

Muscular Endurance	3	2	1	0
Goal	Clearly demonstrates measurable and realistic goals (improves curl-ups by 10-15)	Adequately demonstrates measurable and realistic goals (improves curl-ups less than 10 or more than 15)	Incomplete demonstration of goal	Lacks overall muscle strength component
Frequency	Clearly demonstrates days per week (2-3 days)	Adequately demonstrates days per week (1 day or more than 3 days)		Lacks overall muscle strength component
Intensity	Accurate % identifying difference between strength & endurance of 1 rep max (20-55% <u>Includes the pounds for each exercise</u>)	Inaccurate % of 1 rep max (less than 20% or more than 55% <u>Does not list the pounds per exercise</u>)	Weight listed without justification	No weight listed
Time	Accurately knows the correct number of sets (1-3) <u>AND</u> reps to develop muscular endurance (11-25)	Accurately know the correct number of sets (1-3) <u>OR</u> reps to develop muscular endurance (11-25)	Listing sets or reps. (not both)	No sets and reps listed
Type	Resistance training matches muscle groups intended to be worked, all muscle groups targeted. (at least 8 muscle groups and exercises used)	Resistance training DOES match muscle groups, but not all groups are targeted. (less than 8 muscle groups. Does not list all the exercises)	Resistance training doesn't match muscle groups intended to be worked. (Does not list any exercises used)	No resistance exercises listed
Progression	Accurate progression of frequency, intensity, or time.		Inaccurate progression of frequency, intensity or time	No progression is listed