

## Health Fitness : Notebook Study Questions

16 Points Possible

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Teacher Name: **Mr. Urich**

Student Names: \_\_\_\_\_ & \_\_\_\_\_

| CATEGORY                     | 4   | 3   | 2   | 1   |
|------------------------------|---|---|---|---|
| Notes                        | Notes are recorded and organized in an extremely neat and orderly fashion.      | Notes are recorded legibly and are somewhat organized.                          | Notes are recorded.   | Notes are recorded only with peer/teacher assistance and reminders.               |
| Components of Health Fitness | All 4 components are listed and defined correctly.                              | 3 components are listed and defined correctly.                                  | 2 components are listed and defined correctly.                                  | 1 component is listed and defined correctly.                                      |
| Exercises                    | At least 6 exercises are correctly listed for each Component of Health Fitness. | At least 4 exercises are correctly listed for each Component of Health Fitness. | At least 2 exercises are correctly listed for each Component of Health Fitness. | At least 1 exercises are correctly listed for each Component of Health Fitness. . |
| Elements of a Workout Plan   | All 4 elements are listed and defined correctly.                                | 3 elements are listed and defined correctly.                                    | 2 elements are listed and defined correctly.                                    | 1 element is listed and defined correctly.  |