

Cindy Starzenski, Physical Education

WID Teaching Portfolio – Winter 2010

B. Informal Reflective Writing and Learning Activities

I. Adventure Canoe 104: Reflections

Throughout the 104 section of Adventure Canoe, you have had the opportunity to 1. learn new skills, 2. improve upon your existing skills and 3. gain insights into your own strengths, weaknesses, fears, and or capabilities. Please take this time to reflect upon your own learning in this course, and write at least 5 sentences about your growth in each of the numbered items. Please back up your statements with a specific example.

II. Adventure Canoe 105: Final Reflections

1. Reflect back to your expectations for the trip portion of the course. How did the trip differ from what you had imagined? Comment both on the trip itself (itinerary, location, equipment, difficulties, group dynamics, teacher involvement etc..) and on your own performance and enjoyment. (1/2 page – 1 page)
2. If you could give 5 recommendations to the next group of Canoe Adventure students, what would you advise them to do? You may be able to think of numerous recommendations, but please limit yourself to 5 things that you are either glad you did or would do differently next time. Number each recommendation and justify each one in 2 to 5 sentences.

III. Brainstorming Activity

This is for 105's to help them prep for their personal programs. Each category (numbered 1-3) would be cut up into individual strips. Each of 5 groups is given one strip from each category. The group will put their strips together to form a person with a goal and some personality traits and workout options and / or availability. Groups brainstorm an exercise program for these made-up people according to the personal program planner criteria.

Goals

1. lose 20 pounds in 4 months
2. increase bicep and chest and thigh circumference by 1 inch in 3 months
3. able to run 4 km. around own neighborhood in 35 minutes in 8 weeks.
4. Increase flexibility to be able to touch hands flat on the ground with straight legs in 2 months
5. improve overall fitness so I can run up to the fifth floor at Dawson without stopping or losing my breath by the end of the semester

Situation:

home gym

gym membership

no idea where to start – open to anything

very small exercise budget

practices 4 days per week with hockey team, school has gym available 6 days per week

Attitude

1. super-motivated, loves athletics and working out
2. hates PE and has neg. attitude towards gyms
3. likes to exercise alone
4. socially motivated, needs a buddy or a class
5. interested in trying and learning

IV. Rock Climbing Skills Self Evaluation

For the following skills, indicate whether you have never used them (x), tried them once or twice (+) or use them often (++). If you never use the skill, explain why not. If you have tried the skill or use it often, indicate whether or not you found it useful, and in what situation you use(d) this skill. Also indicate on which climb you used this skill.

Example:

SMEARING: ++ Really useful in transition when I can't reach my foot to the next hold. I use it to get off the ground on climb #4.

EDGING

MANTELLING

CRIMPING

HOOKING (TOE / HEEL)

SMEARING

STEMMING

JAMMING (HAND/FOOT)

DYNO