

01.03 Fitness Assessment Video Submission Grading Rubric

	Excellent	Good	Needs Improvement	Poor
Activity #1 Choose from: <ul style="list-style-type: none"> • Push-up • Curl-up • Trunk lift • Sit and reach 	40 points Video shows the completion of one or two full motions of the chosen activity. Performance demonstrates proper form and technique.	35 points Video shows the completion of one or two full motions of the activity. Performance has one error in form and technique.	30 points Video shows the completion of one or two full motions of the activity. Performance has a few errors to form and technique.	0-20 points Video does not show the completion of one or two full motions of the activity. Performance has major errors in form or technique.
Activity #2 Choose from: <ul style="list-style-type: none"> • Push-up • Curl-up • Trunk lift • Sit and reach *Different activity than activity #1	40 points Video shows the completion of one or two full motions of the chosen activity. Performance demonstrates proper form and technique.	35 points Video shows the completion of one or two full motions of the activity. Performance has one error in form and technique.	30 points Video shows the completion of one or two full motions of the activity. Performance has a few errors to form and technique.	0-20 points Video does not show the completion of one or two full motions of the activity. Performance has major errors in form or technique.

Total Points Possible: 80 points