



PHED 1164

Introduction to Physical Fitness and Wellness

Rubric: Stress Assessment

Core Objective: PR, SR | SLO: 5

GOAL: The purpose of this activity is for you to assess how much stress you are exposed to.

INSTRUCTIONS:

1. In section 8.5 of the book (Vulnerability to Stress), there are two figures. [Figure 8.4](#) and [Figure 8.5](#). Please complete the Stress Vulnerability Questionnaire and Stress Test by either

A.) Printing the test, circling your answers, and scanning them using a camera phone scanner app (I suggest Cam scanner), then uploading the 2 separate .pdf versions into the dropbox.

Or

B.) In a Word document, type each sentence in the questionnaire with your corresponding score (1, 2, 3, or 4). Then, at the end of the document provide your total score and the category that places you into. For the Stress Test, type only the statements and “stress points” that correspond to your experiences over the past year. Please include both the Questionnaire and the Stress Test on the same Word document. Do not overlook this instruction.

2. After completing PMR, Guided Meditation, and the Stress Assessment complete the discussion in Week 5