

Prompt: In up to one page, use your embodied experiences in this course, our class discussions, your wellness journal entries, and the viewings/readings/podcasts to analyze the relationship between movement practices and health and well-being.

Rationale: Each week, students wrote an entry in their Reflection & Wellness Journal. The readings/viewings/podcasts during first few weeks of the semester focused on wellness practices. As readings/viewings shifted to contextualizing our movement practice, they continued to reflect on how the activities in class and other wellness practices impacted their own well-being (and our movement practices context). The last entry in the journal asked them to respond to the prompt above. This prompt asks them to use their experiences in this class to respond directly to the intended learning outcome.