

## Health / Wellness Project Summary

In this course we are learning about how the human body works, so why not measure some aspects of A&P in terms of your own personal health and wellness?! In this project, you will choose an aspect of your personal health or wellness to measure, choose an intervention to take on during the next three months, make a prediction about what will happen, and prepare a final summary report about what happened, tying it into the appropriate A&P topics and concepts.

This project is worth 15% of your total course grade.

There are three major deliverables for this project that you will turn in throughout the semester.

### Proposal (due at end of week 2 of semester) (3% of grade)

- In this proposal, you need to answer the following questions. See template at end of this document for writing your proposal.
  - **What aspect of your anatomy and/or physiology are you going to measure?** Why did you choose this aspect? What A&P organ systems are involved?
  - **How will you measure this, and how often?** What device(s) will you use? Dr. Shaffer has some devices (scale, blood pressure cuff, pulse oximeter, EKG monitor, spirometer), but feel free to use what you might have available too (Apple Watch, Fit Bit, sleep tracker, glucose monitor, measuring tape, etc)
  - **What intervention are you going to introduce? How often will you do the intervention?** This can be some form of cardiovascular exercise (walking, running, swimming, etc), strength training / weight lifting, meditation, changing sleep time, changing diet, cold showers, or something else. **No matter what you choose, make sure it is safe and that you will not injure or harm yourself!**
  - **What do you think will happen to this aspect of your anatomy and/or physiology when you introduce this intervention?** You should make a prediction on what direction (increase/decrease/no effect) your measurement will change. For this proposal you do not need to describe what anatomical and/or physiological mechanisms are at play that are causing the changes to occur, but you will need to do so for your final summary report.

### Mid-course check-in (due at end of week 8 of semester) (3% of grade)

- At this check-in, you need to provide the following. See template at the end of this document for writing your check-in.
  - Your prediction from your proposal
  - Graphical or numerical data showing the changes to your measurements over time at this point

- An explanation for why / why not your data are supporting your original prediction
- A prediction for what you think will happen the remainder of the semester

**Final summary report (due of Monday of last week of semester) (9% of grade)**

- In your final report, you need to create one of the following that summarizes what happened during the three-month intervention...
  - Written summary (500 to 1000 words)
  - Two-minute YouTube video
  - One-page infographic / flyer
- Include the following components in your report...
  - A summary of your project including the intervention, what you were measuring, and your original hypothesis
  - Graphical or numerical data showing the changes to your measurements over time
  - Anatomical and/or physiological explanation(s) for why the observed changes occurred. Cite specific anatomical structures or physiological functions or mechanisms that explain your observations.
- Post your summary / video / flyer on LinkedIn or other social media platforms that you use to share what you learned about your own personal health and wellness in your A&P course!

Complete the following sections and upload by (due date). See course website for more details. Please do not write more than what can fit in each box (12 point font).

**What aspect of your anatomy and/or physiology are you going to measure? Why did you choose this aspect? What A&P organ systems are involved?**

**How will you measure this, and how often? What device(s) will you use?**

**What intervention are you going to introduce? How often will you do the intervention?**

**What do you think will happen to this aspect of your anatomy and/or physiology when you introduce this intervention? You should make a prediction on what direction (increase/decrease/no effect) your measurement will change.**

Health / Wellness Project Mid-Project Check in Name: \_\_\_\_\_

Complete the following sections and upload by (due date). See course website for more details. Please do not write more than what can fit in each box (12 point font).

**List your prediction from your proposal including your measurement and intervention.**

**Provide graphical or tabular data showing your measurements over time up to now.**

**Why are your data supporting (or not supporting) your original prediction?**

**What do you think will happen for the rest of the semester?**