

Sci 228 ilab 5 assignment



**ASSIGN
BUSTER**

Part 1 Define BMI: You must define BMI, though not just with a general definition indicating its relationship to height and weight. Please also do not forget to define the actual term BMI! Part 2 Calculate BMI: Many students use an automated calculator to complete this part of the assignment. I will deduct points if I do not see the actual math calculations. Please include all stages of the math calculations associated with determining your BMI. Part 3 Compare/Contrast BMI & Individual Plan: There are three sections to this part of the assignment, and for the first part, you need to designate where your BMI falls according to the standard tables (underweight, normal, overweight, obese). In the second part of the assignment, you need to develop a dietary plan for your BMI value, and for the most part, you need to be as detailed as possible. Basically, I would like to see a “ day in your life” according to where your current BMI falls.

You need to include how many calories you plan on taking in and why, and you also need to develop a day’s worth of eating with specific foods and portions. As far as the exercise plan, again, you need to be as specific as possible. The goal of this section is to develop a plan that incorporates all of the components of a sound fitness program (flexibility, endurance, strength training, body fat, and cardiovascular), as well as discuss specific exercises that you plan on doing. Basically, the goal is to produce a weekly plan, with specific exercises, that has all of the components of a sound fitness plan.