

# HPE 152: S2E2 Plan Rubric

**Name:**

**Mail Box**

## 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.

**Section #**

## 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: *"Where I am right now."* and *"What my plan is for this semester."* Make sure you use information from either or both the *"RealAge"* or *"Bluezones"* web site(s).

### Sleep

**25 points**

Talk about your schedule, what was well done in the past and what you will do this semester.

### 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 this semester.

## 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 Score

# HPE 152: S2E2 Plan Rubric Extra Credit

**Name:**

**Mail Box**

**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.

**Section #**

**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: *"Where I am right now."* and *"What my plan is for this semester."* Make sure you use information from either or both the *"RealAge"* or *"Bluezones"* web site(s).

**Sleep**

**25 points**

Talk about your schedule, what was well done in the past and what you will do this semester.

**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 this semester.

**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 Score**