**Module Five Wellness Plan**

**GO TO FILE – Choose SAVE AS – Save a copy of this to your computer!**

Fill in all logs and answer the reflection questions completely ***with supporting details for sections 1-4***. After completing all sections, submit this file as your Module Five Wellness Plan assignment.

**Section 1: Fitness Assessments**

Complete the following steps on the chart below:

**Step 1: Complete** Column B. **Use your results from the** Module 4 Wellness Plan Fitness Assessments.

**Step 2: Complete** Column C. **Use your current results from the** Module 5 Wellness Plan Fitness Assessments.

|  |  |  |
| --- | --- | --- |
| **Column A** | **Column B** | **Column C** |
| **Activity** | **Module 4**  **Wellness Plan Results** | **Module 5**  **Wellness Plan Results** |
| Mile Run/Walk | 30 | 35 |
| Body Mass Index | 22.67 | 23 |
| Aerobic Capacity | 39.1 | 41.3 |
| Curl-ups | 7 | 9 |
| Push-ups | 26 | 28 |
| Trunk Lift | 14 | 17 |
| Sit and Reach | 13 | 15 |

**Fitness Assessment Reflection Chart:**

Some athletes choose to use supplements and performance-enhancing drugs in hopes of gaining an edge over their opponents. Research and describe at least three risks of using anabolic steroids and other performance-enhancing drugs. Complete the chart with your findings.

**Sample:**

|  |  |  |
| --- | --- | --- |
| **Risk** | **Description** | **Link to Source** |
| Severe Acne | Steroids cause the skin to secrete more oils and lead to acne. | [www.sitename.net](http://www.sitename.net/) |

**Answer:**

|  |  |  |
| --- | --- | --- |
| Risk | Description | Link to Source |
| High blood pressure | Steroid use has been associated with high blood pressure; decreased function of the heart’s ventricles; and cardiovascular diseases such as heart attacks, artery damage, and strokes,even in athletes younger than 30. | <https://nida.nih.gov/publications/research-reports/steroids-other-appearance-performance-enhancing-drugs-apeds/what-are-side-effects-anabolic-steroid-misuse#:~:text=jaundice-,Cardiovascular%20System,in%20athletes%20younger%20than%2030>. |
| Heart problems, including heart attack | A temporary rise in blood pressure, prothrombotic effects, impaired lipid metabolism causing increase LDL and decrease HDL result in an increased risk of coronary artery disease. Ultimately AAS abusers can be at increased risk of life-threatening arrhythmias, leading to sudden cardiac death | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7925058/#:~:text=A%20temporary%20rise%20in%20blood,sudden%20cardiac%20death%20%5B3%5D>. |
| Aggressive behavior | Aggression. Case reports and small studies indicate that anabolic steroids increase irritability and aggression although findings may be confounded by personality traits that are overrepresented in steroid users (i.e., antisocial, borderline, and histrionic personality disorder)78 and use of other drugs. | <https://nida.nih.gov/publications/research-reports/steroids-other-appearance-performance-enhancing-drugs-apeds/how-does-anabolic-steroid-misuse-affect-behavior#:~:text=Aggression,and%20use%20of%20other%20drugs>. |

**Section 2: Flexibility Workout Log**

* **Perform and log stretching exercises for all eight muscles listed below at least two days in the same week.**
* **You may stretch every day.**
* **Module Five suggests starting with two repetitions held for 15 seconds for a total of 30 seconds for each exercise.**
* **Refer to the yellow highlighted example below.**

**Please use the following link for video demonstrations (once in the link…scroll down to the Resistance/Stretching Exercises):** [**https://learn.flvs.net/webdav/educator\_hope\_v14/video\_gallery/video.htm**](https://learn.flvs.net/webdav/educator_hope_v14/video_gallery/video.htm)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Flexibility Exercises/Muscle Stretched | | **Day 1** | | | **Day 2** | | |
| **Flexibility Exercises** | **Muscle Stretched** | **Dates** | **# of Repetitions** | **Time** | **Dates** | **# of Repetitions** | **Time** |
| **EXAMPLE** | **EXAMPLE** | **8/3** | **2** | **15 seconds** | **8/5** | **2** | **15 seconds** |
| Lying Quad Stretch | Quadriceps | 3/9 | 3 | 20 sec | 3/11 | 2 | 30 sec |
| Modified Hurdler's Stretch | Hamstrings | 3/10 | 2 | 20 sec | 3/12 | 5 | 30 sec |
| Upper Back & Torso Stretch | Trapezius | 3/11 | 5 | 20 sec | 3/15 | 5 | 30 sec |
| Calf Stretch | Gastrocnemius | 3/12 | 3 | 20 sec | 3/15 | 6 | 30 sec |
| Lower Back Stretch | Latissimus Dorsi | 3/15 | 3 | 20 sec | 3/16 | 4 | 30 sec |
| Chest/ Bicep Stretch | Pectoralis/ Biceps | 3/17 | 2 | 20 sec | 3/21 | 7 | 30 sec |
| Shoulder/ Tricep Stretch | Trapezius/ Deltoids | 3/18 | 4 | 20 sec | 3/20 | 4 | 30 sec |
| Lying Abdominal Stretch | Abdominal | 3/20 | 2 | 20 sec | 3/23 | 3 | 30 sec |

**Flexibility Reflection Question:**

Discuss which of the static stretches is most effective for you and which is least effective.

**Answer: Personally I think the calf stretch is most effective for me because I walk a lot throughout the day. The chest stretch would be the least effective because I don’t stretch these muscles that often.**

**Section 3: Muscular Strength and Endurance Log**

**Complete the chart below. Remember:**

* **Exercises listed should show an increase from your previous plan to show your growth. If you completed 3 sets of 8 for the last Wellness Plan, then 3 sets of 10 would be an increase for this plan.**
* Complete muscular exercises on *nonconsecutive* days. **(There should be at least one day between exercise sessions)**
* **Do not** work the same muscle groups more than once within a 48-hour period.
* You may select a different exercise than what is listed.
* Module Two suggests starting with 2 or 3 sets.
* The suggested number of repetitions is 8-10 for challenging weights and exercises.
* If you are using very light weight or bodyweight, you can complete as many as 18 repetitions depending on your current ability level.

**Please use the following link for video demonstrations (once in the link…scroll down to the Resistance/Stretching Exercises):**

[**https://learn.flvs.net/webdav/educator\_hope\_v14/video\_gallery/video.htm**](https://learn.flvs.net/webdav/educator_hope_v14/video_gallery/video.htm)

**Sample:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise** | **Muscle Worked** | **Dates** | **# of sets** | **# of reps** | **Resistance (Weight)** |
| **Squats** | **Quadriceps** | **8/3** | **3** | **8** | **20 lbs.** |
| **Push-ups** | **Pectoralis** | **8/3** | **3** | **15** | **Body Weight (BW)** |
| **Bridges** | **Hamstrings** | **8/4** | **3** | **12** | **BW** |
| **Rows** | **L. Dorsi** | **8/4** | **2** | **10** | **10 lb. Dumbbells** |
| **Exercise** | **Muscle Worked** | **Dates** | **# of sets** | **# of reps** | **Resistance (Weight)** |
| Squats | Quadriceps | **8/3** | 3 | 8 | 20 lbs. |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | **Day 1** | | |  | **Day 2** | | |
| **Exercise** | **Muscle Worked** | **Dates** | **# of sets** | **# of reps** | **Resistance (Weight)** | **Dates** | **# of sets** | **# of reps** | **Resistance (Weight)** |
| Squats | Quadriceps | 3/12 | 2 | 5 | BW | 3/15 | 2 | 7 | BW |
| Push-ups | Pectoralis | 3/9 | 2 | 4 | BW | 3/13 | 2 | 8 | BW |
| Bridges | Hamstrings | 3/14 | 2 | 4 | BW | 3/17 | 2 | 5 | BW |
| Pull-ups | Latissimus Dorsi | 3/15 | 2 | 2 | BW | 3/16 | 2 | 4 | BW |
| Calf Raises | Gastrocnemius | 3/13 | 2 | 3 | BW | 3/14 | 2 | 7 | BW |
| Chair Dip | Triceps | 3/11 | 2 | 2 | BW | 3/15 | 2 | 3 | BW |
| Curls | Biceps | 3/16 | 2 | 3 | BW | 3/177 | 2 | 5 | BW |
| Crunches | Abdominal | 3/17 | 2 | 4 | BW | 3/18 | 2 | 7 | BW |

**Muscular Strength and Endurance Reflection Chart:**

Alcohol, tobacco, and drugs negatively impact physical and mental health. Use the chart below to list two risks associated with each substance.

**Sample:**

|  |  |  |
| --- | --- | --- |
| **Substance** | **Risk One** | **Risk Two** |
| Club Drugs | Club drugs can cause confusion and clouded judgment. | Club drugs can cause loss of consciousness, leaving the user vulnerable to harm. |

**Answer:**

|  |  |  |
| --- | --- | --- |
| **Substance** | **Risk One** | **Risk Two** |
| Alcohol | High blood pressure, heart disease, stroke, liver disease, and digestive problems | Cancer of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum |
| tobacco | Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD) | Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis |
| Stimulants | Their misuse, including overdose, can also lead to psychosis, anger, paranoia, heart, nerve, and stomach problems. | These issues could lead to a heart attack or seizures. |

**Section 4: Physical Activity Log**

Include all moderate and vigorous physical activity in the table below. You need at least **three different** moderate to vigorous activities that add up to **420 minutes**. Activities need to add up to **420 minutes** without your warm-ups. Keep adding rows to show all of your activities.

The first five rows are completed as a sample only.

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Warm-up** | **Physical Activity** | **Activity Minutes without Warm-up** |
| **12/25** | **5-minute jog** | **3-mile run** | **30 minutes** |
| **12/26** | **None or NA** | **Mowing the lawn** | **45 minutes** |
| **12/27** | **Stretching** | **2-mile bike ride** | **30 minutes** |
| **12/28** | **Stretching** | **Roller blading–3 miles** | **35 minutes** |
| **1/5** | **5-minute jog** | **Surfing** | **2 hours** |
| 3/9 | none | walk for 2 mile | 30 |
| 3/10 | none | walk for 2 mile | 30 |
| 3/11 | none | walk for 2 mile | 30 |
| 3/12 | none | walk for 2 mile | 30 |
| 3/13 | none | walk for 2 mile | 30 |
| 3/14 | none | walk for 2 mile | 30 |
| 3/15 | none | walk for 2 mile | 30 |
| 3/16 | none | walk for 2 mile | 30 |
| 3/17 | none | walk for 2 mile | 30 |
| 3/18 | none | walk for 2 mile | 30 |
| 3/19 | none | walk for 2 mile | 30 |
| 3/20 | none | walk for 2 mile | 30 |
| 3/21 | none | walk for 2 mile | 30 |
| 3/22 | none | walk for 2 mile | 30 |
| 3/23 | none | walk for 2 mile | 30 |
| 3/24 | none | walk for 2 mile | 30 |
| 3/25 | none | walk for 2 mile | 30 |
| 3/26 | none | walk for 2 mile | 30 |
| **TOTAL Activity Minutes**  Remember the 420-minute minimum | | | **510** |

**Physical Activity Reflection Chart:**

Many physical activities offer a chance to interact with others as teammates, training partners, or opponents. Describe one specific way you used appropriate personal, social, and ethical behavior while participating in physical activities this week. Use your examples to complete the chart:

**Sample:**

|  |  |  |
| --- | --- | --- |
| **Behavior** | **Activity** | **Explanation** |
| Ethical | Golf | I hit the ball out of play and assessed a penalty on myself. |

**Answer:**

|  |  |  |
| --- | --- | --- |
| **Behavior** | **Activity** | **Explanation** |
| Personal | Programming | I love to program in my free time for fun and others |
| Social | Goign to the beach | I went to the beach and spent time wiht family and friends |
| Ethical | school | I mean you need to goto school so i do so everyday even though i dont want to all of the time |

**Physical Activity Reflection Question:**

Describe any changes in your activity level and choices you made this week that account for any differences in your Module Four and Module Five results. What specific changes can you make to continue to improve the average daily movement?

**Answer: Ifeel like my activity improves from wellness plan to wellness plan and if i keep at it i can achieve more and more**

**Module Five Wellness Plan Grading Rubric**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Excellent** | **Good** | **Needs Improvement** | **Poor** |
| **Section 1: Fitness Assessment**  Results for:   * Module 4 * Module 5 | 36–40 points   * Fitness assessment results are recorded. * Reflection question responses are **complete and supported**. | 32–35 points   * Fitness assessment results are recorded. * Reflection responses are **adequately detailed and supported**. | 25–31 points   * Fitness assessment results are recorded. * Reflection responses are **complete but lacking detail and support**. | 0–24 points   * Fitness assessment results are recorded. * Reflection responses are **incomplete or inaccurate**. |
| **Section 2: Flexibility Log** | 45–50 points   * **At least two** days of stretching are recorded. * **All** **eight** stretching activities are recorded each day. * **All** stretches are held an appropriate length of time. * Reflection question responses are **complete and supported**. | 40–44 points   * **More than one** day of stretching is recorded. * **At least** **six** stretching activities are recorded each day. * **Most** stretches are held an appropriate length of time. * Reflection responses are **adequately detailed and supported**. | 30–39 points   * **At least one** day of stretching is recorded. * **At least** **four** stretching activities are recorded each day. * **Some** stretches are held an appropriate length of time. * Reflection responses are **complete but lacking detail and support**. | 0–29 points   * **Less than one** day of stretching is recorded. * **Less than four** stretching activities are recorded each day. * **Few** stretches are held an appropriate length of time. * Reflection responses are **incomplete or inaccurate**. |
| **Section 3: Muscular Strength and Endurance Log** | 45–50 points   * **All** **10** muscles are exercised at least two days. * **All** muscles are rested for at least 48 hoursbetween workouts. * Appropriate reps, sets, and resistance used for **all** exercises. * Reflection question responses are **complete and supported**. | 40–44 points   * **At least eight** muscles are exercised at least two days. * **All** muscles are rested for at least 48 hours between workouts. * Appropriatereps, sets, and resistance are used for **most** exercises. * Reflection responses are **adequately detailed and supported**. | 30–39 points   * **At least six** muscles are exercised at least two days. * **Most** muscles are rested for at least 48 hours between workouts. * Appropriate reps, sets, and resistance are used for **some** exercises. * Reflection responses are **complete but lacking detail and support**. | 0–29 points   * **Less than four** muscles are exercised at least two days. * **Few** muscles are rested 48 hours between workouts. * Appropriate reps, sets, and resistance used for **few** exercises. * Reflection responses are **incomplete or inaccurate**. |
| **Section 4: Physical Activity Log**  **YOU ARE REQUIRED TO LOG EACH WEEK YOU ARE IN THE COURSE** | 63–70 points   * **All** exercises are moderate to vigorous intensity. * **At least** **420** activity minutes are recorded. * **All** exercises are dated as daily or every other day. * **At least three** different exercises have been logged, including specific exercises when required. * Reflection question responses are **complete and supported**. | 54–62 points   * **Most** exercises are moderate to vigorous intensity. * **At least** **385** activity minutes are recorded. * **All** exercises are dated as daily or every other day. * **Most** exercise dates are listed and are not in an effective pattern**.** * **At least three** different exercises have been logged, including specific exercises when required. * Reflection responses are **adequately detailed and supported**. | 43–53 points   * **Some** exercises are moderate to vigorous intensity. * **At least** **350** activity minutes are recorded. * **Some** exercise dates listed are not in an effective pattern. * **At least two** different exercises have been logged, including specific exercises when required. * Reflection responses are **complete but lacking detail and support**. | 0–42 points   * **Few** exercises are moderate to vigorous intensity, or intensity is not indicated. * **At least** **315** activity minutes are recorded. * **Few** exercise dates listed are in an effective pattern. * **One type** of exercise has been logged, including specific exercises when required. * Reflection responses are **incomplete or inaccurate**. |

Total Points Possible: 210 points