

Spring 2016

Wellness Reflection

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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)

For most of my life, I have done little to nothing to improve my level of holistic wellness. I did sports, but never very intensely. After freshman year, which is when I was at my heaviest weight, I became more focused on my health and how it was negatively affecting my self-confidence. That summer, I started going on bike rides. But cardio alone is in no way enough to maintain a healthy lifestyle. I learned this when I came to IMSA, and gained five pounds in the first few months. That ice cream machine can really kill you, but it also teaches you a sense of self control. After I realized how much weight I'd gained, I took to working out a bit more. I only went to the fitness center a couple of times throughout the year, and always for cardio, but I always worked hard in moving and learning. During the muscle fitness unit, I did try very hard to properly use the machines and actually improve my endurance and reps. Because of this, and learning to eat a bit better (and consider ice cream a treat instead of an everyday necessity), I ended up dropping my body fat percentage about two percent. It was a simple, easy change, and I was so proud of myself for accomplishing this. But this was by no means enough. The summer after sophomore year, I had an SIR, so it was harder to workout, but I did walk to work and eat well. I weighed myself and found that I was, for the first time in years, under 150 lbs. Barely under, but an accomplishment nonetheless. This school year, I started working out – for real. My friend Jane inspired me to start a work out plan with her. We went to the fitness center three days a week, and killed ourselves getting through them. We started in October and did this until about January. In that time, my body fat percentage went down about two percent, and I saw real changes in my body, which is what was really important to me. I learned that change doesn't happen immediately, but every week, every day, every god-forsaken burpee counts. Now, in January my grades started to plummet and I had to stop working out to focus on my grades, but I have recently taken up my routine with Jane again and it feels wonderful to get myself back on track. I haven't been discouraged by my hiatus, I will instead let it inspire me to work harder to make up for what I missed. Jane has taught me how to eat better, exercise better, and how to motivate myself. In her I have found a great friend and also a mentor. She's allowed me to find a path that I enjoy taking to improve my physical wellness, and given me a friend to which I can express myself to, and this has also improved my emotional wellness. This year has proved to be my greatest stride in improving my wellness, and this has created a foundation upon which I plan to build a healthier future for myself.

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

- a. Next Year?

Next year is senior year. The first few months will be hellish with college apps, but I am determined to work on this over the summer so I can improve my holistic wellness not only physically, but in other aspects as well. I want to focus my senior year not only on creating a good future for myself academically, but also improving who I am as a person and creating change in many ways. I plan on setting aside time each week or each day for reading and writing. Reading and writing are important to me because they help me to both express myself and absorb what other people are expressing. I enjoy doing both and I have lost the time to do that because poor time management. By beginning college work over the summer, I believe I'll have enough time to allocate more focus on my life outside of academics, which is very important to me. Being well rounded is an important part, in my opinion, to living a fulfilling life. I also plan on continuing to workout with Jane. I have found such a great partner and friend in her, and we motivate each other to do our very best. The change I have seen in the past half of a year have proven to me that I can continue to create the best me that I can. In the next year, I plan to work out in the fitness center like I do this year, but also join IMSA sports. I'm hoping to join cross country (and practice a lot over the summer first) and also softball, which I never realized I enjoyed so much until I quit (I played for about 8 years on local teams). On top of physical and academic improvement, I plan on paying more attention to my feelings and emotions, and to stop buying in to the apathetic mentality that a lot of IMSA holds. I want to do more service trips and contribute more to the world through the opportunities that I have as an IMSA student, and I hope to inspire others to do so as well. I think that together, all of these things will make me an all-around healthier and happier human being. (:

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