**Directions**

Offer a reflective essay integrating your experience in this course along with a shift in understanding about the basic principles of exercise prescription (pre-participation, FITT-VP and cognitive and behavioral strategies) and patients with chronic disease and special populations. (CO1, CO3)

This assignment is worth 75 pts.

Use the information below to help guide your efforts in writing this essay.

**Reflective Essay Guide**:

This reflective essay is a paper that should reflect your personality, your experiences, and your influences that shaped your perspective of Clinical Exercise Prescription. Ultimately, this essay will help me, the course instructor, get to know more about your experience in the class. Unlike other essays that you’ve written before in this class, this essay does not necessarily relay on research completely. Instead, this essay needs to focus on you. However, if you want to make a point directed at the course, please reference the appropriate source. An important aspect that separates a good essay from a bad one is organization; thus, start by building an outline.

**Format**

The format of this reflective essay greatly differs from normal argumentative or research essays. This reflective essay is more of a well-structured story or a diary entry. An essay in APA format is only applicable when it comes with an external text that you are reflecting upon. This reflection essay length should have a main body between 800 and 1000 words with at least 3 external sources.

It is important to avoid the academic style of writing. Stick to your feelings and original ideas. This essay is about you, not about the text. Use the following as a quick short-hand guide to format your essay with:

**APA**

* Times New Roman 12 pt font double spaced;
* 1” margins;
* Include a page header on the top of every page;
* Insert page number on the right;
* Essay should be divided into four parts: Title Page, Abstract, Main Body, and References.

It is important to avoid the academic style of writing. Stick to your feelings and original ideas.