| **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) |