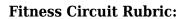
Personal Workout Assignment Rubric

Expectations:	LR	Li	12	13	1.4
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 Worksut Assignment	Student has performed most of the expectations listed for the Program Goals Portion of the Personal Workout Assignment	Student has accorately performed all of the expectations listed for the Program Goals Portion of the Perional Workout Assignment
Resistance Training Portion dollowed design instructions. disted refevant activities using the HITT principle + Fitness Components. disted 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 lined 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
Enflow-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 Worksut 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	4000 4000	OVERALL ASSIGNMENT MARK:	
D4 (A. D410-1)	CLASS:	THE RESERVE AND A SERVER OF THE PROPERTY OF TH	
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Fitness Circuit Rubric

Liz Giles-Brown



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