



NWHS Strength & Conditioning Participation Rubric



Points	
5 Advanced	<ul style="list-style-type: none">● Engaged in designed workout throughout entire period.● Works with optimum efficiency to obtain peak performance.● Demonstrates proper technique at all times.● Demonstrates safety at all times.● Completes all boxes on workout card in a timely fashion.
4 Accomplished	<ul style="list-style-type: none">● Engaged in designed workout throughout most of the period.● Displays above average efficiency to obtain peak performance.● Demonstrates proper technique a majority of the times.● Demonstrates proper safety a majority of the time.● Completes all boxes on workout card.
3 Proficient	<ul style="list-style-type: none">● Engaged in designed workout during portions of the period.● Works with average efficiency to obtain peak performance.● Demonstrates proper technique sometimes.● Demonstrates proper safety sometimes.● Completes most boxes on workout card.
2 Developing	<ul style="list-style-type: none">● Rarely engaged in designed workout during the period.● Works with poor efficiency to obtain peak performance.● Demonstrates proper technique hardly ever.● Demonstrates proper safety hardly ever.● Rarely completes boxes on workout card.
1 Beginning	<ul style="list-style-type: none">● Never engaged in designed workout during the period.● Works with no efficiency to obtain peak performance.● Never demonstrates proper technique.● Never demonstrates proper safety.● Never completes boxes on workout card.● The student is removed from class.● The student is in class but chooses, without permission, to not participate in class.

0 points - Student is absent or fails to make up work.