

Spring 2016

Wellness Reflection

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Walker Weyland

The semester is just about over. It is possible that for the rest of your education, you will not be forced to take any sort of physical activity course. The choice is now yours. Please answer the following questions to the best of your ability. Be sure to answer the questions thoroughly and concisely. Take responsibility for your answers, use 12 point font, and stay on this side of this page. There is no revision for this assignment.

1. Until now what have you done to contribute to your current level of Holistic Wellness? (4 points)

I have actually become much more aware of my personal wellness in the past year, in the past year I have joined two sports, I have begun making it a priority to eat more healthily, and for the first time since I came to IMSA, I have made sure that I do something fun at least once a week. Your classes did not necessarily solely bring about these changes; however, they definitely contributed to the thought process. I started running again in track and cross-country. At my old high school and in middle school I did both of these things but stopped sophomore year at IMSA. I was afraid that by continuing sports I would not have time to do my academics. Now I see that that way of thinking was somewhat dumb. You can always make time to do your work and engage in athletics but it is up to you to make sure everything is still being done to the best of your abilities. Last year I ate a chicken sandwich nearly every day for dinner or lunch. This did not offer much nutrients and was high in sodium. Now I change what I eat every day. My new regular dishes are turkey wraps, greek yoghurt with granola, or a salad. Last year I disliked the IMSA very much but I never did anything to escape it. This year I make sure I go on at least one walking trip every week with my friends to just relax and try new things. This has helped me be much less stressful and has improved my overall happiness. All of these changes I made consciously with one main goal. I wanted to be able to look back at my time and IMSA in 10 or more years and make sure that I could be proud of how I treated not only my academics, but myself and my social life.

2. How will you continue to consciously advance your Holistic Wellness; (4 points)

a. Next Year?

Next year I plan to continue many of the new habits I started this year while adding a few new ones. I want to make sure that I that all aspects of myself are taken care of. Some of the new habits I want to employ are doing sports or work outs that do not have as high of a possibility of damaging my body. What I mean by this is that many runners grind away all of their cartilage by the time they are middle aged and this causes pain. I want to make sure I will be able to be fit for a long portion of my life. Because of this concern, I want to try join a sport like basketball. I really think however, that I have made a very good effort this year to improve my overall wellness and if I continue these trends, I will be able to advance my holistic wellness.

Final Write-up		
Current Levels		
Score 4.0	Highly Proficient	In addition to Score 3.0, in-depth inferences or applications that go beyond what was taught, such as
		Score 3.5 In addition to Score 3.0 performance, in-depth inferences or applications with partial success
Score 3.0	Proficient	<p>The student will:</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the health-related components of physical fitness and appropriate interconnections with movements from sport and game • Articulate your role and responsibility of your Holistic Wellness • Discuss relationship between the health-related components of physical fitness and mind-body fitness with current levels of Holistic Wellness (SSL-III.B.) • Support claims and statements with specific evidence (SSL-IV.A.) <p>The student exhibits no major errors or omissions.</p>
		Score 2.5 No major errors or omission regarding the simpler details and processes and partial knowledge of the more complex ideas and procedures
Score 2.0	Developing	<p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <ul style="list-style-type: none"> • Recognizes or recalls specific terminology <ul style="list-style-type: none"> ▪ CRE, MF, BC, Flexibility, Nutrition, Sleep, Stress • Performs basic processes such as <ul style="list-style-type: none"> ▪ Lists the health-related components of physical fitness ▪ Lists the dimensions of Wellness ▪ Use phrases or words such as; swol, in shape, good, healthy <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p>
		Score 1.5 Partial understanding of the simpler details and processes but major errors or omissions regarding the more complex ideas and procedures
Score 1.0	Beginning	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes
		Score 0.5 With help, a partial understanding of some of the simpler details and processes but not the more complex ideas and processes
Score 0.0	Missing	Even with help, no understanding or skill is demonstrated
Future Endeavors		
Score 4.0	Highly Proficient	In addition to Score 3.0, in-depth inferences or applications that go beyond what was taught, such as
		Score 3.5 In addition to Score 3.0 performance, in-depth inferences or applications with partial success
Score 3.0	Proficient	<p>The student will:</p> <ul style="list-style-type: none"> • Articulate need and plans for future Holistic Wellness (<i>SSL-I.A. Develop automaticity in skills, concepts, and processes</i>) • Support claims and statements with specific evidence (<i>SSL-IV.A.</i>) • Assume ownership of obstacles and planning for on-campus and off-campus experiences <p>The student exhibits no major errors or omissions.</p>
		Score 2.5 No major errors or omission regarding the simpler details and processes and partial knowledge of the more complex ideas and procedures
Score 2.0	Developing	<p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <ul style="list-style-type: none"> • Recognizes or recalls specific terminology <ul style="list-style-type: none"> ▪ CRE, MF, BC, Flexibility, Nutrition, Sleep, Stress • Performs basic processes such as <ul style="list-style-type: none"> ▪ Lists the health-related components of physical fitness ▪ Lists the dimensions of Wellness ▪ Use phrases or words such as; swol, in shape, good, healthy <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p>
		Score 1.5 Partial understanding of the simpler details and processes but major errors or omissions regarding the more complex ideas and procedures
Score 1.0	Beginning	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes
		Score 0.5 With help, a partial understanding of some of the simpler details and processes but not the more complex ideas and processes
Score 0.0	Missing	Even with help, no understanding or skill is demonstrated

