

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 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 8/6/25** in order to be completed in time for the submission due date.

1. **TIME:** Complete Figure 3.1 Time Management Activity table (below), borrowed from Overloaded and Underprepared by Pope, Brown, and Miles (2015). You can use the time estimates in the subsequent tables 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 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://tippingthescales.typepad.com/blog/2011/01/references-for-9-5-2-1-0-for-health.html>
4. **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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Figure 3.1 Scheduling Tool

Time Management Activity
FILL THIS OUT FOR YOUR BUSIEST SEMESTER

School Activities	Average Hours/ Week
School (5 days x 7 hours)	35
Course Title	
English:	
Social Studies:	
Math:	
Science:	
Language:	
Electives:	
total school hours:	

Extra-Curricular Activities	Average Hours/ Week
Paid job	
Hobbies / Interests	
Community Service	
Sports	
Music / Performances	
total extra-curricular hours:	

Daily Living Activities	Average Hours/ Week
Sleep (7 days x 9 hours)	
Necessities (eating, showering, chores, etc.)	
Family Time	
Free Time (friends, TV, phone, Internet, video games, etc.)	
total daily living hours:	

Total Hours	Available Hours/ Week
School Hours	<div style="border: 1px solid black; padding: 10px; text-align: center;"> Maximum Hours 168 </div>
Extra-Curricular Hours	
Daily Living Hours	
your total hours: vs.	

(continued)

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

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!!!			

MATHEMATICS	min / night	nights / week	summer hw
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 Hrs	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	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 Honors*	40	5	
Level 5 AP*	40	5	yes
* Level 4 & 5: expect major projects!!!			

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 Hrs.	45+	3	major projects
Art Studio AP	30	5	
Auto / Auto Adv	0	0	
Chamber Singers	20	5	concerts
Choir, Wind's Ets	10	5	concerts
Concert Band	30	5	4-6 events
Concert Choir	10	5	musicals!!!
Design & Fabrication	10	1	
Digital Design	0	0	
Drama 1, 2, Adv	20	1	minor projects
Drama Prod: major role	15 hrs	5	3-4 shows
Drama Prod: minor role	15 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			
Ph: 23 hrs / wk	J1: 24 hrs / wk		
Wrt: 1-2 hrs / wk	J2: 3-5 hrs / wk		
Ed: 3-8 hrs / wk	J3: 4-8 hrs / wk		
depending on job *expect some weekends!!!			

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

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