Brain-Based Learning: Reptilian

Mt SAC

**Physical Health - Choice Topic**

**Point of the Assignment:** 1) To chose a topic to explore based on your individual needs.

As individuals with different personalities, values, concerns, and prior health management coping skills, you will likely have different needs regarding developing new tips for managing your health concerns.

Identify what health topics of concern that are relevant to your life right now ______________________

Why is this an issue for you right now? _____________________________________________

For this assignment, you are going to choose to focus your learning efforts topics covered in health topic that is tailored to your specific needs. You are expected to choose a topic that is, for the most part, unfamiliar or new to you. For example, if you are already very fit and exercise conscious, then the section on exercise may not be very helpful to you. (Item 4). The point is that you will decide what will be most beneficial to your needs. Choose one topic from the following list. *(You may, of course, choose to do more than one if you feel the need ¯\_)"

1. Nutrition
2. Exercise
3. Rest & Sleep
4. Health Insurance
5. Sexual Health edc
6. Alcohol, Tobacco, and Drugs & Addictions
7. Illness:
8. Tattoos (*i.e. long-term effect on physical health*)

Once you have decided which topic you are going to focus on, go to some of the resources listed below to find information related to that topic.

Topic Name:_____________________________________________________________

**List the main points of this topic:**

1. _________________________________________________________________
2. _________________________________________________________________
3. _________________________________________________________________
4. _________________________________________________________________

**List some ideas that are new to you:**

1. _________________________________________________________________
2. _________________________________________________________________
List some ideas listed that you can realistically incorporate into your life.

1. _________________________________________________________________
2. _________________________________________________________________
3. _________________________________________________________________
4. _________________________________________________________________

Utilize resources for addressing health issues: - Research topic(s) of interest to you and identify some helpful information provided from any combination of the following resources.

- Mt. SAC – Wellness Center - http://www.mtsac.edu/wellness/
- Mt. SAC – Student Health Center - http://www.mtsac.edu/students/healthcenter/
- Resources provided by these centers:
  - Upcoming activities - http://www.mtsac.edu/students/healthcenter/events/Spring%202013%20-%20Thrive%20in%20College%20Flyer%20pdf%20format.pdf
  - Get Ahead – (health information) http://www.mtsac.edu/students/healthcenter/getahead/index.html
  - Health Information Center – http://www.mtsac.edu/students/healthcenter/health_info.html
- Your health insurance provider (if you have health insurance) – check their website to see what kind of health information they have available to you.
- Health and Fitness information from the federal government: http://www.letsmove.gov/
- Health Fitness information from the state of California – “Take Charge of Your Health” http://www.takechargeca.ca.gov/campaigns/health_main.shtml

Now that you have learned more about the topic, take some time to decide what you want to do with that information.

Set some realistic goals for how you will include this information

1. _________________________________________________________________
2. _________________________________________________________________
3. _________________________________________________________________
Test your understanding:
What is the main point of this assignment?

______________________________________________________________________________
______________________________________________________________________________

Why were you expected to do this exercise?

______________________________________________________________________________
______________________________________________________________________________

What type of person would need to do this exercise?

______________________________________________________________________________
______________________________________________________________________________

How well do you fit the profile of the person for whom this assignment was created?

______________________________________________________________________________
______________________________________________________________________________

Reflection: (Write down your response after completing this assignment.)

______________________________________________________________________________
______________________________________________________________________________