

Health and Wellness Unit 1 Assessment

Today you will take your 2nd Personal Health Assessment. After you complete it you will need to do a “Personal Health Reflection Paper”. This is the summative assessment for Unit 1- “Health and Wellness”

Your paper should be a minimum of 1 full page and a maximum of 2 pages. “A” papers will be closer to 2 full pages.....make sure your instructor can easily see that you have mastered the material in the Health and Wellness unit.

Key Points in Writing your “Personal Health Reflection Paper”

- Your job is to compare and analyze the two personal health assessments. What are the results telling you about your health?
- Describe and evaluate your present health?
- What would you like your health to be in the future (short-term and long-term)?
- How will you change your overall wellness, what steps will you take to improve your health. (Provide a minimum of 3 examples of how you will do this).

You will have to show evidence of mastery of the following Unit 1 Learning Targets.

Target #3: I can identify areas that I can improve my overall health.

Target #6: I can give an example of three ways that I can improve my physical, mental/emotional, social health.

Target #10: I can describe three examples of how risk behaviors can be harmful to my health as a teenager.

Think about the following:

Health Triangle
Health Continuum
Risk Behaviors
Health Influences
Overall Wellness
Values
Goals

Assessment Rubric

Points	Health Assessments	Comparison/ Analysis	Paper
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0	The student does not reach a standard described by any of the descriptors below.	The student does not reach a standard described by any of the descriptors below.	The student does not reach a standard described by any of the descriptors below.
18-20	Both Health Assessment are incomplete. Missing aspects of the assessments, shaded in and answers.	List areas that improve overall health. Give an example of 3 ways that improve health. List examples of how risk behaviors can be harmful to my health.	Many spelling errors Many grammar errors Incomplete/ turned in late
21-23	1 Health Assessment is complete-1 is incomplete. Missing aspects of the assessments, shaded in and answers.	Identify areas that improve overall health. Give an example of 3 ways that improve 2-3 areas of health. List 3 examples of how risk behaviors can be harmful to my health as a teenager.	Some spelling errors Some grammar errors Turned in on time
24-26	Both Health Assessments are complete. Missing some aspects of the assessments, shaded in and answers.	Describe areas that improve overall health. Give an example of 3 ways that improve physical, mental/emotional, social health. Describe 3 examples of how risk behaviors can be harmful to my health as a teenager.	Minor spelling errors Minor grammar errors Turned in on time - Google classroom
27-30	Both Health Assessments are complete. All aspects filled out, shaded in, and questions answered.	Evaluate your current health Explain areas that improve overall health. Give an example of 3 ways that improve physical, mental/emotional, social health. Describe 3 examples of how risk behaviors can be harmful to my health as a teenager.	Well written No spelling errors No grammar errors Turned in on time - Google classroom