**Module Six 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 2-5*. After completing all sections, submit this file as your Module Six Wellness Plan assignment.**

**Section 1:**

**Fitness Assessment**

Complete the following steps on the chart below:

**Step 1: Complete** Columns B and C. **Use your results from the** Module 4 and 5 Wellness Plan Fitness Assessments.

**Step 2:Complete** Column D. **Use your current results from the** Module 6 Wellness Plan Fitness Assessments.

|  |  |  |  |
| --- | --- | --- | --- |
| **Column A** | **Column B** | **Column C** | **Column D** |
| **Activity** | **Module 4**  **Wellness Plan Results** | **Module 5**  **Wellness Plan Results** | **Module 6**  **Wellness Plan Results** |
| Mile Run/Walk | 30 | 35 | 36 |
| Body Mass Index | 22.67 | 23 | 24.2 |
| Aerobic Capacity | 39.1 | 41.3 | 44.7 |
| Curl-ups | 7 | 9 | 11 |
| Push-ups | 26 | 28 | 30 |
| Trunk Lift | 14 | 17 | 18 |
| Sit and Reach | 13 | 15 | 17 |

**Fitness Assessment Reflection Questions:**

You have the power to make a difference, and that includes enhancing your personal health and the health of others.

1. Explain the value of completing and monitoring personal progress using fitness assessments.

**Answer: When you complete and monitor your personal progress using fitness assessments, it allows you to monitor your health and how you can get healthier.**

2. What is one specific way that you have influenced or will influence someone’s health in a positive way?

**Answer: You can influence someone by motivating them to exercise and to eat healthier**

**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 Six 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 | 3/27 | 2 | 15 sec | 3/31 | 4 | 30 sec |
| Modified Hurdler's Stretch | Hamstrings | 3/28 | 2 | 15 sec | 3/30 | 4 | 30 sec |
| Upper Back & Torso Stretch | Trapezius | 3/29 | 2 | 15 sec | 4/1 | 4 | 30 sec |
| Calf Stretch | Gastrocnemius | 3/30 | 2 | 15 sec | 4/1 | 4 | 30 sec |
| Lower Back Stretch | Latissimus Dorsi | 4/2 | 2 | 15 sec | 4/3 | 4 | 30 sec |
| Chest/ Bicep Stretch | Pectoralis/ Biceps | 4/5 | 2 | 15 sec | 4/7 | 4 | 30 sec |
| Shoulder/ Tricep Stretch | Trapezius/ Deltoids | 4/7 | 2 | 15 sec | 4/9 | 4 | 30 sec |
| Lying Abdominal Stretch | Abdominal | 4/6 | 2 | 15 sec | 4/8 | 4 | 30 sec |

**Flexibility Reflection Question:**

Discuss a specific activity and the stretches you completed before and after the activity. Explain why you have selected those stretches.

**Answer: Before walking around my neighborhood I will sometimes do calf stretches to strengthen my leg muscles**

**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** | **8/6** | **3** | **8** | **20 lbs.** |
| **Push-ups** | **Pectoralis** | **8/7** | **3** | **15** | **Body Weight (BW)** |
| **Bridges** | **Hamstrings** | **8/6** | **3** | **12** | **BW** |
| **Rows** | **L. Dorsi** | **8/7** | **2** | **10** | **10 lb Dumbbells** |
|  |  |  |  |  |  |

**Complete this Chart**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | **Day 1** | | |  | **Day 2** | | |
| **Exercise** | **Muscle Worked** | **Dates** | **# of sets** | **# of reps** | **Resistance (Weight)** | **Dates** | **# of sets** | **# of reps** | **Resistance (Weight)** |
| Squats | Quadriceps | 4/10 | 2 | 6 | BW | 4/12 | 4 | 6 | BW |
| Push-ups | Pectoralis | 4/11 | 2 | 5 | BW | 4/14 | 4 | 5 | BW |
| Bridges | Hamstrings | 4/12 | 2 | 4 | BW | 4/16 | 4 | 4 | BW |
| Pull-ups | Latissimus Dorsi | 4/13 | 2 | 6 | BW | 4/14 | 4 | 6 | W |
| Calf Raises | Gastrocnemius | 4/14 | 2 | 4 | 10 | 4/16 | 4 | 4 | 15 |
| Chair Dip | Triceps | 4/16 | 2 | 2 | BW | 4/18 | 4 | 2 | BW |
| Curls | Biceps | 4/17 | 2 | 5 | 10 | 4/20 | 4 | 5 | 15 |
| Crunches | Abdominal | 4/18 | 2 | 3 | 10 | 4/23 | 4 | 3 | 15 |

**Muscular Strength and Endurance Reflection Questions:**

What was the most important, interesting, or surprising thing you learned about your strength and endurance during this course, and how do you think it might impact your mental or physical health as you move forward?

**Answer:When I workout**

**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 four rows are completed as a sample only.

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Warm-up** | **Physical Activity** | **Activity Minutes without Warm-up** |
| **12/25** | **5-min stretch** | **2-mile walk** | **30 minutes** |
| **12/26** | **5-min jog** | **4-mile run** | **45 minutes** |
| **12/27** | **5-min stretch** | **Basketball practice** | **60 minutes** |
| **12/28** | **5-min stretch** | **ROTC field drills** | **90 minutes** |
| 3/27 | none | walk for 2 mile | 30 |
| 3/28 | none | walk for 2 mile | 30 |
| 3/29 | none | walk for 2 mile | 30 |
| 3/30 | none | walk for 2 mile | 30 |
| 3/31 | none | walk for 2 mile | 30 |
| 4/1 | none | walk for 2 mile | 30 |
| 4/2 | none | walk for 2 mile | 30 |
| 4/3 | none | walk for 2 mile | 30 |
| 4/4 | none | walk for 2 mile | 30 |
| 4/5 | none | walk for 2 mile | 30 |
| 4/6 | none | walk for 2 mile | 30 |
| 4/7 | none | walk for 2 mile | 30 |
| 4/8 | none | walk for 2 mile | 30 |
| 4/9 | none | walk for 2 mile | 30 |
| 4/10 | none | walk for 2 mile | 30 |
| 4/11 | none | walk for 2 mile | 30 |
| 4/12 | none | walk for 2 mile | 30 |
| 4/13 | none | walk for 2 mile | 30 |
| 4/14 | none | walk for 2 mile | 30 |
| **TOTAL Activity Minutes**  Remember the 420-minute minimum | | | **570** |

**Physical Activity Reflection Questions:**

* What physical activities do you plan to continue after you complete this course? What do you need to do to continue to improve your performance as you participate in these activities?

**Answer: After I complete this course I will continue to walk and challenge myself. To improve my performance i will start to increase my speed and time spent**

* Describe at least two things in your own community or in the media that are advocating for healthier lifestyles for kids to help reduce childhood obesity. Do you believe they are effective? Explain.

**Answer: Near my house we have a rec center which people can use, I think this an affective approch to a healthier lifestyle because you can workout when they are open you are free to workout**

* Did tracking your daily activity minutes each day make you more intentional in finding ways to be active and keep moving?

**Answer: Yes, because i made me wonder what other ways i could be active.**

**Module Six Wellness Plan Grading Rubric**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Excellent** | **Good** | **Needs Improvement** | **Poor** |
| **Section 1: Fitness Assessment**  Results for:   * Module 4 * Module 5 * Module 6 | 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** **eight** 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 six** 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 four** 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** | 72-80 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**. | 64-71 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**. | 51-63 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**. | 0-50 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: 220 points