

## Summer Assignment - Human A&P - Dr. Romano

Due: Wednesday of Week 1. You will be submitting this to Canvas via uploading a file. You may either write this assignment out by hand, capture the written pages using a smartphone app such as OfficeLens, which will convert the images to PDF that can then be uploaded for submission as a single file. Or, you may answer complete this assignment electronically.

Description: We will be expanding our understanding of tissues, bones, muscles, and CNS/PNS from last semester'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. \*Any changes to your health maintenance should be thoroughly discussed with your parent(s)/ guardian(s) and health professional(s), as necessary.

1. Read the following articles, and write a 2-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://tippingthescales.typepad.com/blog/2011/01/references-for-9-5-2-1-0-for-health.html>
2. 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. Using your articles summary and journal entries, critically evaluate your nutrition, exercise, hydration, sleep, and stress mitigation for the 2-week window.\*

## Grading Rubric:

Criteria and Weight / Levels of Achievement (Grade)	Underdeveloped (50%)	Developing (65%)	Sufficient (75%)	Proficient (85%)	Advanced (93%)	Mastery (100%)
Subject Knowledge Depth "Completeness" (45%)	Very Few: All questions are fully explained in detail for a thorough explanation of the concepts with appropriate and sufficient evidence to support the claim. Background is given, as needed. APA resources are used to support evidence given.	Few: All questions are fully explained in detail for a thorough explanation of the concepts with appropriate and sufficient evidence to support the claim. Background is given, as needed.	Some: All questions are fully explained in detail for a thorough explanation of the concepts with appropriate and sufficient evidence to support the claim. Background is given, as needed.	Most: All questions are fully explained in detail for a thorough explanation of the concepts with appropriate and sufficient evidence to support the claim. Background is given, as needed.	Almost All: All questions are fully explained in detail for a thorough explanation of the concepts with appropriate and sufficient evidence to support the claim. Background is given, as needed.	All: All questions are fully explained in detail for a thorough explanation of the concepts with appropriate and sufficient evidence to support the claim. Background is given, as needed.
Subject Clarity "Accuracy" (45%)	Very Few: Information presented fully links together to form a comprehensive understanding of the topics using evidence tied to the claim by scientific principles without extraneous and/or incorrect ideas. Information presented is clear and easy assimilated for the material required.	Few: Information presented fully links together to form a comprehensive understanding of the topics using evidence tied to the claim by scientific principles without extraneous and/or incorrect ideas. Information presented is clear and easy assimilated for the material required.	Some: Information presented fully links together to form a comprehensive understanding of the topics using evidence tied to the claim by scientific principles without extraneous and/or incorrect ideas. Information presented is clear and easy assimilated for the material required.	Most: Information presented fully links together to form a comprehensive understanding of the topics using evidence tied to the claim by scientific principles without extraneous and/or incorrect ideas. Information presented is clear and easy assimilated for the material required.	Almost All: Information presented fully links together to form a comprehensive understanding of the topics using evidence tied to the claim by scientific principles without extraneous and/or incorrect ideas. Information presented is clear and easy assimilated for the material required.	All: Information presented fully links together to form a comprehensive understanding of the topics using evidence tied to the claim by scientific principles without extraneous and/or incorrect ideas. Information presented is clear and easy assimilated for the material required.
Conventions (10%)	Very Few: Organization, Flow, Visuals, and/or Mechanics of the submission assist in showcasing knowledge acquisition of the topic. Grammar, spelling, organization and/or vocabulary are appropriate for the format.	Few: Organization, Flow, Visuals, and/or Mechanics of the submission assist in showcasing knowledge acquisition of the topic. Grammar, spelling, organization and/or vocabulary are appropriate for the format.	Some: Organization, Flow, Visuals, and/or Mechanics of the submission assist in showcasing knowledge acquisition of the topic. Grammar, spelling, organization and/or vocabulary are appropriate for the format.	Most: Organization, Flow, Visuals, and/or Mechanics of the submission assist in showcasing knowledge acquisition of the topic. Grammar, spelling, organization and/or vocabulary are appropriate for the format.	Almost All: Organization, Flow, Visuals, and/or Mechanics of the submission assist in showcasing knowledge acquisition of the topic. Grammar, spelling, organization and/or vocabulary are appropriate for the format.	All: Organization, Flow, Visuals, and/or Mechanics of the submission assist in showcasing knowledge acquisition of the topic. Grammar, spelling, organization and/or vocabulary are appropriate for the format.