

Module 10: For the Long Haul

Authentic Assessment: Lifelong Nutrition and Fitness Plan Rubric

Use the rubric below to help you understand how your work will be graded.

	25 Points	20 Points	15 Points	10 Points
Detail and Comprehensiveness	All required items are included with detail and comprehensiveness.	All required items are included; however, some detail and comprehensiveness is lacking.	One to two required items are missing or significant detail and comprehensiveness is lacking.	Three or more required items are missing or the paper shows little detail and/or comprehensiveness.
Information Presented	Information presented shows that research and learned knowledge was applied in setting goals, and in designing, implementing, assessing, and modifying the plan. The student understands that healthy decisions and actions in the short term can influence nutrition and fitness in the long term.	Information presented shows that some research and learned knowledge was applied in setting goals, and in designing, implementing, assessing, and modifying the plan. The student understands that healthy decisions and actions in the short term can influence nutrition and fitness in the long term.	Information presented shows that little research and learned knowledge was applied in setting goals, and in designing, implementing, assessing, and modifying the plan. The student may show some misunderstanding in that healthy decisions and actions in the short term can influence nutrition and fitness in the long term.	Information presented shows that little to no research and learned knowledge was applied in setting goals, and in designing, implementing, assessing, and modifying the plan. The student shows significant misunderstanding in that healthy decisions and actions in the short term can influence nutrition and fitness in the long term.
Organization and Flow	The information is presented in an extremely organized manner and logical flow that allow the reader to easily understand the content.	The information is presented in an organized manner and logical flow that allow the reader to easily understand the content.	The information is presented in a somewhat organized manner and logical flow that allow the reader to easily understand the content.	The information is presented in an unorganized manner that causes confusion for the reader.
Mechanics and Spelling	There are no mistakes in punctuation, grammar, or correct spelling.	There are minor mistakes in punctuation, grammar, or correct spelling, but they do not detract from the message.	There are several mistakes in punctuation, grammar, and/or correct spelling.	There are many mistakes in punctuation, grammar, and/or correct spelling.