



The



Olympics

AND HUMAN ANATOMY

AND PHYSIOLOGY



Sport/Event: _____

What characteristics would be an advantage for a person competing in this sport?

Choose one of the characteristics you listed above, and read the corresponding chapter in the Apologia textbook *Exploring Creation with Human Anatomy and Physiology*. List 3 things you learned about this topic.

1. _____

2. _____

3. _____

Look in your textbook and/or your notebooking journal, and do one (or more!) of the notebooking activities, personal person projects, or experiments. Describe what you did and what you learned.

If you were going to compete in this sport, what would you need to do differently? Think about your diet, exercise, the amount of sleep you get each night, your attitudes, and even your priorities. List a few of the biggest changes you would need to make to be successful at the sport you chose.

A stylized illustration of a person in a green shirt and pants running towards a green ball. The person is depicted in a dynamic, forward-leaning pose, suggesting movement. The background consists of a white surface with horizontal lines, and the entire scene is set against a light gray background.

With a parent's help, look up information about a particular person who represents (or represented in the past) the USA in the sport you chose to study. What kind of training did he/she receive? What kinds of mental/emotional characteristics did/does the person have? How can you develop the same positive characteristics?