

## Health Fitness : Workout Program

24 Points Possible

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Teacher Name: **Mr. Urich**

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

| CATEGORY                         | 4   | 3  | 2   | 1   |
|----------------------------------|---|--|---|---|
| Completion of Required Sections  | All required sections are complete.   | One required section is missing.                             | Two or three required sections are missing.               | More than three required sections are missing.  |
| Components of Health Fitness     | One or more components are accurately represented.                            | One component is accurately represented.                     | One component is somewhat represented accurately.         | Component is not represented accurately.  |
| Exercises                        | Three or more exercises are accurately represented.                           | Two exercises are accurately represented.                    | One exercise is accurately represented.                   | None of the exercises are accurately represented.                                     |
| Elements of a Workout Plan       | All four elements are included and represented accurately.                    | Three elements are included and represented accurately.      | Two elements are included and represented accurately.     | One element is included and represented accurately.                                   |
| Effectiveness of Workout Program | Program will be very effective for developing and maintaining Health Fitness. | Program will be effective for developing Health Fitness.     | Program will be effective for maintaining Health Fitness. | Program will have little effectiveness for developing and maintaining Health Fitness. |
| Organization and Attractiveness  | The program has exceptionally attractive formatting and is well-organized.    | The program has attractive formatting and is well-organized. | The program is well-organized.                            | The program's formatting and organization of information are confusing to the reader. |