

PHED 1164
Introduction to Physical Fitness and Wellness
Rubric: Resource Guide
Core Objective: CT, EQS, PR | SLO: 5

Goal: The purpose of this assignment is to build a list of organizations and contacts through which you can access community resources to assist in the maintenance and improvement of health and wellness.

Instructions: The assignment will be written in chart form, and not as a paper! Each student will be expected to find a resource for each dimension of health; mental, physical, spiritual, emotional, environmental, professional, and social.

The resource can be in the form of a community agency/organization, a hotline, an app, or website. Note: **Apps, Websites, And Hotlines Can Only Be Used Once**. For each dimension of wellness, you will be expected to provide the name of the resource, contact information, where the resource can be found, hours of operation, what services the resource offers, and why you chose this resource over other possible resources (comparative benefit)

Wellness Dimension	Resource	Contact	Address	Availability	Services	Comparative Benefit
Mental						
Physical						
Spiritual						
Emotional						
Social						
Environmental						
Professional						

Grading:

This assignment will be worth 30 points. The evaluation of how many points your work will earn will be as follows:

- 10pts- The completeness of the information requested for each part of the resource guide
- 10pts- Validity of each resource in maintaining or improving the designated dimension of health
- 5pts- Accuracy of information provided