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| Kathryn Haley |  | HLAC--1527--012 |  | 28-Nov-13 |  |
| Name |  | Course Prefix –Number--Section |  | Date |  |
| **Lifelong Wellness Application Paper** |
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| Write a **paragraph** on **each** of the following: |
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| 1. What did you learn about “lifelong wellness” from taking this General Education class?
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|  | I learned a lot about life long wellness from taking this rock climbing course. I believe that every one needs to have some sort of physical fitness in their lives, and rock climbing is a great way to do that. You should find some sort of activity that you love doing and stick with it all your life. It's a great way to meet new people and create life long friends. Above all you build muscles all over your body and stay in shape.  |  |
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| 1. How would you apply this information to your life?
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|  | I would apply the information I learned from this course to my life in many ways. Of course the main way I would apply the information I learned is when I'm climbing I need to remember the proper form and all of the technigues. There are many different ways to succeed when climbing; by leaping to a hold, or shifting weight from one side of your body to the other, out stretching to reach holds. I also met a lot of new people during this class, and although it doesn't have to do with rock climbing, I can use the skills of being outgoing to reach out to new people and invite them to try climbing or any other sort of physical fitness.  |  |
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| 1. What is your intention to continue to practice what you have learned in your life and why?
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|  | I plan to continue to rock climb for the rest of my life. I have always been a little monkey growing up climbing whatever I could. Learning how to properly rock climb has benefited me a lot, so I can go out doors and climb for fun and do it safely. My family travels to the Black Hills a lot, where there is prime rock climbing along the needles highway. I want to start to learn to climb out doors, so it is something that I wll always be able to do for a fun outdoor activity. I would definitely continue to climb at indoor climbing walls as well. It is a great way to build every muscle in your body, and enjoy doing it. |  |
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| 1. General ideas for improving this course?
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|  | I enjoyed this class so much, and I don't feel like it needed any improving. My instructor, Chris was great. He was very knowledgable about rock climbing and taught us so many good tips and techniques. He was very intentative to us while we were climbing, giving us advice on how to complete a problem and ways to improve our tecnique. I learned many skills that I will always use and consider when I rock climb in the future. Over all I thought this class was very informative and fun.  |  |