

Module 2: Physical Training Fitness Principles
Topic 4 Application: Fatigue Poll Rubric

| | 25 points | 20 points | 15 points | 10 points |
|----------------------|--|---|--|--|
| Explanation | The poll is clearly explained. Uses a variety of resources to accurately describe important information. | The poll is clearly explained. Accurately describes important information. | Explains what was being polled. Some important information is omitted. | Explains what was being polled. Inaccurate or unimportant information is included. |
| Planning | Careful and thorough planning of the poll is evident. Every step of the polling process is carefully planned so that the results are accurate, clear, and usable. All questions assigned are used, including additional appropriate questions. | Careful planning of the poll is evident. Some accurate, clear, and usable results are presented. All questions assigned are used. | The poll is planned, but there some information is inaccurate. Some of the results are difficult to use. | The poll is not well designed, and the results are inaccurate or not usable. |
| Evaluation | Accurately describes results. Is able to apply the information from the poll to describe how sleep and fatigue affects different people. | Accurately describes results. Applies most of the information from the poll to describe the effects of sleep and fatigue on different people. | Describes most results. Some important information is left out or not well explained. | Describes some results. There are errors in the description of the results. |
| Writing Style | The report includes complete sentences, proper punctuation, correct grammar, and correct spelling. It has few sentence, punctuation, grammatical or spelling errors. | The paper includes 5-7 sentence, punctuation, grammatical, or spelling errors. | The paper includes 7-10 sentence, punctuation, grammatical, or spelling errors. | The paper includes more than 10 sentence, punctuation, grammatical, or spelling errors. These errors interfere with understanding. |