

Topic: Wellness Inventory

NYS Standard 1: Personal Health and Fitness

Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.

Objective

Students will assess their health/wellness status and they will identify areas of weakness that they can create goals to improve.

Duration: Two Class Periods

Grade Level: 8

Procedure for Day One

1. Print out and copy the wellness inventory for each student. Place slide #4 on screen and have students follow the instructions on the board.
2. Have each student complete the hard copy of the inventory. They have many questions on what particular questions mean, therefore it is crucial to complete this prior to using the laptop computers.
3. Have students review the Laptop cart procedures/rules on slide #5 and sign a sheet stating they read and understand the rules. I usually have 4 or 5 copies on the side board so more than one person can read it at one time.

Procedure for Day Two

1. Review Laptop cart procedure/rules on slide #5.
2. Progressively work through slides #6-#10. Step by step instructions are provided on those slides.
3. A hard copy of the wellness inventory results sheet on slide #11 should be available for each student to complete.

Materials/Web Resources:

- <http://www.testwell.org>
- SmartBoard and accessories
- Student school network files that can be continually accessed by the student in throughout their school years
- Laptop cart or school computer lab that accomodates all students
- Copies of the Laptop Rules/Procedures
- Copies of the Wellness inventory from website www.testwell.org for each student
- Copies of Wellness inventory results sheet, (slide #9), for each student

Assessment:

Teacher will evaluate the wellness inventory result worksheet shown on slide #9

Step One:

- Please take one of the wellness inventories from the front table.
- Read the directions, and begin to complete it as directed.
- If you are confused about the meaning of a question please ask for clarification.

Step Two:

- Read the laptops rules on the side board.
- Sign the sheet that states you read and understand the rules. This is located on the computer cart next to the white board.

Laptop Procedures/Rules

1. Sign your name next to the number of the computer you will be using. Use this same computer each day.
2. Place the charging cord back on the shelf where the computer sits. DO NOT LEAVE CORDS HANGING!!
3. Go back to your assigned seat and keep the laptop on top of your desk at all times. Do not hold the computer on your lap or put it on top of books.
4. Never go to any internet sites unless specifically instructed to do so by your teacher.
5. If caught doing anything that is inappropriate, you will not be allowed to continue to use the computers and you will get an "F" on any project we are working on.

Step One:


(If you have not done this step yesterday, please do this prior to signing out a laptop)

- Read the laptops rules on the side board.
- Sign the sheet that states you read and understand the rules. This is located on the computer cart next to the white board.

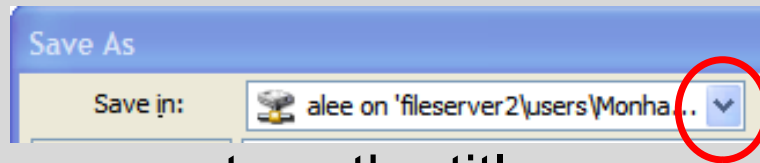
Step Two:

- Sign out a laptop computer. You must sign your name next to the number that is on your computer.
- Go back to your assigned seat.
- Log on to the computer using your own user name and password. *(If you have forgotten it, I will look it up on a list.)*

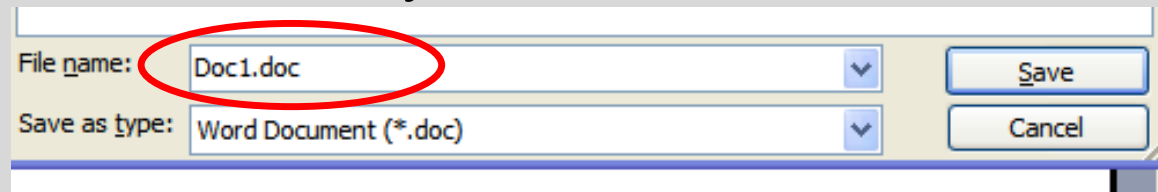
DO NOT GO TO THE INTERNET !!

- click the  button in the lower left corner of the computer screen
- go to "programs"
- go to "microsoft office"
- click on "microsoft office word"

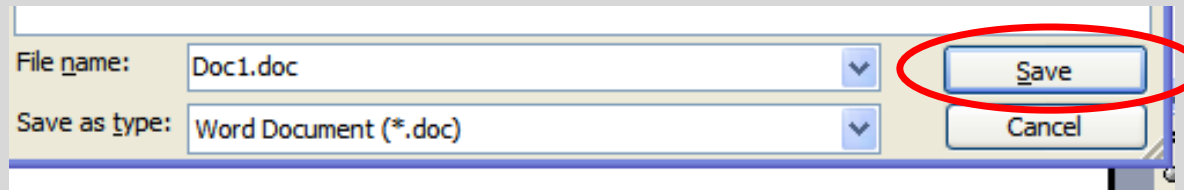
- Then click "File"
- "save as"
- then hit the blue arrow next to the "Save in" box



- next to the box called file name, type the title "Wellness Inventory"




- click "Save"



- then minimize the screen by clicking the minus sign in the upper right corner of the screen



- go to internet 
- go to www.testwell.org
- click the menu item "Free Wellness Inventories"
- click the menu item "teen assessment"
- fill in a code name in the ID box
DO NOT USE YOUR REAL NAME
- write that name on your inventory from class if you might forget it
- leave the email box blank
- click the appropriate response to the rest of this section.
- then click the button "continue"
- using the hard copy of the assessment you completed in class yesterday, fill in the answers to the survey and click finish to read your results

- Click the edit button on the result screen
- Click select all
- Click the edit button again
- click the copy button
- then go to the bottom and click the Wellness Inventory you saved in Microsoft Office Word
- click the edit button on that screen
- click the paste button...you need to wait a little while for the document to copy
- Click the save button again
- Close out of the internet and fill out the worksheet using the results you saved on the wellness inventory file.
- Close out of everything and log off
- Leave the computers on and plug them back into the cart

Student's Name: _____

Class Period: _____

Wellness Inventory Results

Fill in the following chart with your scores:

The overall composite is: _____		out of 1000	
Scores by Section:			
Physical:		Sexuality:	
Nutrition:		Emotional:	
Self Care:		Intellectual:	
Safety:		Occupational:	
Environment:		Spirituality:	

Interpretation of Scores			
Section		Overall Composite	
80 - 100	Excellent	800 - 1000	Excellent
60 - 79	Good	600 - 790	Good
Less than 60	Room for Improvement	Less than 600	Room for Improvement

List the sections that you are doing particularly well:

List the sections where you could make positive changes:

List any goals that you could set to improve your level of personal wellness:
