

HPE 152: Summary Paper Rubric

Name:

Mail Box

On Time

The student loses 10 points if late. There is a 10% reduction in the final grade for each day late after the due date. e.g.: Due Tuesday turned in Thursday = max 35 pts.

Section #

Length of Paper

Note: if your paper does not meet the minimum number of pages (2 full pages), your final grade will be **decreased by up to 15 points. There are two sections on each page (1/2 page per section).** You may have more for each section, but not to exceed one full page per section.

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

50 Points

You should have two paragraphs for each section. The first one summaries what happened in that part of the S2E2 this semester, both good and bad. The second paragraph should state what you are going to do to improve or maintain based on what happened during the semester. Looking for specific information and not general statements.

Sleep

12 points

Questions: Did your sleep improve? Why or why not? Did you get up at the same time every day?

Stress

12 points

Questions: Did you ID what caused you the most stress? Types of strategies used. Quiet Time?

Eating

12 points

Questions: Did you eat breakfast? Follow MyPyramid.gov well? Drink less Liquid Sugar?

Exercise

12 points

Questions: Did you workout at least 2 times a week? What happened with your body composition?

Rubric

2 points

A clean rubric is correctly attached.

Required Formatting

Required

Correct Fonts

2 points

10 pt Arial Black for sections (single line spacing), 11 pt Times New Roman for text

Headings for All Sections

2 points

Four heads: Sleep, Stress, Eating, Exercise (in this order)

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 or heads.

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 Score