

Project Report: “Know Your Body”

Class BIO2312 Lecture/Lab Spring 2020

Name: **Rebecca**

Sex: male/female: **Female**

Age: **18**

Ethnicity: **Hispanic**

Height: **5 ft. 7 in. or 170.18cm**

Weight: **160 lbs**

BMI: **25.1**

Underlying health conditions: **None**

Pulse: (provide readings and explain significance) **92 BPM**

My pulse tells me my heart rate. My pulse tells me that my heart beats 92 times per minute

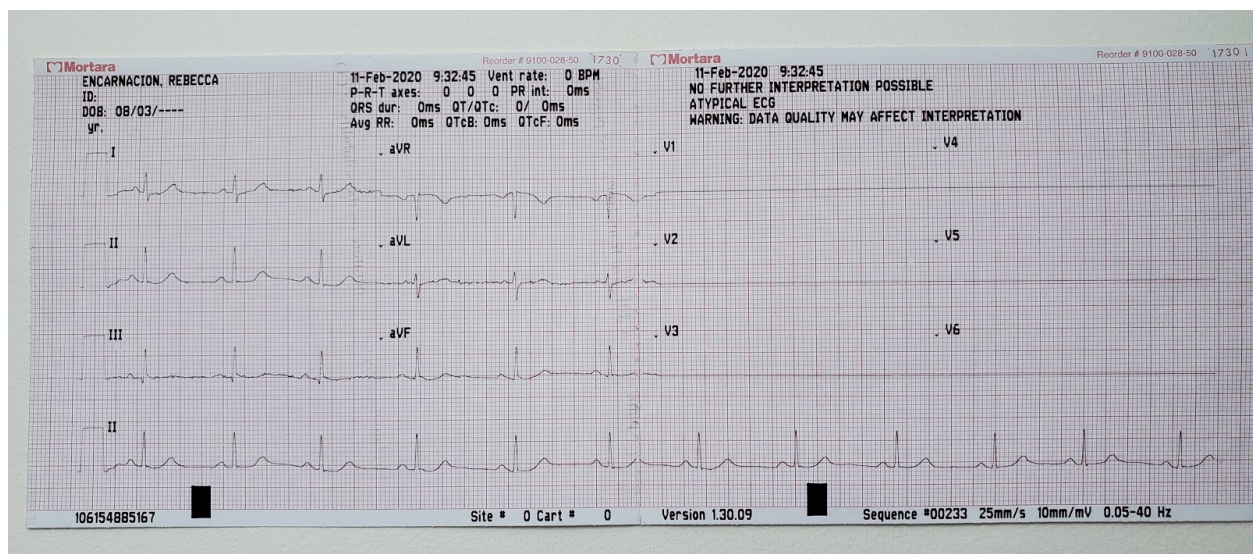
Blood Pressure: (provide readings and explain significance)

Blood Pressure: 120/80 mm Hg

My blood pressure shows the pressure that blood is pushing on my veins and arteries. From the reading I had it showed that it was normal.

EKG: (provide readings and explain significance)

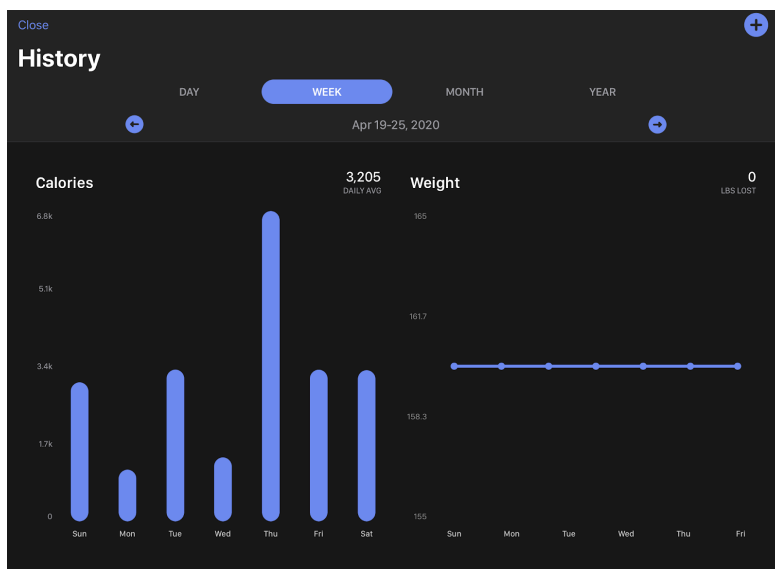
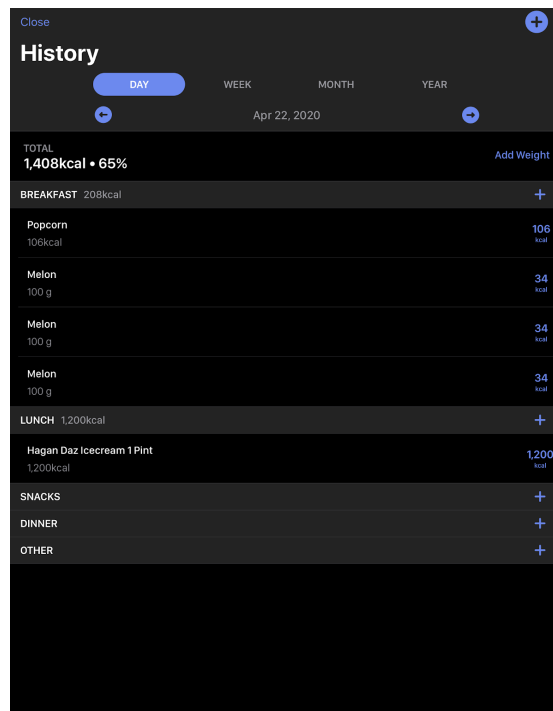
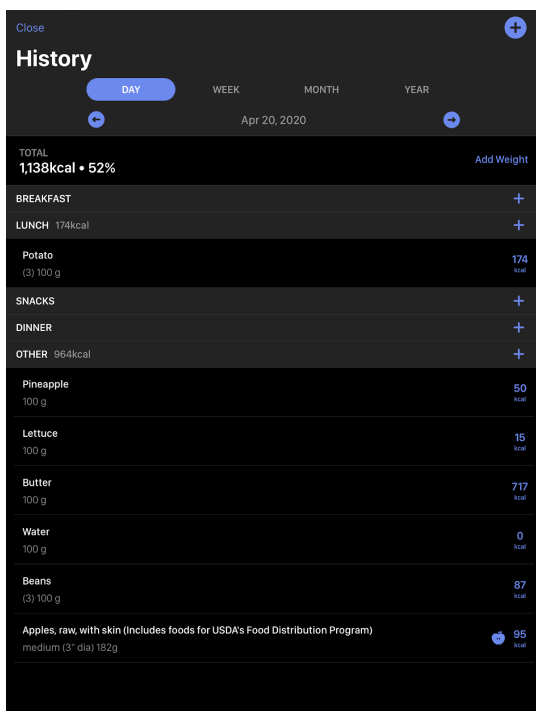
My EKG shows the electrical signal from my heart. One whole wave shows one heartbeat and it shows when the valves of the heart close and open to let blood in or out. The EKG shows a normal heart reading, there is no blockage of the valves or abnormal heart rate.



Lung Capacity: (we did not do the experiment in the class this semester, however you can discuss its significance with health and factors which can lead to disease)

Lung Capacity is important to see how our health is doing because it checks how well our lungs are doing. One lung test that is very common is Spirometry. It allows us to measure how much and how fast we can inhale and exhale air. This test can help us in seeing if we have any blockage in our respiratory tract which may be a sign of asthma. There are other tests that help us determine the tidal volume of our lungs, and our vital capacity. Knowing our tidal volume can help us see if our lungs are working to the maximum or if there may be something wrong with the lung muscles.

Food Diary: (one week of food intake, calorific values, food groups, water etc. Also add the table to your report together with information on the Apps used)

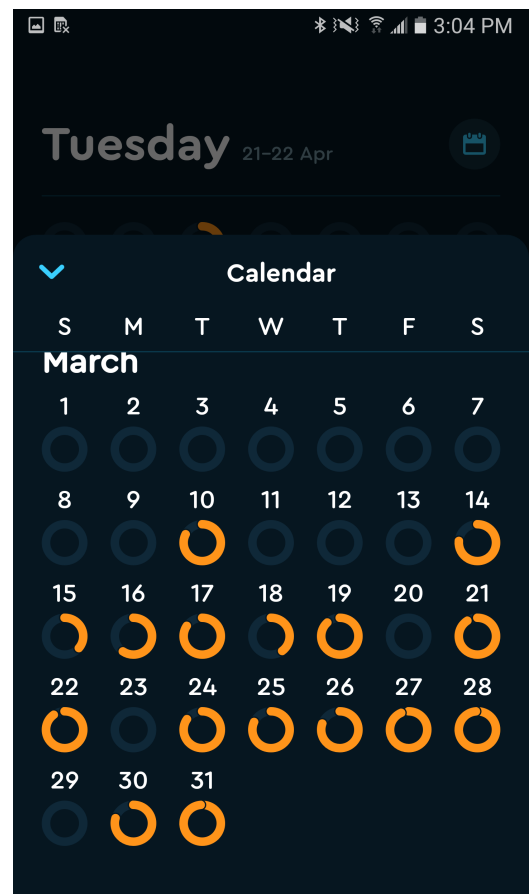
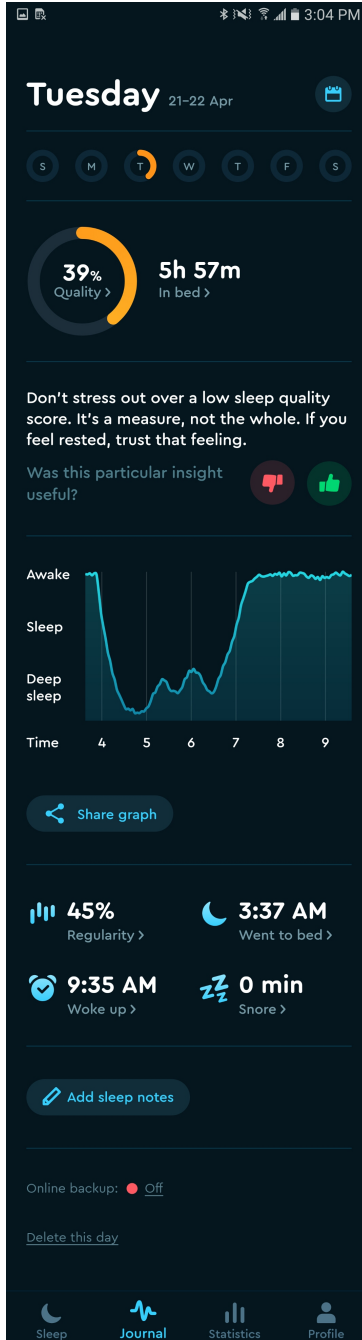
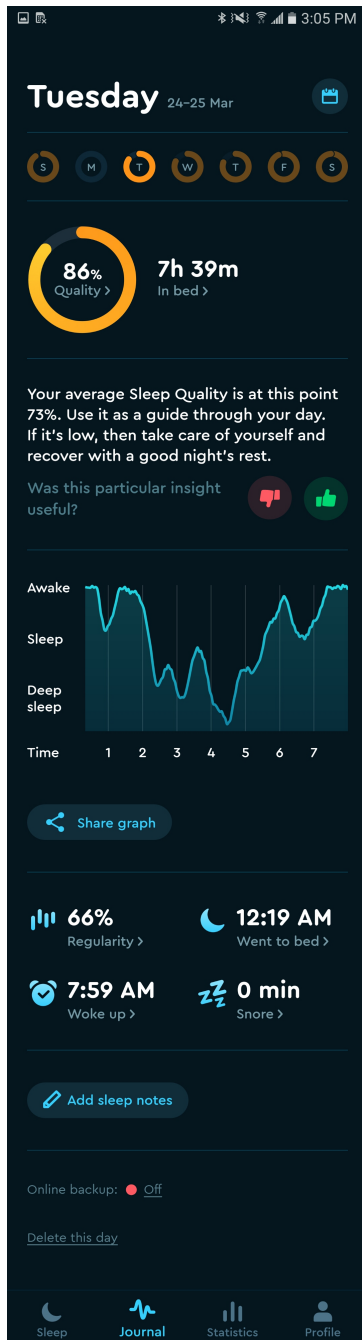


I used the app Calory to keep track of what I ate. This app calculated the amount of calories in your food. You had to put in what foods you ate and the quantity you ate for it to mark how many calories you had that day. Before doing this I had a feeling I was eating too much and the results of this app agreed with me. I also noticed that I ate a lot of carbohydrates.

Sleep Record: (one week of sleep record and its interpretation and Apps used)

I used the app called Sleep Cycle: Sleep analysis & Smart alarm clock. This app tracked how many hours I slept each day. It was basically designed as an alarm. The app would start tracking the number of hours from the time you open the app and press start. It would let you decide what time to set the alarm off. In the morning it would start wringing however the app would stop tracking the hours of sleep only when you turned it off. I think this app was helpful

and somewhat accurate because the alarm was very subtle so I wasn't forced to wake up. By tracking the number of hours slept I could see how well I was taking care of my body and mind. And how it affected how I felt that day.



Family History: (document any health issues in your family, age of onset, life span etc.)

Diabetes, High Blood Pressure, and Low Blood Pressure. My grandpa from my moms side died at around 90 years of age. Don't know much about my dad's side.

Conclusion/Take home message: (based on all data collected how do you see yourself 10/20 years from now and what you should do to ensure you have a healthy life when you get older)

I feel like I need to do more exercises to improve my heart rate. According to Google 80 to 100 bpm is normal but as I learned in Anatomy and Physiology Lecture Class athletes tend to have low heart rates because their heart has been strengthened because they exercise constantly. Having a low heart rate because of exercise is actually good because it means the heart doesn't have to work as hard to pump blood. This is a good goal for me to have in order to improve my health.

I also learned that if I don't take care of myself I can end up having the same diseases of my family such as diabetes and high cholesterol. Eating excessively can get to me very soon since my body will start to work slower as I get older. Also since I eat a lot of carbohydrates this can lead my body to have high blood sugar levels which can then lead to diabetes, a health issue that runs in my family.

I want to do as much as I can to keep my health in check before it is too late to do anything but to take medication. For that I plan on continuing to track my sleep and eating habits so it stays as a wake up call not to eat too much or sleep too late. That way I can be at my best and enjoy life to the fullest!

Note: Your conclusion will reflect your understanding of anatomy and physiology you have studied and will show your understanding of the concepts. You can add any other additional information which can make your report more interesting and unique.