

Personal Workout Assignment Rubric

Expectations	L0	L1	L2	L3	L4
Program Goals Portion -accurately recorded two program goals (resistance goal + cardio goal) based on the SMART Principle	Student has performed none of the expectations listed for the Program Goals Portion of the Personal Workout Assignment	Student has performed few of the expectations listed for the Program Goals Portion of the Personal Workout Assignment	Student has performed some of the expectations listed for the Program Goals Portion of the Personal Workout Assignment	Student has performed most of the expectations listed for the Program Goals Portion of the Personal Workout Assignment	Student has accurately performed all of the expectations listed for the Program Goals Portion of the Personal Workout Assignment
Resistance Training Portion -followed design instructions -listed relevant activities using the FITT principle + Fitness Components -listed muscles targeted per activity -recorded Sets / Reps of each resistance activity -has actually performed the workout for 2 weeks	Student has performed none of the expectations listed for the Resistance Training Portion of the Personal Workout Assignment	Student has performed few of the expectations listed for the Resistance Training Portion of the Personal Workout Assignment	Student has performed some of the expectations listed for the Resistance Training Portion of the Personal Workout Assignment	Student has performed most of the expectations listed for the Resistance Training Portion of the Personal Workout Assignment	Student has accurately performed all of the expectations listed for the Resistance Training Portion of the Personal Workout Assignment
Cardio Training Portion -followed design instructions -accurately detailed relevant activities using the FITT principle + Fitness Components -recorded Time / Duration / Intensity of each cardio activity -has actually performed the workout for 2 weeks	Student has performed none of the expectations listed for the Cardio Training Portion of the Personal Workout Assignment	Student has performed few of the expectations listed for the Cardio Training Portion of the Personal Workout Assignment	Student has performed some of the expectations listed for the Cardio Training Portion of the Personal Workout Assignment	Student has performed most of the expectations listed for the Cardio Training Portion of the Personal Workout Assignment	Student has accurately performed all of the expectations listed for the Cardio Training Portion of the Personal Workout Assignment
Follow-Up Activities Portion -answered questions on website with personal, positive reflection / detail -showed evidence of personal growth and learning in the face of challenges	Student has performed none of the expectations listed for the Follow-Up Activities Portion of the Personal Workout Assignment.	Student has performed few of the expectations listed for the Follow-Up Activities Portion of the Personal Workout Assignment.	Student has performed some of the expectations listed for the Follow-Up Activities Portion of the Personal Workout Assignment.	Student has performed most of the expectations listed for the Follow-Up Activities Portion of the Personal Workout Assignment.	Student has accurately performed all of the expectations listed for the Follow-Up Activities Portion of the Personal Workout Assignment.

NAME: _____ CLASS: _____ OVERALL ASSIGNMENT MARK: _____

SUBMITTED ON TIME (BY THE END OF YOUR CLASS' DUE DATE)?

YES

NO

Fitness Circuit Rubric

Liz Giles-Brown

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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