

03.05 Module Three Wellness Plan Grading Rubric

	Excellent	Good	Needs Improvement	Poor
Section 1: Goals	10 points <ul style="list-style-type: none"> Goals are given for all four wellness areas. Reflection question responses are thoughtfully detailed and supported. 	8 points <ul style="list-style-type: none"> Goals are given for all four wellness areas. Reflection responses are adequately detailed and supported. 	6 points <ul style="list-style-type: none"> Goals are given for all four of the wellness areas. Reflection responses are complete but lacking detail and support. 	0-4 points <ul style="list-style-type: none"> One or more of the wellness goals are missing. Reflection responses are incomplete or inaccurate.
Section 2: Target Heart Rate	10 points <ul style="list-style-type: none"> Heart rate and target heart rate zone are recorded and accurate. Reflection question responses are thoughtfully detailed and supported. 	8 points <ul style="list-style-type: none"> Heart rate and target heart rate zone are recorded and slightly inaccurate. Reflection responses are adequately detailed and supported. 	6 points <ul style="list-style-type: none"> Heart rate and target heart rate zone are recorded and moderately inaccurate. Reflection responses are complete but lacking detail and support. 	0-4 points <ul style="list-style-type: none"> Heart rate and target heart rate zone are not recorded and/or completely inaccurate. Reflection responses are incomplete or inaccurate.
Section 3:	20 points	16 points	12 points	0-8 points

<p>Fitness Assessment</p> <p>Results for:</p> <ul style="list-style-type: none"> • Baseline • Module 1 • Module 2 • Module 3 	<ul style="list-style-type: none"> • Fitness assessment results are recorded • Reflection question responses are thoughtfully detailed and supported. 	<ul style="list-style-type: none"> • Fitness assessment results are recorded • Reflection responses are adequately detailed and supported. 	<ul style="list-style-type: none"> • Fitness assessment results are recorded • Reflection responses are complete but lacking detail and support. 	<ul style="list-style-type: none"> • Fitness assessment results are recorded • Reflection responses are incomplete or inaccurate.
<p>Section 4: Flexibility Log</p>	<p>40 points</p> <ul style="list-style-type: none"> • At least three days of stretching are recorded. • All eight stretching activities are recorded each day. • All stretches are held an appropriate length of time. • Reflection question responses are thoughtfully detailed and supported. 	<p>35 points</p> <ul style="list-style-type: none"> • At least three days of stretching are recorded. • At least six stretching activities are recorded each day. • Most stretches are held an appropriate length of time. • Reflection responses are adequately detailed and supported. 	<p>30 points</p> <ul style="list-style-type: none"> • At least two days of stretching are recorded. • At least four stretching activities are recorded each day. • Some stretches are held an appropriate length of time. • Reflection responses are complete but lacking detail and support. 	<p>0-20 points</p> <ul style="list-style-type: none"> • Fewer than two days of stretching are recorded. • Less than four stretching activities are recorded each day. • Few stretches are held an appropriate length of time. • Reflection responses are incomplete or inaccurate.
<p>Section 5: Muscular Strength</p>	<p>40 points</p> <ul style="list-style-type: none"> • All ten 	<p>35 points</p> <ul style="list-style-type: none"> • At least eight 	<p>30 points</p> <ul style="list-style-type: none"> • At least six 	<p>0-20 points</p> <ul style="list-style-type: none"> • Less than

<p>and Endurance Log</p>	<p>muscles are exercised at least two days.</p> <ul style="list-style-type: none"> • All muscles are rested for at least 48 hours between workouts. • Appropriate reps, sets, and resistance used for all exercises. • Reflection question responses are thoughtfully detailed and supported. 	<p>muscles are exercised at least two days.</p> <ul style="list-style-type: none"> • All muscles are rested for at least 48 hours between workouts. • Appropriate reps, sets, and resistance are used for most exercises. • Reflection responses are adequately detailed and supported. 	<p>muscles are exercised at least two days.</p> <ul style="list-style-type: none"> • Most muscles are rested for at least 48 hours between workouts. • Appropriate reps, sets, and resistance are used for some exercises. • Reflection responses are complete but lacking detail and support. 	<p>four muscles are exercised at least two days.</p> <ul style="list-style-type: none"> • Few muscles are rested 48 hours between workouts. • Appropriate reps, sets, and resistance used for few exercises. • Reflection responses are incomplete or inaccurate.
<p>Section 6: Physical Activity Log</p> <p>YOU ARE REQUIRED TO LOG AT LEAST 420 ACTIVITY MINUTES.</p>	<p>40 points</p> <ul style="list-style-type: none"> • At least eight activity entries are listed. • At least three different exercises have been logged, including exercises specific to the current topic when required. 	<p>35 points</p> <ul style="list-style-type: none"> • At least six activity entries are listed. • At least three different exercises have been logged, including exercises specific to the current topic when required. 	<p>30 points</p> <ul style="list-style-type: none"> • At least four activity entries are listed. • At least two different exercises have been logged, including exercises specific to the current topic when required. • Some 	<p>0-20 points</p> <ul style="list-style-type: none"> • Less than four activity entries are listed. • One type of exercise has been logged, including exercises specific to the current topic when required. • Few

	<ul style="list-style-type: none"> • All exercises are moderate to vigorous intensity. • All exercises are dated as daily or every other day. • Reflection question responses are thoughtfully detailed and supported. 	<ul style="list-style-type: none"> • Most exercises are moderate to vigorous intensity. • Most exercise dates are listed, or all dates are not in an effective pattern. • Reflection responses are adequately detailed and supported. 	<p>exercises are moderate to vigorous intensity.</p> <ul style="list-style-type: none"> • Some exercise dates are listed. • Reflection responses are complete but lacking detail and support. 	<p>exercises moderate to vigorous intensity, or intensity is not indicated.</p> <ul style="list-style-type: none"> • Few exercise dates are listed. • Reflection responses are incomplete or inaccurate.
<p>Section 7: Fitness Tracker Data</p>	<p>40 points</p> <ul style="list-style-type: none"> • Average daily moves, percent toward goal and total moves for the week are recorded and at least 90% completed. • Reflection question responses are thoughtfully detailed and supported. 	<p>35 points</p> <ul style="list-style-type: none"> • Average daily moves, percent toward goal and total moves for the week are recorded and at least 80% completed. • Reflection responses are adequately detailed and supported. 	<p>30 points</p> <ul style="list-style-type: none"> • Average daily moves, percent toward goal and total moves for the week are recorded and at least 70% completed. • Reflection responses are complete but lacking detail and support. 	<p>0-20 points</p> <ul style="list-style-type: none"> • One or more of the fitness tracker data is missing • Reflection responses are incomplete or inaccurate.
<p>Presentation</p>	<p>20 points</p> <ul style="list-style-type: none"> • Plan format is properly 	<p>16 points</p> <ul style="list-style-type: none"> • One or two errors in plan 	<p>12 points</p> <ul style="list-style-type: none"> • Three errors in plan format. 	<p>0-8 points</p> <ul style="list-style-type: none"> • Four or more errors

	<p>followed.</p> <ul style="list-style-type: none"> • All responses are in the form of complete sentences. • No spelling errors. 	<p>format.</p> <ul style="list-style-type: none"> • Most responses are in the form of complete sentences. • One or two spelling errors. 	<ul style="list-style-type: none"> • Some responses are in the form of complete sentences. • Three spelling errors. 	<p>in plan format.</p> <ul style="list-style-type: none"> • Few responses are in the form of complete sentences. • Four or more spelling errors.

Total Points Possible: 220 points

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