

Student Name: _____
 Class Period: _____

**Lesson 4: Exercise Plan Analysis
 Evaluation Rubric**

100 Points possible

| | Above Average 20 points | Average 15 points | Below Average 10 points | Not Completed 0 points | Points Earned For Each Category |
|---|--|--|---|---|------------------------------------|
| 1. Body composition and exercise facts (rationale: facts are needed to help students learn content) | Contains at least 5 facts about body composition and exercise | Contains 4 facts about body composition and exercise | Contains 3 facts about body composition and exercise | Less than 3 facts about body composition and exercise | |
| 2. Insight into relationship between body type and exercise (rationale: TEKS require student to be able to demonstrate this insight) | At least 3 insights into relationship | 2 insights into relationship | 1 insight into relationship | No insights | |
| 3. Length (rationale: length must be long enough to allow for significant insights) | 150 words or more | 120-149 words | 100-119 words | Less than 100 words | |
| 4. Turned in on time (rationale: late assignments are not allowed by instructor) | Blog entry completed by due date | (no points for late assignments) | (no points for late assignments) | Not completed on time | |
| 5. Professional Language/Writing (rationale: students need to use professional language in all communications with instructors) | Used appropriate vocabulary and correct grammar and spelling with less than 2 mistakes | Used appropriate vocabulary and correct grammar and spelling with 3-5 mistakes | Used appropriate vocabulary and correct grammar and spelling with 6-10 mistakes | More than 10 grammar or vocabulary errors | |

Total Pts Earned:

Comments: