

# Quiz/Assignment One

## Self-Assessment Assignment *(40 points)*

Complete the self-assessment on ‘How Healthy Are You’ in the textbook: Donatelle, Rebecca. Health: The Basics.

12<sup>th</sup> edition, pages 20-22; 11<sup>th</sup> edition, pages 21-23

1. On a 5x8 index card, write your name, and class day and time in the upper right corner of the card
2. Record the total scores of the seven categories on the front of the card, (you do not have to write the score of each question, just the total of each category)
3. Total the scores of each category
4. On the backside of the card write a brief one-paragraph self-evaluation (*10 sentences minimum*), based on your scores of areas that you can improve upon, and areas that you are doing well.
5. Turn this card in at the end of the second class meeting next week.

You have two weeks to turn this card in if you are having trouble getting the textbook. This assignment is the first of ten assignments or quizzes, and worth 40 points so don't procrastinate!

Remember that the West Campus learning resource center (*upstairs of Yosemite Hall*) and East Campus learning resource center both have copies of the textbook on 2 hour reserve for your use.