| **Refusal to Try**0 pts. | **Not Yet Evident**10-17 pts. | **Emerging**18-23 pts. | **Proficient**24-29 pts. | **Advanced**30 pts. |
| --- | --- | --- | --- | --- |
|  · Makes no attempt to perform the exercise |  · Makes genuine effort to attempt the exercise· Proper form and technique are displayed minimally or are not evident  |  · Maintains proper form and technique for only part of the exercise· Can perform the exercise using 50% of full range of motion |  · Can safely perform the exercise using proper form and technique· Can perform the exercise using 80% of full range-of-motion· Can identify at least 1 muscle group targeted by the exercise  |  · Can safely perform the exercise using proper form and technique· Can perform the exercise using full range-of-motion· Can identify specific muscle groups targeted by the exercise· Can adequately explain how to properly perform the exercise (can teach it to someone else) |