

In this Class, throughout the lectures and through the assignments we have learned about five main topics: Nutrition, Heredity, Physical Literacy, Physical Activity, and Exercise. There are several sub categories under Physical Literacy you have, Confidence, Knowledge and Understanding, Motivation, and then Motor Competence and Capacity. There were then workouts like the swing, deadlift, and pull-ups. Then for Heredity we will speak about how genes affect muscle growth, overall health, and hypokinetic diseases. All of these things will be spoken about extensively in this essay beginning with Nutrition and ending with Heredity. All of these different factors are extremely important for our overall livelihood and just general experiences we have through the day do things from the menial task of washing dishes to major things like loving a partner.

Analysis of the three-day Cronometer food log shows generally balanced macronutrient intake with some areas for improvement. My estimated healthy body weight range is **128.9–174.2 lbs**, and my **Basal Metabolic Rate (BMR) is approximately 1768 kcal per day**, representing the energy required to maintain basic body functions at rest. My **body fat percentage is 27.8%**, indicating a moderate body composition for an adolescent. Across the three days, caloric intake ranged from **1480–2178 kcal**, which is below my estimated daily energy expenditure of about **2632 kcal**, resulting in a caloric deficit. Carbohydrate intake ranged from **183–289 g**, providing energy for daily activities and resistance training. Protein intake ranged from **54–87 g**, which is below the recommended level for an active 15-year-old and may limit muscle recovery and development. Fat intake stayed near recommended levels, with a higher proportion of **unsaturated fats compared to saturated fats**. While overall vitamin and mineral intake shows reasonable dietary variety, intake of certain minerals such as **iron, magnesium, and zinc** could be improved to better support muscle function, energy metabolism, and overall growth. Increasing protein-rich foods, whole grains, dairy, and leafy greens could help improve both micronutrient intake and total calorie consumption.

Over the days my physical activity has advanced and I know this through the twice a week exercises in class that had certain activities tested. The few that I did the best on during the initial operations were Single Leg Stance, Sitting Rising, and FMS Deep Squat. I have nearly doubled my strength in all of the exercises I have continuously done. For example when starting I couldn't do one pull-up unassisted, and now I can do three reps of one set of unassisted pullups. It also gave a new preference on exercising and just more tips so now I have improved my out of class exercises. This class has successfully tested and improved my daily exercise and activity. Another factor that I think is important to increase is just daily walking to keep me moving throughout my days. I could do this by walking up the stairs instead of the elevator or any other faster method of transportation.

My immediate family has zero genetic problems with health and my Mothers side has zero recent history of any heart issues, but does have a history of dementia. Both my grandfather and sister are currently developing dementia with their mother having died when she died. My fathers side has no information on heredity other than a single great, great, great grandfather having Alzheimer's with all other men dying before a high age due to unnatural causes. My diet isn't the most optimal, but it does maintain the minimum mandatory factors you look for in food, but I do need to increase the amount of food I eat per day. Any possible Hypokinetic diseases I could have are most likely going to be reduced or I completely won't have because of my diet and exercise if I keep it up over my life which I will attempt to do past my current teenage years.

Continuing the process of a good diet, maintaining exercise, understanding the body and its movements, and knowing how my genes affect me are all different things I have learned through the great process of this class and the awesome, Professor Wied who taught me Cardio sucks and Resistance Training is the best. This class through the lectures done by the comedic Professor Wied has taught me how important all of these different topics are, and just how much I need to improve my daily life