

Evaluation Rubric

Student Name: _____

Criteria	Level 4	Level 3	Level 2	Level 1
Knowledge				
Description/ Technique of each exercise	Identifies proper starting position, proper technique of exercise & finishing position of exercise. Outlines technique thoroughly.	Identifies proper starting position, technique & finishing position of exercise, although not thoroughly.	Identifies 2 of three (starting, finishing &/or technique) of exercise. Limited information on technique of exercise.	Limited information is given on the exercises starting position, technique and finishing position.
Content – Accuracy (Ideas)	The Posters have all of the required information (see checklist) and some additional information.	The Posters have all of the required information (see checklist).	The Posters have most of the required information (see checklist).	The Poster have little of the required information (see checklist).
Clarity of Message	The student conveys the intended message with a high degree of clarity and accuracy.	Information is accurate; conveys intended message.	Some information is accurate; message is unclear.	Inaccurate or incomplete information; no message.
Thinking				
Organization	The Posters are organized logically and coherently, and they are unified.	The Poster are organized logically and coherently..	The Posters are somewhat organized	The Posters are a series of random points and they are not organized.
Alternative Methods/Muscles Targeted	Identifies 2-3 alternative methods of performing the exercises. Identifies 3 or more muscles targeted by each exercise	Identifies 2 alternative methods of performing the exercise. Identifies 3 muscles targeted by each exercise	Identifies 1 alternative method of performing each exercise. Identifies 2 muscles targeted by each exercise	Does not provide alternative methods for performing each exercise. Identifies 1 muscles targeted by each exercise
Application				
Safety Tips/Do's & Don'ts	Identifies a minimum of 3 safety tips for each exercise.	Identifies 2-3 safety tips for each exercise.	Identifies 1-2 safety tips for each exercise	Identifies 1 safety tips for each exercise
Communication				
Conventions	There are no grammatical/mechanical/spelling mistakes.	There are 1-2 grammatical/mechanical/spelling mistakes.	There are 3-4 grammatical/mechanical/spelling mistakes.	There are more than 4 grammatical/mechanical/spelling mistakes.
Clarity of Ideas	Expresses information and ideas with a high degree of clarity and precision and a strong sense of audience.	Expresses information and ideas with considerable clarity and precision and a considerable sense of audience.	Expresses information and ideas with some clarity and precision and some sense of audience.	Expresses information and ideas with limited clarity and precision and a limited sense of audience
Attractiveness	The Poster is very attractive in terms of design, layout, and neatness.	The Poster is attractive in terms of design, layout, and neatness.	The Poster is acceptably attractive though it may be a bit messy.	The Poster is distractingly messy or very poorly designed. It is not attractive.
Graphics/ Pictures	The graphics go well with the text and there is a good mix of text and graphics. There are 2 or more pictures of each exercise.	The graphics go well with the text, but there are so many that they distract from the text. There are 2 pictures of each exercise.	The graphics go well with the text, but there are too few. There is 1 picture of each exercise.	The graphics do not go with the accompanying text or appear to be randomly chosen. There are no pictures of exercises.
Total Mark	K/U=	T/I=	App=	Com=

