

Module 2: Physical Training Fitness Principles
Authentic Assessment: After-School Fitness Program Rubric

Points	Required items	Concepts	Overall Presentation
90-100	All required items are included, with a significant number of additions.	Items clearly demonstrate that the desired learning outcomes of physical fitness and related health concepts have been achieved. The student has gained a significant understanding of the concepts and applications.	Items are clearly introduced, well organized and displayed, showing connection between items.
75-89	All required items are included, with a few additions.	Items clearly demonstrate that most of the desired learning outcomes for physical fitness and related health concepts have been achieved. The student has gained a general understanding of the concepts and applications.	Items are introduced and well organized, showing connection between items.
60-75	All required items are included.	Items demonstrate that some of the desired learning outcomes for physical fitness and related health concepts have been. The student has gained some understanding of the concepts and attempts to apply them.	Items are introduced and somewhat organized, showing some connection between items.
0-59	A significant number of required items are missing.	Items do not demonstrate that basic learning outcomes for physical fitness and related health concepts have been achieved. The student has limited understanding of the concepts.	Items are not introduced and lack organization.
0	No work submitted		