

## Final Exam:Wellness Program Project NAME-----

The purpose of this project is to develop a detailed work plan and flyer for your new wellness program that will be used within our Harvey /School Community. Although this is a fictional program, I would like you to deliver as many details as possible and get a sense of what it will take to pull a wellness work plan together. Use your imagination and use the list below as a guide to what I expect to see in your work plan. Remember.....creativity and imagination is needed to ensure programs succeed in a competitive business.

What to include in your work plan:

- ----- Creative Program Name /2
  - -----Program Emblem, Crest /2
  - -----Program Motto , Slogan or Vision /2
  - -----Detailed explanation of program, why it is needed in our community /2
  - -----Who will benefit from program? /2
  - -----What will participants gain from the program? /2
  - -----Safety concerns? Environment and for participants? /2
  - -----Where will program take place? /2
  - -----What will the schedule look like? /2
  - -----How long will program last? /2
  - -----Number of Instructors? /2
  - -----What is the cost of running the program? Rent for space? Equipment? Instructors? /2
  - -----How will you fund the program? Grants? Donations? Class Fees? /2
  - -----What type of characteristics are needed to be a positive leader within this program? /2
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- ----- Create a Program Flyer, including all information you believe is needed to educate the public about your program and promote the importance of wellness within our community \*\* /5
  - -----Reflection Questions- to be handed in on exam date. /5

Total written: /38

- -----\*\*Final Exam- Presentation of project will take place during the final exam.

Total Oral: /30

Comments:------  
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Final Exam Mark: /68

# Wellness Program Project

Wellness 110

Checklist.

~~Mrs. Black.~~

- Creative Program Name
  - Program Emblem, Crest
  - Program Motto, Slogan or Vision
  - Detailed explanation of program, why is it needed in our <sup>community</sup>
  - Who will benefit from the program?
  - What will participants gain from the program?
  - Are there safety concerns? (environment & for participants)
  - Where will the program take place?
  - What will the schedule look like?
  - How long will the program last?
  - How many instructors are needed?
  - What is the cost of running the program? (rent, equipment, instructors)
  - How will you fund the program? (Grants? Donations? Fees?)
  - What type of characteristics are needed to be a positive leader within this program?
- Did you create a program flyer which has all information you believe is needed to educate the public about your program and promote the importance of wellness within our community?

**Reflection:** FOR FINAL EXAM- Wellness Project

**Important Reminders:** DUE ON EXAM DAY.\*

- Each group member (if you are in a group) must hand in their own reflection.
- Please use separate sheet for your reflection.
- Questions and Answers must be neat and organized. If possible please type your reflection.
- Spelling will count.

**Questions:**

1. What activity/program did you choose for your project?
2. Why did you choose to promote this program? Must be one paragraph (4-5 sentences).
3. While researching did you think Harvey or the surrounding community would benefit from your program? Explanation must be one paragraph.
4. What portions of the "Wellness Wheel" does your initiative/program cover? Provide a 2-3 sentence explanation of each portion. For example if it covers "spiritual" then explain why/how?
5. What have you learned from researching and preparing your project?

Items you may want to consider:

- Group work/dynamics-If you worked with a partner was the partnership productive-why or why not?
- Time Frame for research- was the time period provided for research limited or did you feel you had enough time to research and prepare?
- What obstacles may prevent your project/initiative to be actually carried out? For example-financially
- other?