

2.04 Muscular Strength Video Submission

Directions: Follow instructions below and then submit them to 2.04 Muscular Strength Video Submission.

Instructions:

1. Select one exercise from your muscle workout log that works an upper body muscle and one that works a lower body muscle.
2. Use a recording device (cell phone, video camera, computer program) and record yourself completing one full rep of each chosen activity:

-Start with the upper body exercise; state the name of the exercise and the muscle it works

-Perform one full rep of the exercise carefully and correctly

-Repeat with the lower body exercise

-Pause the recording as needed between activities to minimize video length

1. You may record the activity as many times as you need to get it right, then select your best recording for grading. Refer to the rubric as a checklist before submitting.
2. Upload and submit the video to **2.04 Muscular Strength Video**.

Submitting videos can be tricky because of file size. Try these tips <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

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)

02.04 Muscular Strength Video Grading Rubric – 80pts

	Excellent	Good	Needs Improvement	Poor
	40 points	35 points	30 points	0-20 points
Upper Body Muscle Exercise	Stated exercise and muscle group are accurate . Demonstrates one or two reps, with proper form and technique.	Stated exercise and muscle group are accurate . Demonstrates one or two reps, with a minor error in form and technique.	Stated exercise and muscle group are accurate . Demonstrates one or two reps, with a few errors to form and technique.	Exercise and/or muscle group is not stated or is inaccurate . Demonstration does not show one or two reps, or has major errors in form or technique.
	40 points	35 points	30 points	0-20 points
Lower Body Muscle Exercise	Stated exercise and muscle group are accurate . Demonstrates one or two reps, with proper form and technique.	Stated exercise and muscle group are accurate . Demonstrates one or two reps, with a minor error in form and technique.	Stated exercise and muscle group are accurate . Demonstrates one or two reps, with a few errors to form and technique.	Exercise and/or muscle group is not stated or is inaccurate . Demonstration does not show one or two reps, or has major errors in form or technique.

Total Points Possible: 80 points