Freshman Fitness Plan Scoring Rubric

Name:____________

1. Body Composition (a) definition and (b) how to test ____(2)

2. Two Warm Up Ideas ____(2)

3. (a) Define Flexibility: (b) Explain the eight stretches with words & pictures ____(9)

4. Muscular Strength: (a) Definition & (b) give a test for upper & (c) lower body ____(3)

5. Muscular Endurance: (a) Definition. (b) seven lifts with sets, reps and weights. ____(10)

6. Cardiovascular Endurance (Aerobic): (a) Definition and (b) give two activities to add to your plan. ____(3)

7. Anaerobic Activity: (a) Definition and pick two anaerobic activities you enjoy ____(3)

8. List two cool down activities. ____(2)

9. Stretch after cool down. Refer to detailed stretch list. ____(1)

10. Nutrition Tips: Define variety, moderation and balance and explain the importance of combining nutrition and exercise. ____(5)

11. Seven Day Fitness/Nutrition Plan: Must include (a) warm up, stretch (every workout), (b) 2-3 days weight lifting, (c) 3-5 days cardiovascular (20-40 min. in zone), (d) fun activities, (e) cool down and stretch (every workout). ____(35)

12. Illustrations to enhance your plan ____(10)

13. Neatness, organization, and conventions ____(15)

Total:_______ (100) Grade:_______