Healthy Active Living

Course Culminating Task

**Working out**

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| **Application** | Fail  (0-49%) | Level 1  (50-59 %) | Level 2  (60-69%) | Level 3  (70-79%) | Level 4  (80-100%) | Total |
| **APPLICATION**  Ability to stick to a designed plan | Does random exercises. Does not follow a plan. | Sticks to plan with limited efficiency. Adjustments are not justified well. | Sticks to plan with some efficiency. Some adjustments are justified. | Sticks to plan with considerable efficiency. Most adjustments are justified. | Sticks to designed plan with a high degree of efficiency. All adjustments are well thought out and appropriate. | /10 |
| **APPLICATION**  Effort given | Unfocused and does not complete many exercises. | Within their capabilities demonstrated limited effort most days and limited progression. | Within their capabilities student displayed some effort most days and some progression. | Within their capabilities student delivered a considerable degree of effort most days and shows progression. | Within their capabilities student delivered a high level of effort every day and shows good progression. | /20 |
| **KNOWLEDGE**  Understanding of how to perform the movements properly, effectively and safely | Uses equipment incorrectly. Cheats on exercises. | Performs movements with limited efficiency | Performs movements with some efficiency | Performs movements with a considerable efficiency | Performs movements with a high degree of efficiency | /10 |

**Written Aspect:**

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|  | | Fail  (0-49%) | Level 1  (50-59 %) | Level 2  (60-69%) | Level 3  (70-79%) | Level 4  (80-100%) |  |
| **THINKING**  Ability an overall personal fitness goals.  Ability to create specific goals | | No realistic goals are identified. | An overall goal and some specific goals are identified. | Overall goal is somewhat detailed. There are some specific goals. | Overall goal is detailed. There are specific goals that are linked to overall goals. | Overall goal is very detailed. There are many specific goals that are SMART and linked to overall goals. | /5 |
| **KNOWLEDGE**  Ability to create a balanced workout plan that is linked to goals.  **COMMUNICATION**  Ability to create fitness plan that is easy to follow. | | Fitness plan with many details missing. Is not balanced and is not related to fitness goals.  Plan is difficult to follow. | There is a one day fitness plan that has many many details missing.  Plan is not easy to follow. | There is a one day fitness plan that lacks some details fitness goals.  Is somewhat easy to follow. | There is a one day fitness plan that is balanced and related to fitness goal.  The plan is easy to follow. | There is a detailed one day fitness plan that is perfectly balanced and is related to fitness goals.  The plan is very easy to follow. | /10  /5 |
| **COMMUNICATION**  Ability to record your workout. | | Most or all of your workouts are missing. Exercises are not recorded. | Some workouts are missing. Exercises are mostly recorded, but many details are missing. | Most workouts are accounted for and most exercises are logged. | All workouts are accounted for and all exercises are logged. | All workouts are accounted for and have a very detailed log of your exercises. | /10 |
| **THINKING**  Ability to reflect on your workout in a daily journal by tracking progress and identifying what you have learned. | | Journals are missing or lack reflection on your workouts. | Journals have some reflection on your workout. | Journals somewhat tracks progress and somewhat identifies learning in the gym. | Journals track progress and identify learning in the gym. | Journals are in depth tracks progress in detail and identifies specific things that been learned in the gym. | /10 |
| **THINKING**  Analysis of you workout plan | | Analysis lacks a lot of detail and does not mention what you have learned. | Analysis lacks detail. Has some mention of progress and learning but does not mention the techniques you have learned. | Analysis is somewhat in-depth, identifies some progress you made in detail and some things you learned in the gym. | Analysis is h in-depth, identifies what progress you made and what you learned in some detail. | Analysis is highly in-depth, identifies what progress you made and what you learned (for example, different exercise techniques) in detail. | /10 |
| **COMMUNICATION**  Presentation, organization,  spelling, grammar and punctuation. | | Unorganized. Difficult to follow. No titles. Lots of spelling, grammar and punctuation errors, makes it difficult to follow. | Many spelling or grammar errors  Presented with limited clarity.  Many titles are missing. | Some spelling or grammar errors  Presented with some clarity.  Missing some titles. | Few spelling or grammar errors  Presented with clarity.  Includes titles. | No spelling or grammar errors.  Presented with excellent clarity.  Includes appropriate titles and subtitles. | /10 |
| **Total** |  | | | | | | /100 |