

Fitness Assessment

ID: 114841

Objectives	Low Performance	Average	Exemplary Performance	Earned Points
The student will be able to accurately assess each of the five components of physical fitness	5 points The student can verbalize the five components but is unable to perform the testing procedures	7 points The student can verbalize the five components and is able to perform the testing procedures with a moderate degree of accuracy	10 points The student can verbalize the five components and is able to perform the testing procedures with a high degree of accuracy	
The students will be able to interpret the data collected from the physical fitness assessment	5 points The student can verbalize the data but is unable to transfer the data to the given normalized data charts	7 points The student can verbalize the data, transfer the information to the normative value charts	10 points The student can verbalize the data, transfer the information to the normative value charts, and interpret the results	
The student will be able to design permission and data collection forms for those being tested	5 points Forms were typed and specific to the information given	7 points Forms were typed and specific to the information given. They included creativity and professionalism. Work consisted of some grammatical errors	10 points Forms were typed and specific to the information given. They included creativity and professionalism. Work consisted of very few grammatical errors	
The student will be able to work as part of a team to accomplish goals and objectives defined in the unit introduction	5 points The student required some correction and was disruptive at time to the team	7 points The student required little correction and contributed adequately to the success of the team	10 points The student took a leadership role in the activity and was a valuable asset to the other members of the team	
			Score:	