**The process of writing: What students don’t do and what teachers should do.**

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**For Health Psychology**

Exercise and Fitness Reflection

Professor Mary Turner DePalma

Refer to your initial written “Personal Exercise and Fitness Assessment”:

1.  Please evaluate the role of exercise and personal fitness in your life.

2.  How well do you meet your exercise, health, and fitness goals?

Simply having an experience does not necessarily lead to personal and/or professional growth. Rather, growth can occur through reflecting on our experiences and expanding our established perspectives.

Please prepare a response to each question below.   This response is NOT to exceed 3 pages (single spaced) TOTAL.   Submit this in hard copy by the time and date specified on Sakai (no electronic copies will be accepted).

Exercise and Fitness Reflection – **Transtheortical Model**

1.  Refer back to your initial assessment of your exercise behavior.

2.  Is exercise a health-enhancing behavior for you?

3.  What do you set out to do?  Do you have a balanced perspective on exercise?  If not, why not?

4.  Are you satisfied with your current state?

5.  What do you do particularly well?

6.  Do you actually achieve what you have set out to do?  In what ways does your current state differ from your ideal state?

7.  Identify the barriers that create this discrepancy.

8.  Choose one aspect where your actual and ideal states differ.  Identify your stage in the **transtheoretical model** and present evidence for this assertion.

9.  Based on what we have learned, what health psychology interventions can you impose that would lead you closer to your desired state?  Creatively refine your exercise program based on the **transtheoretical model, and use what you have learned to adjust program considerations and features that are important to maintaining your adherence.  Prepare a detailed explanation and plan to advance at least one level.**