

PHED.1164

Introduction to Physical Fitness and Wellness

Rubric: Prevention Paper a Case Study Analysis

Core Objective: CT, COM | SLO: 1, 2, (5) (Depends on case study)

Assignment Purpose:

Upon completion of this research project, students will have synthesized course material. This project is designed to meet the Lone Star College's core objective standards for critical thinking and written communication. Along, with assess student learning outcome number 1 and 2

Students will be expected to identify lifestyle factors that affect overall health and wellness. In addition to identifying risk behaviors for chronic disease(s), students will also demonstrate knowledge of the constructs of chronic disease by determining the case-specific factors and symptoms indicative of a case and develop a treatment plan.

Case Study Assignment Background:

This assignment will be in the form of a case study. Students will be emailed a personal-health case scenario. Using the scenario, students will identify and define the factors threatening the person's health and wellness, as well as potential susceptibility to chronic disease or even the current presence of disease in their body if applicable. Students will be expected to research using scholarly sources and the class textbook about the subject's described health condition, then present the findings citing sources. After providing this information, students will then provide a prevention plan giving priority to the most urgent and immediate threats to the individual's health and their ability to avoid the onset of the chronic disease(s) they are susceptible to. Students will justify these recommendations with research-based supporting details. The paper will combine fitness and wellness concepts to create a solution-based, comprehensive preventive care strategy that highlights behavioral and lifestyle changes that will directly help the person achieve and maintain better health in the category assigned.

Case Study Assignment Instructions:

- **What is the health problem this subject is facing? Define the problem(s) using previously learned chronic disease terms**
- Analyze the health problem by researching the information and report the prevalence of the disease(s) the person is at risk for.
- After analyzing this information and reporting the prevalence, students will make a judgment which they will use to determine possible related outcomes and present as recommendation(s) for prevention or preventive care.
- Prioritize the recommendation(s) by the severity of the risk factors present and support the recommendation/judgment by providing evidence in research that supports your proposed recommendation.
- Combining all the information you were given and acquired through research, suggest how this person should prevent the trend of the deterioration of their current condition on the health-wellness continuum
- Conclude your project by incorporating both sides of related-outcomes if the subject adheres to the plan and the consequences if he/she does not adhere to the recommendations. Include the specific fitness components they are targeting for improvement as well as a the action steps relative your proposed prevention strategy Are there any professionals and/or resources that can help with this? Who are they and what

healthcare service can they provide to the individual? How will these services affect the individual's health?

Writing Expectations: (grammar 20pts and APA citations 20pts)

The writer must demonstrate, APA at an introductory level, in-text citations, the use of bias-free language, and a properly constructed reference list(s). The writer is expected to use clear and fluent language with no errors in grammar, usage, or spelling. Writing responses must be clear to the audience (the audience is a colligate peer) both in content and style. The case recommendations must be double spaced using a 12pt. Times New Roman font. The paper is expected to be at minimum one page and the maximum page limit is three. The quoted page maximum limit excludes the reference list page.

Grading:

Intro

- (A) Based on the demographic and health information provided about this person, name what chronic disease(s) are they at risk for and define the problem (chronic disease)?
- B) What conditions and co-morbidities can also develop or are likely to already have developed as a result of this person's behaviors and lifestyle?
- C) Organize relevant data in a manner that clearly presents the statistical facts about the disease(s) they have or are at risk for. This section is worth **20pts**

Body:

- A) What lifestyle/behavioral factors may have led to the person's current condition? B) What is nutrition's role in this person's condition? What nutritional factors should be removed or replaced? What factors should be added to improve their condition?
- C) Physically, what should this person's focus be in terms of physical activity and exercise?
- D) How should they go about implementing their physical fitness regimen (Consult physician? Proposed FITT regimen? Target specific health or performance-related component?) This section is worth **20pts**

Conclusion:

A) Combining all the information you were given and acquired through research, suggest how should this person prevent the trend of the deterioration of their current condition on the health-wellness continuum? (Include a summary of lifestyle and behavioral changes) B) Are there any professionals or resources that can help with this? Who are they and what healthcare service can they provide to the individual? How will these services affect the individual's health? This section is worth **20pts**

Tips:

- Contact me immediately if you have any concerns or questions about your case.
- 3-4 facts supporting each prompt in the rubric will ensure you earn the total points for the section
- Any elaboration providing insight based on daily lifestyle factors for your case and any behavioral connections made will be considered as high-quality content.