

Lifelong Wellness Application Paper

Write a **paragraph** on **each** of the following:

1. What did you learn about “lifelong wellness” from taking this General Education class?
I have been active in the past, however, due to life's busy schedule, I had stopped participating in sports such as racquetball. I really felt the effects of trying to get back up to speed and more in shape to play this semester. I realize now that I need to continue to participate in activities such as racquetball to maintain my overall health and wellbeing. It is a lifelong pursuit, and what I have done many years in the past doesn't help me with maintaining agility, aerobic fitness and overall good health.
2. How would you apply this information to your life?
With the knowledge and experience of understanding how inactivity effects my health and fitness level, I will be more vigilant in staying active throughout the rest of my life. The personal experience of working to get back into better fitness shape was not easy and as I continue to be active, my health and fitness level will continue to improve. This will help me be more alert and able to learn and perform in every aspect of my life.
3. What is your intention to continue to practice what you have learned in your life and why?
I intend to continue to play racquetball and hone my skills by playing many people. I have been playing off and on for 13 years and am now more committed to playing regularly because of the skills I have acquired during the class. This is a very enjoyable activity, I have my own equipment and easy access to various courts to play. It is important to me to play to continue to maintain and also improve my overall health.
4. General ideas for improving this course?
In the Syllabus that was given it is stated that a skills test would be conducted. This was not done. If there were to be a pre-test of skills and a post-test of skills, the instructor could see and mark the progress made for each student.
The class overall was enjoyable and I learned a lot from each of the other students and the teacher. The teacher, Stewart Dulaney, was very personable and got to know me on a one-on-one basis, which is very nice.