Physical Fitness Brochure

Scoring Guide

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|  | X 3 | X 2 | X 1 | SCORE |
| CONTENT –  ACCURCACY | Explanations are accurate and inclusive. | Explanations are incomplete or inaccurate. | Explanations are lacking or inaccurate. |  |
| **▪ 5 Benefits of exercise** |  |  |  | 3 X\_\_\_\_= |
| ▪ Famous **person who is fit.**  **How and Why?** |  |  |  | 3 X\_\_\_\_= |
| ▪ Include 4 specific fitness terms |  |  |  | 3 X\_\_\_\_= |
| ▪ Consequences of sedentary lifestyle |  |  |  | 3 X\_\_\_\_= |
| ▪ Explain how the fitness program would begin |  |  |  | 3 X\_\_\_\_= |
| ▪ Frequency of exercising for desired benefits/needs |  |  |  | 3 X\_\_\_\_= |
| ▪ Explain importance of eating right |  |  |  | 3 X\_\_\_\_= |
| ▪ Pictures | 3 pictures—  Included  and accurate | 2 pictures—  Included  and accurate | 1 picture—  Included  and accurate | 3 X\_\_\_\_= |
| Neatness and  Organization | The brochure has *exceptionally* attractive formatting and well-organized information. | The brochure has attractive formatting and well-organized information. | The brochure’s formatting and organization of material is confusing to the reader. | 3 X\_\_\_\_= |