Natalie Mueller
HLAC-1013-401-Su21

Final Reflection

What connections have you had from what you've studied in this LW course with what you've learned from other courses you have taken at SLCC or have learned before taking this class? Make specific references to your work in this class and in other courses. How did what you learned in other courses enhance what you learned here, and vice versa?

Last semester I took a nutrition course where I learned extensively about what nutrients my body requires and what macronutrient ratios I should be eating to fuel my body for different types of exercise. This course builds on that knowledge by showing me how to exercise to build muscle, how to increase my mobility with proper warmups, and how to keep my body flexible by stretching. Prior to this class I have worked out on and off over the course of several years, but the most important thing this class taught me was what my exertion limits are and that I can work out a lot more before becoming exhausted than I previously thought I could.

Reflect on what you thought about fitness and lifelong wellness before you took this course and how you think about it now that you have completed the course. Have any of your assumptions or understandings changed? Why? What assignments/activities/readings were influential in this process? How will you approach what influenced you differently in the future?

It has always been difficult for me to work out consistently. Given my choice of activity, I will always gravitate towards video games, spending time online, working on projects, or painting instead of exercise. I know it's important to stay active, so I have tried to turn working out into a hobby, but I have found that I have a difficult time sticking with a routine for over a year. I think in taking this course, I've realized that I am very motivated by working in a group class and having an instructor tell me to keep going. I've been able to push myself far past what I thought my limits were in this course because I keep trying even when I get tired. In the future, I want to enroll in fitness classes to help me keep my activity level up.