

FOUNDATION SKILLS: PHYSICAL ACTIVITY AND WELLNESS

Learning Outcomes:

- Identify and explain the dimensions of wellness and provide an example of how one would attend to these dimensions in real life.
- Identify modifiable risk factors related to overall wellness and identify valid relevant health information or counseling information.
- Describe the impact of a healthy lifestyle and the value it has on one's life.

Learning Outcome	Exceeds Expectations	Meets Expectations	Fails to Meet Expectations
Identify and explain the dimensions of wellness and provide an example of how one would attend to these dimensions in real life.	Explains the six dimensions of wellness and gives an example of each dimension of wellness explained.	Explains three or less dimensions of wellness and gives an example of each dimension of wellness explained.	Fails to discuss a minimum of six dimensions of wellness.
Identify modifiable risk factors related to overall wellness and identify valid relevant health information or counseling information.	Identifies three or more modifiable risk factors and three valid sources for health and wellness information.	Identifies two modifiable risk factors and at least two valid sources of health and wellness information. (If under two in either category, the student does not meet the expectations.)	Identifies one modifiable risk factor and one valid source for health and wellness information.
Describe the impact of a healthy lifestyle and the value it has on one's life.	Describes the impact of a healthy lifestyle on overall well-being and gives three relevant examples.	Describes the impact of a healthy lifestyle on overall well-being and gives two relevant examples.	Describes the impact of a healthy lifestyle on overall well-being and gives one or less relevant example.

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