

Written Assignment: Module 7

Be sure you have read all the assigned material and reviewed the web resources for module before starting the assignment. Students are strongly encouraged to use all supplemental readings, web sites, and learning activities. Once you have completed the assignment, please submit to the designated drop box in Learn@UW.

Please submit your assignment as a Word file. Please set the page to 1 inch margins and use an 11 or 12 pt font (Arial or Times Roman). Be sure to save your assignments with your last name and course number in the file name (e.g. smith_course number).

Wellness Homework

Take a moment to think about the relationship between your own health and how physical activity relates to it. Please to the following:

- 1) Describe at least one way in which physical activity has benefited your own health. Please be as specific as possible and describe the nature of the activity and why it has been a benefit.

- 2) Review the various wellness, health, and fitness professions listed in Chapter 13. Pick one and describe how that professional may help you improve your health.

		Points Possible	Points Received	Comments
Overall Format	Followed assignment requirements of order, typewritten, few errors	2.5pts		
Qualities, values, skills and goals comparison	Describes the relationship between your own health and how physical activity relates to it comprehensively and thoughtfully. Describes at least one way in which physical activity has benefited your own health. Selects a profession and describe how that professional may help you improve your health	7.5pts		
Total Points		10pts		