Fitness Lifestyle: Assignment 01.05

Objective: To understand how participation in sports, dances, outdoor pursuits and other physical activities contributes to the attainment of personal goals and maintenance of wellness.

In lieu of participation for four weeks in an organized activity, you have chosen to do a written assignment. You will write a paper addressing each of the following:

1. How team participation:
   - Builds self-esteem
   - Enables social interaction
   - Enhances responsibility
   - Helps attain personal fitness goals
   - Maintains wellness
   - Improves skill level
   - Builds commitment to practice
   - Affects enjoyment of the activity

2. How the benefits of belonging to a team carry over into the classroom setting; be sure to give specific examples.

3. How team benefits carry over into the work setting; be sure to give specific examples.

The research for your paper should come from 2 documented sources and 6 interviews. One interview should be a coach or teacher of a team activity and five interviews should be from participants of a sport. List your interviewees and sources at the bottom of the paper. Your paper should be at least two double-spaced typed pages.

The rubric below will be used for grading purposes.

This assignment is worth 40 points.
## Rubric for Writing

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<th>Score</th>
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| **40** | - The writing is focused, purposeful, and reflects insight into the writing situation.  
- The paper conveys a sense of completeness and wholeness with adherence to the main idea, and its organizational pattern provides for a logical progression of ideas.  
- The support is substantial, specific, relevant, concrete, and/or illustrative.  
- The paper demonstrates a commitment to and an involvement with the subject, clarity in presentation of ideas, and may use creative writing strategies appropriate to the purpose of the paper.  
- The writing demonstrates a mature command of language (word choice) with freshness of expression.  
- Sentence structure is varied, and sentences are complete except when fragments are used purposefully.  
- Few, if any, convention errors occur in mechanics, usage, and punctuation. |
| **35** | - The writing focuses on the topic, and its organization pattern provides for a progression of ideas, although some lapses may occur.  
- The paper conveys a sense of completeness or wholeness.  
- The support is ample.  
- The writing demonstrates a mature command of language, including precision in word choice.  
- There is variation in sentence structure, and with rare exceptions, sentences are complete except when fragments are used purposely.  
- The paper generally follows the conventions of mechanics, usage, and spelling. |
| **30** | - The writing is generally focused on the topic but may include extraneous or loosely related material.  
- An organizational pattern is apparent, although some lapses may occur.  
- The paper exhibits some sense of completeness or wholeness.  
- The support, including word choice, is adequate, although development may be uneven.  
- There is little variation in sentence structure, and most sentences are complete.  
- The paper generally follows the conventions of mechanics, usage, and spelling. |
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| 25    | - The writing is generally focused on the topic but may include extraneous of loosely related material.  
      - An organizational pattern has been attempted, but the paper may lack a sense of completeness or wholeness.  
      - Some support is included, but development is erratic.  
      - Word choice is adequate but may be limited, predictable, or occasionally vague.  
      - There is little, if any, variation in sentence structure.  
      - Knowledge of the conventions of mechanics and usage is usually demonstrated, and commonly used words are usually spelled correctly |
| 20    | - The writing is related to the topic but include extraneous or loosely related material.  
      - Little evidence of an organizational pattern may be demonstrated, and the paper may lack a sense of completeness or wholeness.  
      - Development of support is inadequate or illogical.  
      - Word choice is limited, inappropriate or vague.  
      - There is little, if any, variation in sentence structure, and gross errors in sentence structure may occur.  
      - Errors in basic conventions of mechanics and usage may occur, and commonly used words may be misspelled. |
| 10    | - The writing may only minimally address the topic.  
      - The paper is fragmentary or incoherent listing of related ideas or sentences or both.  
      - Little, if any, development of support or an organizational pattern or both is apparent.  
      - Limited or inappropriate word choice may obscure meaning.  
      - Gross errors in sentence structure and usage may impede communication.  
      - Frequent and blatant errors may occur in the basic conventions of mechanics and usage, and commonly used words may be misspelled. |
| Cannot Be Scored | The paper cannot be scored because the response--  
   - is not related to what the prompt requested the student to do.  
   - is simply a rewording of the prompt.  
   - is a copy of a published work.  
   - is illegible.  
   - is incomprehensible (words are arranged in a way that no meaning is conveyed).  
   - contains an insufficient amount of writing to determine if the student was attempting to address the prompt. |