

Assignment Rubric

Plagiarism will not be tolerated. Any evidence of cheating will result in immediate failure of the course.

Late submission policy: These assignments are due in class, so late submissions will not be accepted.

Flexibility Routine (out of 20 points)

Great use of whole body, flexibility definitely developed	17 - 20 points (extra credit will be given for exemplary routines)
Good use of whole body, exercises are solid	14 - 16 points
Whole body not used, but exercises are not very effective	8 - 14 points
Cannot even be considered a routine; awkward poses that may cause injury	1 - 7 points

Strengthening Routine (out of 25 points)

Great use of techniques to help work and tone entire body. Felt the burn!	17 - 25 points (extra credit will be given for exemplary routines)
Solid use of techniques, although some were a little less viable. Still felt the burn!	14 - 16 points
Mediocre techniques, full body not used. Overall not very effective.	10 - 13 points
Cannot even be considered a routine; awkward poses that may cause injury	1 - 9 points