

The Muscular System Project

Student Name(s) & Period(s):

Score: _____/80

	10	7	5	2
Attractiveness & Organization	The Project has <u>exceptionally</u> attractive formatting and well-organized information with proper folder	The Project has attractive formatting and well-organized information with proper folder.	The Project has well-organized information but not proper folder	The Project's formatting and organization of material are confusing to the reader and did not use proper folder
Muscles	<u>All</u> muscles in the Project are accurate.	<u>99-90%</u> of the muscles in the Project are accurate.	<u>89-80%</u> of the muscles in the Project are accurate.	Fewer than <u>80%</u> of the muscles in the Project are accurate.
Exercises	<u>All 16</u> exercises in the Project are accurate for the athlete chosen	<u>Almost all</u> exercises in the Project are accurate for the athlete chosen	Many exercises in the Project are missing or inaccurate for the athlete chosen	Most exercises in the Project are inaccurate for the athlete chosen &/or not in color
Explanation of Exercises	Explanations of exercise is <u>accurate</u> and includes appropriate sets, reps & lbs for client	Explanations of exercise is <u>mostly</u> accurate and includes sets, reps & lbs with only a few incorrect	Explanations of exercise is <u>partially</u> inaccurate and includes some incorrect sets, reps & lbs	Explanations of most exercises are inaccurate and do not include appropriate sets, reps & lbs
Muscle Man/Woman	Proper Labeling of Muscles & highlighting of of target & synergist <u>95%-100%</u> of the <u>time</u>	Proper Labeling of Muscles & highlighting of of target & synergist <u>85-94%</u> of the <u>time</u>	Proper Labeling of Muscles & highlighting of of target & synergist <u>84-75%</u> of the <u>time</u>	Labeling of Muscles & highlighting of of target & synergist is less than acceptable
Photos	All of the 16 Exercises are visually expressed (in color) with a student photograph-Each member of the group is in at least one set of pictures.	Almost All of the 16 Exercises are visually expressed (in color) with a student photograph-possibly one member of the group is not in one set of pictures.	At least half of the 16 Exercises are visually expressed, but maybe not in color, with a student photograph	Too many photos are missing
Knowledge Gained	Project shows <u>indepth</u> understanding of the muscles and what exercises would work them out best!	Project shows a <u>good</u> understanding of the muscles and what exercises would work them out best!	Project show <u>some</u> understanding of the muscles and what exercises would work them out best!	Project shows <u>little</u> if any understanding of the muscles and what exercises would work them out best!
Sources	Careful and accurate records are kept to document the source of <u>95-100%</u> of the facts and graphics in the Project.	Careful and accurate records are kept to document the source of <u>94-85%</u> of the facts and graphics in the Project.	Careful and accurate records are kept to document the source of <u>84-75%</u> of the facts and graphics in the Project.	Sources are not documented accurately