Hours in the Day (24 hours x 7 days) = _____

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Figure 3.1 (continued)

These are estimations of how much time you will need to spend on homework each night
Use these guidelines to calculate your weekly time commitments

ENGLISH	min / night	nights / week	summer hw
English 1, 2, 3, 4*	30	4-5	
English Seminars*	30	4-5	
English 3 Honors*	60+	5-7	yes
English 4 AP*	60+	5-6	yes
Senior Project	1.5-2 hrs	5	
Creative Writing	30	2	
Public Speaking	10	3	
* expect a lot of reading!!!			

SOCIAL STUDIES	min / night	nights / week	summer hw
World History*	30-40	4-5	
European History AP*	35+	6	yes
US History*	35-45	4-5	
US History AP*	45+	5-6	yes
Government / Econ*	30-40	3-4	
Comparative Gov AP*	45-60	4-5	yes
* expect a lot of reading!!!			

WORLD LANG.	min / night	nights / week	summer hw
Level 1	20	5	
Level 2	20	5	
Level 3	30	5	
Level 4 Honours*	40	5	
Level 5 AP*	40	5	yes
* levels 4 & 5: expect major projects!!!			

MATHEMATICS	min / night	nights / week
Pre-Algebra	30	5
Algebra A, 1	30	5
Geometry	30	5
Geometry Honors	30-45	5
Algebra 2	30	5
Algebra 2 / Trig	30-45	5
Algebra 2 / Trig Hnrs	45+	5
Math Analysis	30	5
Pre-Calculus	30+	5
Statistics AP	30-45	5
Calculus AB, BC AP	45+	5-6

SCIENCE	min / night	nights / week
Biology	30	4-5
Biology AP	1 hr	5-6
Biotechnology	30	2-3
Biotechnology Accel	30	3-4
Chemistry	30	4-5
Chemistry AP	30	4-5
Environmental Sci	20	2-3
Geology	30	2-3
Physics	30	5
Physics Honors	45	5
Physiology	45	5
Psychology	20	5
Sports Medicine	30	4-5

ELECTIVES	min / night	nights / week	other hw
Arch / Eng Des - CAD	0	0	
Art 1, 2	0	0	
Art Advanced	30	2	minor projects
Art Advanced Hnrs	45+	3	major projects
Art Studio AP	30	5	
Auto / Auto Adv	0	0	
Chamber Singers	20	5	concerts
Chorale, Wmn's Ens	10	5	concerts
Concert Band	30	5	4-6 events
Concert Choir	10	5	musical!!!
Design & Fabrication	10	1	
Digital Design	0	0	
Drama 1, 2, Adv	20	1	minor projects
Drama Prod: major role	1.5 hrs	5	3-4 shows
Drama Prod: minor role	1.5 hrs	1-3	3-4 shows
Jazz Ensemble	30	5	8-10 events
Leadership	2 hours /week		
Leadership Events	2-3 hrs	5	
Music Theory AP	30	4-5	
Orchestra	30	5	4-6 events
Photography	30+	1	
Symphonic Band	30	5	4-6 events
Video Production	10	1	
Yearbook	Journalism		
Ph: 2-3 hrs / wk	J1: 2-4 hrs / wk		
Wr: 1-2 hrs / wk	J2: 3-5 hrs / wk		
Ed: 3-8 hrs / wk	J3: 4-8 hrs / wk		
depending on job	*expect some wknds!!!		

Example: Biology AP: (60 min / night)(6 nights / week) = 360 minutes / week = 6 hours / week

Source: Miramonte High School, Alhambra School District, Orinda, CA.