

## CARDIOVASCULAR LOG RUBRIC

- Your grade is based on completion and accuracy of recorded data. You will receive 5 points for each cardiovascular activity day that is to be recorded.

- Completion – You must have entered data for every required activity day.
  1. Date
  2. Name of activity
  3. Duration (length) of activity – varies
  4. Heart Rate reached during that specific activity multiplied by 4 (2 points)
- Accuracy – correct data is entered
  1. Heart Rate number is appropriate for the activity and participation level for individual student (the student was an active participant versus a passive participant).
  2. Date, Name of activity, and Duration are correct data.

- Example grading: Your log was collected for a grade after 6 entries.

5 points for 6 activities = 30 points

Scale would be:

30 = 100%

29 = 96%

28 = 93%

27 = 90%

26 = 86%

25 = 83%

24 = 80%

23 = 76%

22 = 73%

21 = 70%

20 = 66%

19 = 63%

etc.