

PE 405 Course Reflection

Write a brief paper that addresses the following:

1. Discuss the relationships that you developed over the duration of the course.
2. Discuss how trust was developed and contributed to the successes of the group, and ultimately to your experience on the trip
3. Make a value judgment on your overall experience and how it could relate to physical education settings and to your own future leisure experiences.

Be sure your paper includes an introductory paragraph discussing the purpose, place, dates and times of the trip. Also, discuss events on the trip that stand out. Conclude your paper by summarizing what you learned from the course, including the trip.

The paper must be a minimum of two full pages, double-spaced in times new roman 12 pt font.

Turn the paper in to Dr Grube or email to: dgrube@wcu.edu