

# Personal Health and Wellness Plan Paper

## Health Education Course ID: HE 230 Fall 2020

**Assignment Description:** Being healthy involves more than being knowledgeable about a particular health topic. In order to be healthy, it requires knowledge plus action. The purpose of this project is to give students an opportunity to improve their health status by targeting one health behavior.

**Due date: Friday, September 4<sup>TH</sup> @11PM** (Place in the Personal Health and Wellness Plan Paper drop box)

### **Components:**

Based on the one health behavior you have decided to target you will type and submit a short research paper (between 2-5 pages long using reliable resources) describing:

- (a) cover page (5 pts);
- (b) what action or lack of action on your part led to this health behavior (20 pts);
- (c) based on research, document two health problems (short-term or long-term) that can develop if there is no improvement with your targeted health behavior (25 pts);
- (d) based on research document two evidence-based strategies for improving your targeted health behavior (20 pts);
- (e) document your plan of action for improving the targeted health behavior you identified (20 pts); [This should include your specific plan, your final goal, how you will reward yourself for positive progress towards your goal, and support systems you have to help you achieve your goal.]
- (f) resources or references page must be in APA reference format (5 pts);
- (g) correct grammar, spelling, and punctuation (5 pts)

**Project Evaluation:** Students will be evaluated using the attached rubric and grading scale below:

### **Project Grading Scale:**

A	Superior	100-90
B	Very Good	89-80
C	Acceptable	79-70
D	Passing but Weak	69-60
F	Unsatisfactory	Below 60

### **Research Paper Guidelines:**

Include a cover page and a references page. All written assignments should be typed, double spaced with one-inch margins (all sides), using a 12-point font Times New Roman or Courier New. Please follow the *Publication Manual of the American Psychological Association* (6<sup>th</sup> ed.) with regard to cover page, references, format, citations, etc. See APA format at <https://owl.english.purdue.edu/owl/resource/560/01/>

**Suggested resources include:** [www.cdc.gov](http://www.cdc.gov), webMD.org, mayoclinic, and [www.nih.gov](http://www.nih.gov)

**Do not use Wikipedia, blogs, etc.**

Name: _____	Date: _____
Health Behavior: _____	Instructor(s): _____

**Personal Health and Wellness Plan Paper**

Components of Plan	Below average	Satisfactory	Excellent
<b>Cover page [5 points]</b>	0-4	5	
<b>Self-Assessment: Action or inaction on your part that led to this health behavior [20 points]</b>	0-9	10-14	15-20
<b>Document two health problems (short-term and long-term) that can develop if there is no improvement with the targeted health behavior [25 points]</b>	0-11	12-18	19-25
<b>Document two evidence-based strategies for improvement of the targeted health behavior [20 points]</b>	0-9	10-14	15-20
<b>Plan of action: actual plan, identified final goal, rewards, and support systems [20 points]</b>	Lacked identifiable plan, goal, rewards, and/or support system  0-9	Plan, goal, rewards, and support systems partially recognized  10-14	Identifiable plan, goal, rewards, and support systems discussed  15-20
<b>Resources or References page in APA reference format [5 points]</b>	0-2	3-4	5
<b>Correct grammar, punctuation, and spelling [5 points]</b>	0-2	3-4	5

Total score: \_\_\_\_\_ out of 100 possible points