

Independent Study Unit

Student Name: _____

Program Name: _____

The ISU is worth 10% of the final mark. It is imperative that students keep up with the research and bring their ISU materials to class on a daily basis. **All components of the ISU have non-negotiable deadlines.**

Components

1 & 2. Meal Plan & Daily Fitness Plan:

3 & 4 Relationship Plan & Stress Management Plan:

Due Dates

Dec. 17, 2018

Dec. 21, 2018

Please Note: It is your responsibility to ensure there is no conflict on the day of your presentation, as they cannot be changed due to time constraints in the course.

Instructions for ISU Components

You will develop a one-week program around your full day of work or school. This will be something that you can implement into your life each week. It is imperative that you incorporate a balance between all aspects of your life that demand your time. Many of you will need to learn and exercise effective time management in order to keep up with your work/school schedule and achieve or maintain work-life balance.

Work/School Schedule

One aspect that demands most of a person's time in their life, each day, is either work or school. Time management will start with this largest aspect. Everything else will need to work around it. Consider how much sleep you require and how long it takes you to get ready in the mornings for work/school. This will determine what time you go to bed and wake up each day. Sleep is one of the most important essentials for adolescents in their development.

1. Meal Plan

The other most important essential for adolescent development is proper nutrition. You will create a nutritious meal plan that combines full and balanced nutrition, and at least 3 meals per day. When creating this meal plan, consider how you would want to improve your diet and why that is important. Also, be realistic by including some of the treats or junk foods that you enjoy. If your meal plan is full and balanced, there is room for treats.

2. Daily Fitness Plan

Essential to overall health and body management for all people is regular exercise. When you have work/school as a priority, it can be difficult to fit in or maintain an regular exercise regimen. You will devise a daily fitness plan that incorporates forms of aerobic, anaerobic, and strength training. Consider the F.I.T.T. Principle when devising this plan. You must include activities that utilize at least 3 each of the components of fitness. You must first calculate your Body Mass Index (BMI), resting heart rate (RHR), target heart rate (THR), and maximum heart rate (MHR). This can be displayed as a table or chart. Refer to the PPL4O Fitness Unit handout for information on how to calculate those values. You must program for at least 5 days of fitness.

3. Relationships Plan

Being the gregarious species that we are, having interpersonal relationships are necessary. Whether you are volunteering, spending time with family, friends, or a significant other, these relationships bring a requisite richness to life that is beneficial to you and those you interact with. Integrate social activities into your program by incorporating any or all of the forms of healthy relationships discussed in class. You must have at least 2 social non-sport and non-work/school-related activities in your one-week program.

4. Stress Management Plan

With all that life throws at you, in order to be your best, recharging, refreshing, relaxing is of the utmost importance in achieving or maintaining balance in life and living. If one does not get adequate stress relief with all the obligations, stress, and decisions one must deal with each day in life, then one's performance will suffer in some or all aspects of life. Not making self-care a priority, you cannot be your best self and are, therefore, little good to anyone else that depends on you in any aspect of your life. Implement a non-sport-related stress management routine into each day of your program.

****Staple and submit this sheet with your One-Week Program.****

| | Work/School Schedule Use decision-making & time-management skills | Meal Plan Develop a healthy, balanced meal plan | Daily Fitness Plan Develop a physical fitness program | Relationships Plan Use social skills to enhance relationships | Stress Management Plan Demonstrate an ability to manage stress |
|--------------|---|---|--|--|--|
| 5 | Demonstrates a mature use of decision-making and time-management skills to enhance daily life. Exhibits strategies that assist in changing/maintaining behaviour to a high degree. | Exhibits balanced, healthful eating. Incorporates 3 or more meals per day. Includes significant diet improvements and their significance. | BMI and all 3 heart rate values have been calculated. Incorporates 3 or more fitness components. Includes physical activities that cover 5 days of the week. | Demonstrates a sophisticated use of social skills to work effectively in various relationships. Incorporates 2 or more social, non-sport, non-work/school-related activities. | Demonstrates balanced use of specific skills or strategies to manage stressful situations/cope with stress. |
| 4 | Demonstrates use of decision-making and time-management skills to enhance daily life. Exhibits strategies that assist in changing/maintaining behaviour. | Exhibits healthful eating. Incorporates 3 meals per day. Includes diet improvements and their significance. | BMI and all 3 heart rate values have been calculated. Incorporates 3 fitness components. Includes physical activities that cover 4 days of the week. | Demonstrates use of social skills to work effectively in various relationships. Incorporates 2 social, non-sport, non-work/school-related activities. | Demonstrates use of specific skills or strategies to manage stressful situations/cope with stress. |
| 3 | Demonstrates a satisfactory use of decision-making and time-management skills to enhance daily life. Exhibits strategies that somewhat assist in changing/maintaining behaviour. | Exhibits some healthful eating. Incorporates 2 meals per day. Includes satisfactory diet improvements and their significance. | BMI and 2 heart rate values have been calculated. Incorporates 2 fitness components. Includes physical activities that cover 3 days of the week. | Demonstrates use of social skills to work somewhat effectively in various relationships. Incorporates 2 social, non-sport, non-work/school-related activities. | Demonstrates a satisfactory use of specific skills or strategies to manage stressful situations/cope with stress. |
| 2 | Demonstrates an unsatisfactory use of decision-making and time-management skills to enhance daily life. Exhibits strategies that assist in changing/maintaining behaviour to a limited degree. | Exhibits limited healthful eating. Incorporates 1 meal per day. Includes unsatisfactory diet improvements and their significance. | BMI and 1 heart rate value have been calculated. Incorporates 1 fitness component. Includes physical activities that cover 2 days of the week. | Demonstrates use of social skills that have limited effectiveness in various relationships. Incorporates 1 social, non-sport, non-work/school-related activity. | Demonstrates an unsatisfactory use of specific skills or strategies to manage stressful situations/cope with stress. |
| 1 | Does not demonstrate use of decision-making and time-management skills, or they do not enhance daily life. Exhibits strategies that do not assist in changing/maintaining behaviour. | Exhibits unbalanced and/or unhealthy eating. Incorporates no meals. Exhibits no diet improvements nor their significance. | BMI and/or heart rate calculations are missing. Incorporates 1 fitness component. Includes physical activities that cover 1 day of the week. | Does not demonstrate use of social skills in various relationships. Incorporates no social, non-sport, non-work/school-related activities. | Does not demonstrate use of specific skills or strategies to manage stressful situations/cope with stress. |
| Total | WS= /5 | M= /5 | DF= /5 | R= /5 | SM= /5 |