

First Name: _____

Last Name: _____

SS1010-14 – Assignment – Optimizing Personal Health

/18 marks

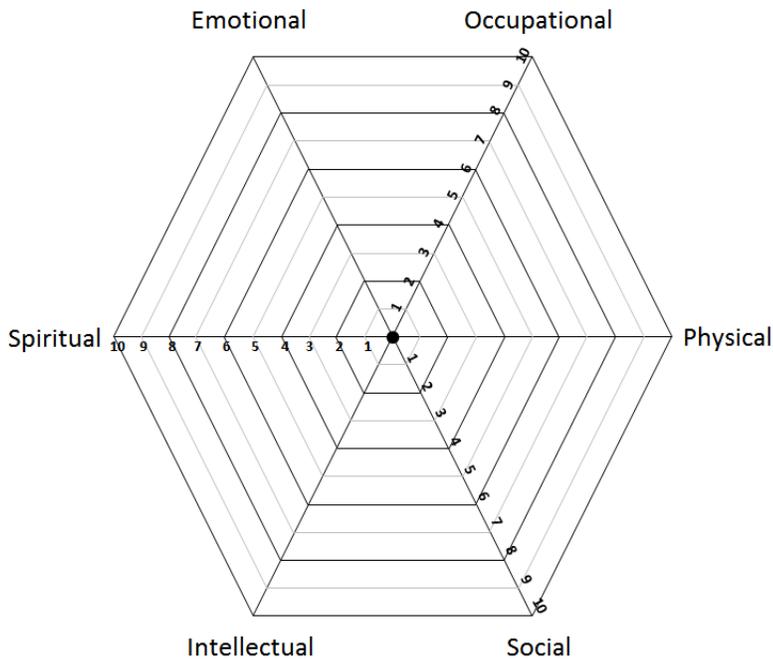
Wellness Survey

	Survey Questions	Total
Occupational	Q1: I have chosen a career which is consistent with my personal values, interests, and beliefs. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	<i>Occupational</i>
	Q2: I have developed functional, transferable skills through structured involvement opportunities. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	
Physical	Q3: I consume foods and beverages that enhance good health rather than those which impair it. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	<i>Physical</i>
	Q4: I am physically fit. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	
Social	Q5: I contribute to the common welfare of our community. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	<i>Social</i>
	Q6: I live in harmony with others and our environment. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	
Intellectual	Q7: I stretch and challenge my mind with intellectual and creative pursuits. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	<i>Intellectual</i>
	Q8: I identify potential problems and choose appropriate courses of action based on available information. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	
Spiritual	Q9: I ponder the meaning of life for myself and to am tolerant of the beliefs of others. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	<i>Spiritual</i>
	Q10: I live each day in a way that is consistent with my values and beliefs. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	
Emotional	Q11: I am aware of and accept my feelings. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	<i>Emotional</i>
	Q12: I am optimistic in my approach to life. <i>Strongly Disagree</i> <i>Disagree</i> <i>Indifferent</i> <i>Agree</i> <i>Strongly Agree</i> 1 2 3 4 5	

Wellness Radar Chart

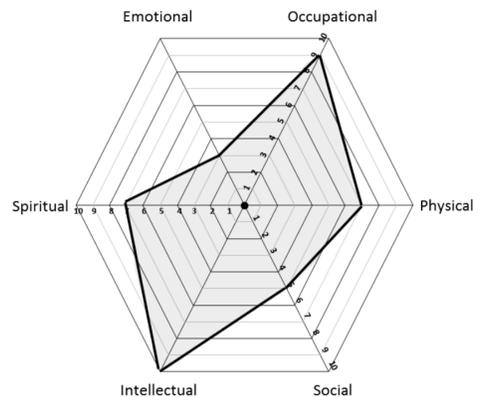
A radar chart is a graphical method of displaying multiple variables. In *Sports Performance*, this can be used to visually identify which dimensions of wellness represent our strengths and which dimensions of wellness represent our current weaknesses. The overall shaded region represents our overall “wellness”.

Using your total values from above, plot your wellness on the Radar Chart below:



For example, one person's Radar Chart might look like the following:

- Occupational 9
- Physical 7
- Social 5
- Intellectual 10
- Spiritual 7
- Emotional 3



This individual might choose to work on optimizing their Emotional and Social Wellness to improve their overall wellness.

By looking at the visual representation of your six dimensions of wellness, certain areas of improvement might appear to you. On the next page you will be looking at how you could personally improve those areas.

	Total	Weighting Multiplier	3	2	1	0
Completion of survey questions.		X1	<i>Student has completed all survey questions and correctly totaled their score for each dimension of wellness.</i>	<i>Student has completed all survey questions but has not correctly totaled their score for each dimension of wellness.</i>	<i>Student has not completed all of their survey questions.</i>	<i>Student has not completed any survey questions.</i>
Completion of radar chart.		X1	<i>Student has correctly plotted all totals and shaded in their radar chart.</i>	<i>Student has correctly plotted all totals but has not shaded in their radar chart.</i>	<i>Student has incorrectly plotted their totals.</i>	<i>Student has not completed the radar chart.</i>

Optimizing Personal Wellness

Identify the *Dimension of Wellness* with the **lowest score** and create a plan to improve this area.

Dimension of Wellness	Improvement Plan

	Total	Weighting Multiplier	3	2	1	0
Dimension of Wellness identification and improvement plan.		x2	<i>Student has clearly identified the correct Dimension of Wellness and created an actionable plan for improving that area.</i>	<i>Student has clearly identified the correct Dimension of Wellness and generated a list of possible actions.</i>	<i>Student has clearly identified the correct Dimension of Wellness and unsuccessfully attempted to create an improvement plan.</i>	<i>Student has not identified the correct Dimension of Wellness. Student did not create an improvement plan.</i>

Identify the *Dimension of Wellness* with the **second lowest score** and create a plan to improve this area.

Dimension of Wellness	Improvement Plan

	Total	Weighting Multiplier	3	2	1	0
Dimension of Wellness identification and improvement plan.		x2	<i>Student has clearly identified the correct Dimension of Wellness and created an actionable plan for improving that area.</i>	<i>Student has clearly identified the correct Dimension of Wellness and generated a list of possible actions.</i>	<i>Student has clearly identified the correct Dimension of Wellness and unsuccessfully attempted to create an improvement plan.</i>	<i>Student has not identified the correct Dimension of Wellness. Student did not create an improvement plan.</i>

