

## WEIGHT TRAINING PROGRAM RUBRIC

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
RARELY	SOMETIMES	CONSISTENTLY	NEVER

- ✓ Chart includes minimum of 8 exercises (K&U) 1 2 3 4
- ✓ Chart includes a minimum of 3 core/ab exercises (K&U) 1 2 3 4
- ✓ Chart includes blanks column for sets (K&U) 1 2 3 4
- ✓ Chart includes blank column for reps (K&U) 1 2 3 4
- ✓ Chart includes blank column for weight (K&U) 1 2 3 4
- ✓ Program incorporates more advanced weight training techniques (kettlebell, bosu ball, stability ball etc.) (T&I) 1 2 3 4
- ✓ A sufficient picture of each exercise is included on a separate page (T&I) 1 2 3 4
- ✓ Weight Room log/chart is organized logically and coherently (COM) 1 2 3 4
- ✓ Weight room log/chart has no grammatical/spelling errors (COM) 1 2 3 4