

CSM Physiology
Personal Profile Assignment (20pts)
Due Dec. 10, 2009

The goal of this assignment is to collect data on your own physiology, analyze your results for health implications, and present your findings in a report format. For each test you do, you should discuss the purpose of the test. Analysis of your results should include comparison of your results to normal values, and/or to the class values, and a conclusion of the findings. After compiling all the data that was taken on you, write a brief summary report of your findings as they relate to your health and norms. The list that follows describes those data that you may have. Include at least 6 tests taken with you as a subject. You should organize your reports following the samples your instructor provides.

- Heartrate
- Height and weight
- Dietary analysis
- Hereditary Traits
- Reflexes, reaction time
- General Senses – Touch
- Vision
- Hearing
- Balance
- Taste, smell
- Grip Strength
- Fitness Level
- Blood type, hematocrit, Hb concentration, etc
- Differential white blood cell count
- Blood Pressure
- ECG analysis
- Respiratory Function tests
- Urinalysis
- Body Mass Index and % body fat