

Jenna Armstrong

James R. Hoffa Memorial Scholarship

### Basis of Life

As an athlete who has excelled in ski racing for so many years, I have had the opportunity to study the body. Using myself as a test rat, I have seen the effect of sleep, food choices, and exercise on my own system. Every day, my own body amazes me. Over the years, I have become more and more obsessed with how my body moves and reacts. Recently, I realized that I want to follow my passion. I want to study the human body and all of its parts, from atoms to cells to whole body systems.

Double majoring in biology and chemistry will allow me to focus on all aspects of the enigmatic human body. These two classes hone in on the basics of life. Without atoms and molecules in chemistry, living matter would cease to exist. Biology takes a step out from chemistry, focusing on how those atoms and molecules act together to perform basic functions. When these two majors are combined, I am left with a comprehensive view of life and life functions.

In the future, I plan on using my knowledge of biology and chemistry, as well as my first hand experience from skiing and organized sports, to pursue a career in sports medicine and orthopedic surgery. I want to help athletes gain maximum control over their bodies. In addition, I want to be able to piece their joints back together and return them to their respective sports. My career starts with a firm basis in biology and chemistry. By majoring in these two sciences, I can develop my passion both on the ski slope and in the classroom.