

## 1.03 Fitness Assessment Video – 80pts

**Directions:** Follow instructions below and submit video to 1.03 Fitness Assessment Video Submission.

You will submit a one-minute video showing your form as you complete two of the following activities. You do not need to show how much of the activity you can complete, just show one to two complete movements through each activity so your instructor can give you the appropriate feedback and tips.

1. Choose **two** of the following:
  - Push-up
  - Curl-up
  - Trunk lift
  - Sit and reach
2. Use a recording device to record **one to two** full movements of each chosen activity. The video should:
  - be one minute or less
  - show your best form for each chosen activity
  - be clear and well lit, showing your full body during the movement
3. Submit the video to your instructor for grading and feedback.

*Submitting Try these tips videos can be tricky because of file size. <http://tiny.cc/uploadvideos>*

## Submitting videos in Google drive

Trouble loading videos to the HOPE Assessments tab? Try this!

**First**, check with your parents to get the "OK" to create a Google Drive account here (it's FREE and SAFE – nothing on the account can be accessed by other internet users unless you've provided the link to them!):

**[www.drive.google.com](http://www.drive.google.com)**

**Next**, load your video file:

Here's how to do it:

In whatever application you are using for your video/slideshow (Photostory, Windows Movie Maker, iMovie, Adobe Premier, smartphone app, etc.), save your project as a video (note- this is different than saving the project). \*Make sure your video is one of the following formats: .wmv, .mov, .flv or mpeg4. Google accepts other types, as well, but these are the most common.\*

Open your Google Drive and click on the Upload icon (next to Create). Choose "File," browse for your video and upload. Note that the icon for the uploaded video file is different than other types of Google Docs. It will take a few minutes (sometimes longer) for your video to be processed. Once it is, you can click on the video and it will play right in the browser.

Click "Share" ( on the upper right) and you can decide who can see the video: anyone at all, just specific people you name, or anyone who has the link. I usually go with "Anyone with the link," as you can just post the link in the Student Comment Box under the Assessment Tab, only I have access to this. When people watch your video, they won't need to download it- instead, it will play in the browser, just like a YouTube video.

**Finally**, copy and paste your Google Drive Video link (instructions on getting this link above) into the Student Comments Box of the Video Assessment Submission under the Assessments Tab.... Voila!



# Submitting videos using YouTube

Another option if you are having issues uploading your videos to your assignment!

*First, Check with your parents to get the "Okay" to upload your video to YouTube!*

Instructions:

If you are using a mobile device to record your video, you can upload your video directly from your mobile device to YouTube!

Then copy and paste the link to your video into the Student Comment Box of the Video Assessment Submission under the Assessments tab #BAM

\*\*\* Once your video assignment is graded (within 24 – 48 except on weekends) You will be emailed to notify you to remove your link (video) from YouTube

**(Scroll Down for Rubrics)**

## 01.03 Fitness Assessment Video Grading Rubric – 80pts

	Excellent	Good	Needs Improvement	Poor
<b>Activity #1</b> <b>Choose from:</b> <ul style="list-style-type: none"> <li>• <b>Push-up</b></li> <li>• <b>Curl-up</b></li> <li>• <b>Trunk lift</b></li> <li>• <b>Sit and reach</b></li> </ul>	<p>40 points</p> <p>Video shows the completion of one or two full motions of the chosen activity.</p> <p>Performance demonstrates <b>proper</b> form and technique.</p>	<p>35 points</p> <p>Video shows the completion of one or two full motions of the activity.</p> <p>Performance has <b>one error</b> in form and technique.</p>	<p>30 points</p> <p>Video shows the completion of one or two full motions of the activity.</p> <p>Performance has a <b>few errors</b> to form and technique.</p>	<p>0-20 points</p> <p>Video does <b>not</b> show the completion of one or two full motions of the activity.</p> <p>Performance has <b>major errors</b> in form or technique.</p>

<p><b>Activity #2</b>  <b>Choose from:</b></p> <ul style="list-style-type: none"> <li>• <b>Push-up</b></li> <li>• <b>Curl-up</b></li> <li>• <b>Trunk lift</b></li> <li>• <b>Sit and reach</b></li> </ul> <p><b>*Different activity than activity #1</b></p>	<p>40 points</p> <p>Video shows the completion of one or two full motions of the chosen activity.</p> <p>Performance demonstrates <b>proper</b> form and technique.</p>	<p>35 points</p> <p>Video shows the completion of one or two full motions of the activity.</p> <p>Performance has <b>one error</b> in form and technique.</p>	<p>30 points</p> <p>Video shows the completion of one or two full motions of the activity.</p> <p>Performance has <b>a few errors</b> to form and technique.</p>	<p>0-20 points</p> <p>Video does <b>not</b> show the completion of one or two full motions of the activity.</p> <p>Performance has <b>major errors</b> in form or technique.</p>
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**Total Points Possible: 80 points**