**“A Day In The Life” Essay** Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Human Body Systems 2018** Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Per \_\_\_\_\_\_\_\_

**DUE THE DAY OF THE FINAL**

**Formatting Requirements:**

* 1 Full Page Minimum
* Size 12 Font
* Because this is a personal narrative, first person is okay!
* Attach your two note sheets from the systems to your final essay- it must be printed!

**Essay Outline:**

* **Paragraph 1: Introduction.** (5 points)
  + Think about writing your essay around a day or an activity in your day. This could be a specific game from your season, one particular play, something that happened at your job, etc. Write a powerful, attention grabbing summary of that event. (“We were down 5-4, with two outs, in the bottom of the 9th inning against Grandview…”)
  + Summarize the project and list the four systems you chose because of their importance to your day/event/activity. (“For the past three weeks in biology, we have… I chose the respiratory, digestive, nervous, and muscular systems because of their importance to my baseball victory.”)
  + Explain, just like a thesis, what you will discuss throughout the rest of the paper. (“Throughout the rest of my paper, I am going to explain…”)
* **Paragraphs 2 – 3: Body Systems.** (10 points per body system: 20 total points)

Summarize, in one or two sentences, the function of the system.

* Explain how the system is used specifically in the event described in the introduction. (“As I swing the bat, my core rotates for full power making use of the abdominal muscles of my muscular system…”)
* Explain how each body system connects to one biology theme**,** AND demonstrate your knowledge of that theme. Underline the theme in your essay.
  + 1. Homeostasis 
    2. Cellular Energy
    3. Protein Synthesis
    4. Cell Reproduction
    5. Genetics
    6. Evolution
* The last sentence of the second paragraph should be a transitional sentence that connects one body system to the next. (“My abdominal muscles provide the power to swing the bat, but muscle contraction is controlled by the nerves and brain of my nervous system…”)
* **Paragraph 4: Conclusion.** (5 points)
  + Summarize how your study of the human body systems will influence future “Days of Your Life”. You can address biological concepts (things that you learned about your body, a condition you have, a plan for fitness, etc.) or personal responsibility (what did you learn from the independent nature of this project, and what will you take with you moving into next year?)