

HPE 151: S2E2 Rubric

Name:

Section:

On Time

The student loses the 20 points if late. Beginning with the second class day it is late, there is a 15% reduction in the final grade for each day late.

20 Points

Length of Paper

Note: if your paper does not meet the minimum number of pages (8 full pages), your final grade will be **decreased by up to 30 points**. Each section starts on a new page and each section is a minimum of two full pages.

If a box below is blank you have earned all of the points listed for that item, however if you earn less, a score will be entered in the box.

Content

100 Points

Each area will have two sections: *"What I learned."* and *"What I'm going to do."*

Sleep

25 points

Talk about what happened with your schedule, what was well done and what needs improvement.

Stress

25 points

What stressors do you have and what will you do to alleviate any stress you have?

Eating

25 points

Discuss in detail what your eating habits are and how you can improve them based on MyPyramid.gov

Exercise

25 points

What are you doing/have done in the past and what you will do in HPE 152 for at least 3 days per week.

Standard Formatting

Required

Font

2 points

12 pt Times New Roman: Sections and sub heads should be **bold** and text plain

Headings for All Sections

2 points

Four heads: Sleep, Stress, Eating, Exercise (plus the 2 subheads under each section)

Margins

2 points

Default margins in Office 2003

Line Spacing/Stapled

2 points

The line spacing is double and the paper is stapled.

First line indent

2 points

The first line indent is the standard .5 and there is no extra space between paragraphs.

Name and section number correct

2 points

Your name and section number are on one line in the upper right corner.

Spelling, sentence structure, text messaging shortcuts and grammar.

Varies

Please make sure all words are spelled correctly and no text messaging is used.

Final Grade

HPE 151: S2E2 Rubric Extra Credit

Name:

Section:

On Time

The student loses the 20 points if late. Beginning with the second class day it is late, there is a 15% reduction in the final grade for each day late.

20 Points

Length of Paper

Note: if your paper does not meet the minimum number of pages (4 full pages), your final grade will be **decreased by up to 30 points**. Each section starts on a new page and each section is a minimum of one full page.

If a box below is blank you have earned all of the points listed for that item, however if you earn less, a score will be entered in the box.

Content

100 Points

Each area will have two sections: *"What I learned."* and *"What I'm going to do."*

Sleep

25 points

Talk about what happened with your schedule, what was well done and what needs improvement.

Stress

25 points

What stressors do you have and what will you do to alleviate any stress you have?

Eating

25 points

Discuss in detail what your eating habits are and how you can improve them based on MyPyramid.gov

Exercise

25 points

What are you doing/have done in the past and what you will do in HPE 152 for at least 3 days per week.

Extra Credit Formatting

Bonus Points

Correct Fonts

2 points

12 pt Arial Black for sections, 10 pt Arial Black for sub heads, 11 pt Times New Roman for text

Headings for All Sections

2 points

Four heads: Sleep, Stress, Eating, Exercise (plus the 2 subheads under each section)

Correct Margins

2 points

The margins for the paper are 1" on all 4 sides.

Correct Line Spacing/Stapled

2 points

The line spacing is 1.5 and the paper is stapled.

First line indent

2 points

The first line indent is the standard .5 and there is no extra space between paragraphs.

Name and section number correct

Required

Your name and section number are on one line in the upper right corner.

Spelling, sentence structure, text messaging shortcuts and grammar.

Varies

Please make sure all words are spelled correctly and no text messaging is used.

Final Grade