

GROUP _____ PERIOD _____ DATE OF PRESENTATION _____

FITNESS AND CONDITIONING CLASS DEMONSTRATION RUBRIC

	3 (Excellent)	2 (good)	1 (need imp)	0	Notes
Template completely filled out					
Preparation					
Explanation					
Exercise Demo.					
Workout					
Coaching					
Cool Down					
Clean-Up					
Timing of Presentation					
Overall Quality					

TOTAL POINTS _____/30