HPE 127

Grading Rubric for Group Exercise Class (10pts)

Student(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ (2 pts.) Demonstration was clear for each exercise

\_\_\_\_\_ (1 pts.) Instructor corrected students as needed

\_\_\_\_\_ (1 pts.) Instructor's communications were clear and understood

\_\_\_\_\_ (4 pts) Class included exercises to work all major muscle groups and included

 an effective warm-up & cool down.

\_\_\_\_\_\_ (2 pts) Class included logical progressions