

MODULE 4 ASSIGNMENT: RESEARCH AND REPORT

OVERVIEW

As a medical professional, it is possible that you will encounter a high school, college, or professional athlete who struggles with maintaining his or her ideal weight and is bothered by how maintaining the ideal weight impacts his or her athletic performance. In this assignment, you will research and report to the athlete how the urinary system works with other systems to maintain homeostasis and how the body works to maintain homeostasis by regulating the concentration of fluids, electrolytes, acids, and bases.

You should spend approximately 3.5 hours on this assignment.

INSTRUCTIONS

1. Prepare a written paper to a future athlete patient of at least 500 words that includes the following:
 - Discuss the hormones, and explain how hormones regulate catabolic and anabolic reactions.
 - Describe the parts of the nephron, and explain how they participate in the processes of filtration, reabsorption, and secretion.
 - Mention the hormones that increase or decrease the urine production, and explain the mechanism of action of one of these hormones.
 - Describe the action of the aldosterone in the regulation of sodium and potassium.
 - Explain briefly how the kidneys regulate the acid-base balance.
 - Explain the possible reasons he or she could be experiencing weight gain or weight loss given a metabolic imbalance.
2. Your paper should be formatted as a proper research paper with an introduction and conclusion. Do not simply follow the bullet points above, but really think about what you have learned and how that relates to other material we have covered and knowledge you have from other courses you may have taken.
3. All references must be cited using APA Style format. Please refer to the [CCOnline APA Citation Toolkit](#).
4. Remember, you can use the library research guides posted for you in the *Grading and Evaluation* section of the *Syllabus* module.
5. Submit your paper to the **Module 4 Assignment: Research and Report assignment folder**.

See the *Course Schedule* and *Course Rubrics* sections in the *Syllabus* module for due dates and grading information.

