

Project Report: “Know Your Body”
Class BIO2312 Lecture/Lab Spring 2020
Nicole De Jesus

Name: Nicole De Jesus

Sex: male/female: Female

Age: 23

Ethnicity: Dominican

Height: 5'8

Weight: 144

BMI: 21.9 (good Health)

Underlying health conditions: none.

Pulse: (provide readings and explain significance)

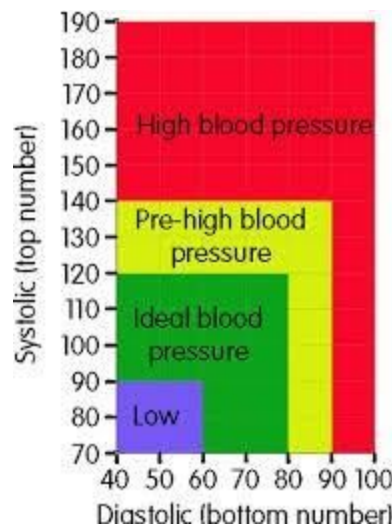
My pulse is 75 per minute.

The pulse is how much the heart beat per minute. When the heart pushes oxygenated blood through the arteries the arteries expand and contract while the blood is passing through. A normal heart rate for adults ranges from 60 to 100 beats per minute. The heart rate always depends on the individual's health conditions. For example a healthy person should have a normal pulse rate condition meanwhile on an unhealthy person that might change. You can check your pulse in several ways. One way is in your neck, the other way we used in class was in the wrist. To check your pulse in the wrist you should place two fingers between the bone and the tendon over the radial artery. When you do this you will feel the blood coming through the arteries. The pulse would not only measure the heart rate but will also determine the heart rhythm. By determining the heart rhythm an specialist can conclude if a patient presents any heart conditions such as tachycardia or bradycardia or other heart conditions that would require taking the pulse.

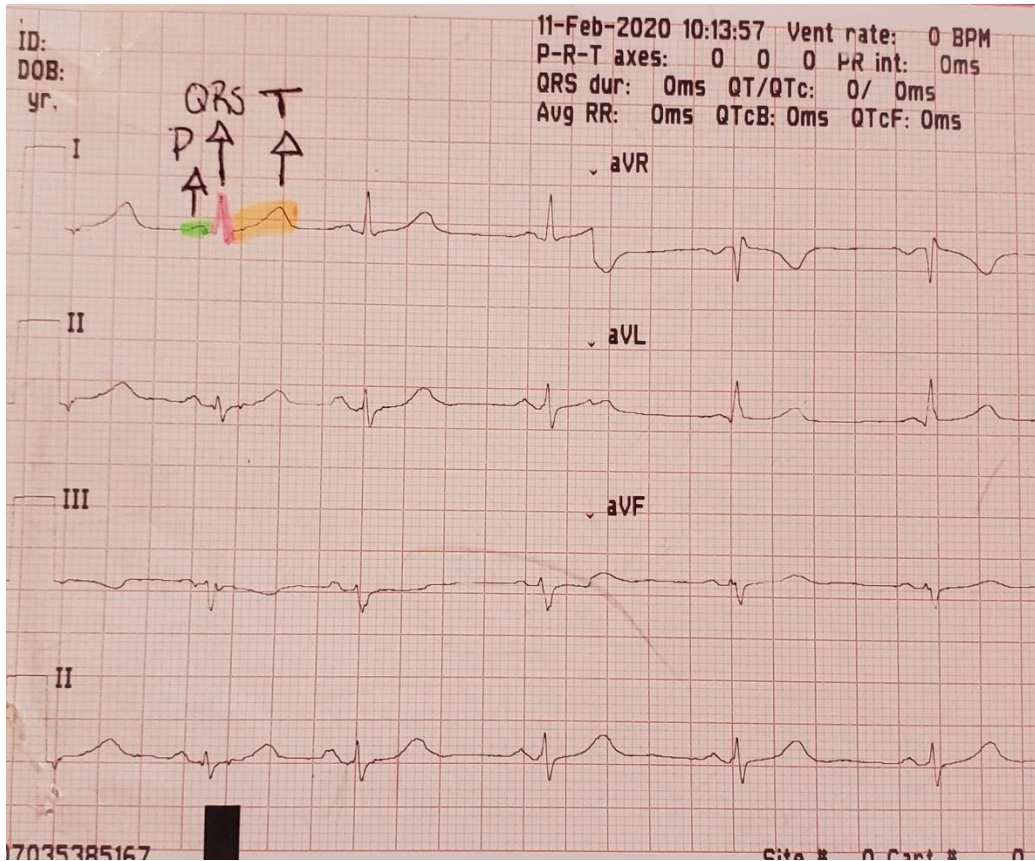
Blood Pressure: (provide readings and explain significance)

My Blood Pressure is 120/80

Blood pressure is essential for life. If the blood pressure was not controlled the blood would not be delivered through our arteries to the rest of the circulatory system. Blood pressure is a force that moves blood all through the organs. If blood pressure is higher or low it could be very dangerous for any individual. If blood pressure is not on its regular rhythm it could even cause a heart attack or a blockage on the arteries. Our body needs blood to be able to do its work. The blood has essential nutrients for each organ of our body; this is why it needs to be delivered all throughout the body. The blood has several reasons why it is essential in our body. One of the reasons is because blood carries white blood cells which defend our body; it also carries clotting platelets which prevent blood loss from an injury. The blood is also essential in controlling the body temperature. The normal rate of the blood pressure is 120/80. If the systolic pressure is between 120 and 129, and the diastolic pressure is less than 80 then these mean that you have high blood pressure. It is always good to check the blood pressure this way a specialist can check for any heart conditions.



EKG: (provide readings and explain significance)



Here we can see that the green is the P wave, the pink is the QRS wave, and the orange is the T wave.

This means that when the P waves begins is where the when atrial pressure is greater than the ventricular pressure, and blood passively passes through the atria to the ventricles. When the QRS wave begins is when the contraction of the ventricle begins and the pressure increases, closing the valve. In the T wave the pressure continues to rise, when the ventricles pressure exceeds the pulmonary valves open and blood is ejected. After this the ventricles relax, decreasing the pressure in the ventricles and closing the pulmonary valves.

Taking the blood readings can help know the blood rhyme and how long it takes for the blood to bump into the heart. It can also help specialists find the cause of various symptoms such as palpitations, dizziness, faintness, chest

pain, shortness of breath. Blood reading should always be checked because with that a specialist can determine any cause of a current disease or an upcoming one.

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 is a very important organ in a human body, because it is where the carbon dioxide is exchanged with the oxygen on each alveoli in the lungs' small air sacs. This process is called gases exchange which creates breathing. This process is really important because it maintains every individual with life. The maximum amount of air that a lung can hold is about 6 liters. as people age the lung mature as well and breathing becomes more difficult. as an individual gets older changes can occur in the lungs such as the lung capacity. muscle can get weaker, the airways that open can lose elasticity. This means that airways can get smaller. For instance, the rib cage can strinck as well. one way to maintain lung functioning is staying healthy, staying active, and also avoiding tobacco or cigarettes. Although this is a very essential organ for every individual there are some people that don't take good care of them. People that smoke are the most people that are affected by it. When people smoke they can cough, have colds, wheezing and asthma are just the start of an upcoming future disease. After the first phase of individuals that smoke then come the fatal diseases such as emphysema, pneumonia, lung cancer. Smoking has occurred because the majority of deaths in the United States before the Corona Virus has started. one way to measure lung capacity is with spirometry. This is used for testing chronic obstructive pulmonary disorders.

The Covi-19 is one of the major diseases on the whole world that is affecting many people and is also killing them. The Corona Virus starts as a simple small cold after fifteen days you will start seeing the symptoms. The virus can enter by different ways by the oral cavity, or the nasal cavity, and the eyes.

After it enters the body and damages the whole respiratory system as well as other organs.

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)

For a week

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday	Saturday	
Morning	★ Coffee - 2 calories - 0g carbs - 0g fat - 0.3g protein ★ Slice bread - 80 calories - 15g carbs - 1g fat - 3g protein	★ coffee - 2 calories - 0g carbs - 0g fat - 0.3g protein ★ Kellogg's Special K (Kellogg's) - 150 calories - 29g carbs - 0g fat - 2g protein	Sleep unto 1:00 pm	★ Coffee - 2 calories - 0g carbs - 0g fat - 0.3g protein ★ Slice bread - 80 calories - 15g carbs - 1g fat - 3g protein	★ coffee - 2 calories - 0g carbs - 0g fat - 0.3g protein ★ Cheese bread slice - 160 calories - 27g carbs - 4g fat - 7g protein	★ coffee - 2 calories - 0g carbs - 0g fat - 0.3g protein	Sleep unto 1:00pm	
After noon	★ Rice - 150 calories - 35g carbs - 1g fat - 3g protein ★ Black beans - 624 calories - 116.4g carbs - 1.7g fat - 34.3g protein ★ Fish - 100 calories - 20g carbs - 7.5g protein	★ Rice - 150 calories - 35g carbs - 1g fat - 3g protein ★ Black beans - 624 calories - 116.4g carbs - 1.7g fat - 34.3g protein ★ Chicken - 200 calories - 35g carbs - 5.6g fat - 3.2g protein	★ Spagetti - 350 calories - 70g carbs - 2g fat - 12g protein ★ Banana milkshake - 217 calories - 6g carbs - 7g fat - 2.4g protein	★ Rice - 150 calories - 35g carbs - 1g fat - 3g protein ★ Chicken - 200 calories - 35g carbs - 5.6g fat - 3.2g protein	★ Rice - 150 calories - 35g carbs - 1g fat - 3g protein ★ Beans (Kidney beans) - 110 calories - 20g carbs - 0.5g fat - 7g protein	Fideos (Luchetti) - 273 calories - 57g carbs - 0.9g fat - 9g protein	★ Rice - 150 calories - 35g carbs - 1g fat - 3g protein	
Night	★ Roasted potatoes - 179 calories - 18g carbs - 0.3g fat - 1.2g protein	★ Mash potatoes - 200 calories - 35g carbs - 5.6g fat - 3.2g protein ★ EGGS - 72 calories - 0.7g carbs - 4.8g fat - 6.5g protein	★ Kellogg's special K (Kellogg's) - 150 calories - 29g carbs - 0g fat - 7g protein	Sleep early	★ Kellogg's special K (Kellogg's) - 150 calories - 29g carbs - 0g fat - 7g protein	★ Kellogg's special K (Kellogg's) - 150 calories - 29g carbs - 0g fat - 7g protein	★ Cheese bread slice - 160 calories - 27g carbs - 4g fat - 7g protein	★ Roasted potatoes - 179 calories - 18g carbs - 0.3g fat - 1.2g protein
Calories gain every day →	1135 calories	1323	917	362	572	435	329	

The regular daily calories intake is about 2,000 However; it always depends on what you eat during the day. Some diaries have more calories than others for example, the rice got 170 calories but the fish got 100 this means that the more calories you get the more you can get big. The good thing is that coffee does not contain a large amount of calories; this means that is healthy for the regular diet.

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

For a week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep cycle	Duration 7h 39min	Duration 12h 2min	Duration 9h 16min	Duration 13h	Duration 6h 43min	Duration 11h 30min	Duration 12h
	Sleep at 01:25 Am	Sleep at 1:58 Am	Sleep at 11:50 Pm	Sleep at 6:00Pm	Sleep at 12:16Am	Sleep at 2:30Am	Sleep at 10:00Pm
	wake at 9:05 Am	wake at 1:00Pm	wake at 9:00Am	wake at 7:00Am	wake at 07:00Am	wake at 1:00Pm	wake at 9:00Am
	Ambient noise 53db	Ambient noise 40db	Ambient noise 50db	Ambient noise 76db	Ambient noise 61db	Ambient noise 32db	Ambient noise 82db
	4/6/20	4/7/20	4/8/20	4/9/20	4/10/20	4/11/20	4/12/20

Every Human Being should sleep at least 7 to 9 hours. Getting 7 to 9 hours of sleep the individuals would feel with more energy and healthier. In my case I have noticed that now that we are in quarantine I have noticed that I have slept more. As we can see on Tuesday I slept until 1:00pm. After that day I felt more energy and more active to do other things. However Thursday to Friday I slept less because I had to do homework and stuff in the morning. On that day I felt really tired and my eyes itched. Some individuals can experience potential problems when sleeping less than 7 hours per day. People with less sleep can experience Sleep disorder. These include insomnia, sleep apnea, narcolepsy, and restless legs syndrome. This is why it is always better to get a good night sleep, 7 to 9 hours at least.

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

My Grandpa had experienced prostate cancer disease. He was a very happy and hard worker man; he had 7 sons and one daughter. During his life he always loves to make people happy and smile. All his life he spent it with joyfulness and healthiness until one day he felt really bad and went to the hospital. After that the doctor detected cancer in the prostate at 56 years old. The doctor gave him a surgery to try to take out the cancer cells, and he did, he took the cancer cell from the prostate. After a while my Grandpa felt bad

again the doctor saw that the cancer was still there and it wasn't only in the prostate it was spreading all through the organs. The doctor told him that there is nothing more that he could do. My Grandpa stayed for a few weeks in the hospital giving him therapy but nothing worked. The cancer has spread all over the upper organs of the pelvic cavity. My Grandpa died at age of 56 years old, my dad and all my uncle and aunty were really young at his death.

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)

In conclusion in ten to twenty years from now I see myself healthy God Willing. My pulse looks good, my blood pressure also if I keep going like this for ten years from now I would maintain my health. If I keep eating mostly food done at home and not fast food that would help my diet on being a healthy individual. Also my weight is 144lb and I eat a lot. However, all my family members are skinny, they eat and eat and don't get big. If I also keep getting enough sleep my energy and immune system would get better and become in a healthy state.

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.

Works Cited

Thompson, Gregory E. "Pulse Measurement." *Pulse Measurement | Michigan Medicine*, 28 Apr. 2020, www.uofmhealth.org/health-library/hw233473.

Delgado, Benjamin J. “Physiology, Lung Capacity.” *StatPearls [Internet]*. U.S. National Library of Medicine, 16 Apr. 2019, www.ncbi.nlm.nih.gov/books/NBK541029/.

Nall, Rachel. “Region I Staff Work Community Healthline.” *PsycEXTRA Dataset*, July 2007, doi:10.1037/e401982008-008.