

# Participation Rubric for Bodysculpt

Points For Day	Behavior and Participation items
5	<ul style="list-style-type: none"><li>• <b>Student is a MODEL PARTICIPANT at all times</b></li><li>• Student is considered a role model of character and effort during activity</li><li>• Student demonstrates appropriate language and behavior throughout the class</li><li>• Student demonstrates a positive attitude throughout class time</li><li>• Student is in attendance lines ready to go when class starts</li><li>• Student demonstrates responsibility on equipment.</li><li>• Student puts all equipment back to its proper place.</li><li>• Student continues to work hard until the last minute of the class.</li><li>• Student demonstrates proper form on all exercises (FULL RANGE OF MOTION on all exercises)</li><li>• Student is helpful to classmates as well as instructor</li><li>• Student listens and performs prompts that instructor gives</li><li>• Student demonstrates ALL of the above with NO PROMPTING from the instructor.</li><li>• <b>Student is on time to class.</b></li><li>• Effort is 100% at <b><u>all times</u></b></li></ul> <p><i>There is NO QUESTION of any of the above when a student receives full points for the day</i></p>

<p>Loss of 1-2 points for the day</p>	<p>A loss of 1-2 points will occur if the student demonstrates any of the following: <i>(all points deducted are per the discretion of the instructor)</i></p> <ul style="list-style-type: none"> <li>• Is tardy to class (even 30 seconds is considered late. 30 sec to 1 minute late is a loss of 1 point)</li> <li>• Effort is not at 100% for a portion of the activity</li> <li>• arrives after attendance has been taken but is ready to start activity with the rest of the class (typically 2-5 minutes could mean a loss of 2 points)</li> <li>• Range of motion on exercises are not at 100% for some of the activity time</li> <li>• Some of your effort is spent talking instead of exercising.</li> <li>• Are off task a few times during class or activity</li> <li>• Talks when teacher is talking</li> <li>• Distracts others 1 or 2 times during activity</li> </ul>
<p>Loss of 3-4 points for the day</p>	<p>A loss of 3-4 points will occur if the student demonstrates any of the following: <i>(all points deducted are per the discretion of the instructor)</i></p> <ul style="list-style-type: none"> <li>• Does not continue to work hard until the last minute of the class.</li> <li>• Needs continued prompting during class to be on task during activity.</li> <li>• Minimal effort during the day during one or more segments of the activity</li> <li>• Form is off on some exercises even after several prompts from teacher</li> <li>• Demonstrates a negative attitude during class</li> <li>• Complains or whines throughout the activity and brings a negative atmosphere to those around you</li> <li>• Range of motion on exercises are not at 100% for most of the activity time</li> <li>• Talking to the point where it disrupts the environment of the workout</li> <li>• Is disruptive during a DVD workout (talking, off task, general misconduct that draws attention towards you)</li> <li>• Rude or inappropriate language is used during class</li> </ul>
<p>Loss of 5 points for the day</p>	<p>A loss of 5 points will occur if the student demonstrates any of the following: <i>(all points deducted are per the discretion of the instructor)</i></p> <ul style="list-style-type: none"> <li>• severely late to class (more than 10 minutes...unexcused from office per pass)</li> <li>• Is consistently distracting others in the class</li> <li>• Disrupting the learning environment of the class</li> <li>• Demonstrates any behavior that is dangerous or reckless</li> <li>• Consistently using electronic devices during class time (unless used as a part of the activity)</li> <li>• Rarely demonstrates lifts properly (even after many prompts and corrections from instructor)</li> <li>• Does not make the effort that he/she is capable of</li> <li>• Is off task during the class</li> <li>• Is inappropriate in any way during the class</li> <li>• Is rude or disrespectful to another student or the instructor</li> <li>• <b>Anything in this area may result in a ZERO for the day per the discretion of the instructor</b></li> </ul>