

First Name: _____

Last Name: _____

HSS1010 – L15 – Assignment – Google Classroom Participation

The **HSS1010 Google Classroom** includes 13 posts by your teacher, each titled with the following:

- Abdominal (*Upper skeletal muscle group*)
- Pectoral (*Upper skeletal muscle group*)
- Deltoid (*Upper skeletal muscle group*)
- Trapezius (*Upper skeletal muscle group*)
- Latissimus Dorsi (*Upper skeletal muscle group*)
- Erector Spinae (*Upper skeletal muscle group*)
- Biceps (*Upper skeletal muscle group*)
- Triceps (*Upper skeletal muscle group*)
- Quadriceps (*Lower skeletal muscle group*)
- Hamstrings (*Lower skeletal muscle group*)
- Gastrocnemius (*Lower skeletal muscle group*)
- Soleus (*Lower skeletal muscle group*)
- Gluteus (*Lower skeletal muscle group*)

Students will respond to two (2) different posts and identify the name of **either** (a) a strength exercise **or** (b) a flexibility exercise that targets that muscle group.

Students will provide an image or video (with time stamp) explaining how to perform that exercise.

Students may not repeat an exact exercise that has already been posted.

	3	2	1	0
Students will identify exercises that target skeletal muscle groups of the body and explain how to perform that exercise.	<p><i>Student has correctly identified and named an exercise that targets that muscle group.</i></p> <p><i>Student's identified exercise has not yet been posted.</i></p> <p><i>Student has provided an exemplary diagram or video explaining how to perform that exercise.</i></p>	<p><i>Student has correctly identified but incorrectly named an exercise that targets that muscle group.</i></p> <p><i>Student's identified exercise has not yet been posted.</i></p> <p><i>Student has provided a sufficient diagram or video explaining how to perform that exercise.</i></p>	<p><i>Student has incorrectly identified an exercise that does not target the specified muscle group.</i></p> <p><i>Student's identified exercise has already been posted by another student.</i></p> <p><i>Student has provided a confusing diagram or overly long video with multiple exercises and no time stamp.</i></p>	<p><i>Student did not attempt to name or identify their exercise.</i></p> <p><i>Student did not attempt to name or identify their exercise.</i></p> <p><i>Student did not attempt to post a diagram or video explaining their exercise.</i></p>

	3	2	1	0
Students will identify exercises that target skeletal muscle groups of the body and explain how to perform that exercise.	<p><i>Student has correctly identified and named an exercise that targets that muscle group.</i></p> <p><i>Student's identified exercise has not yet been posted.</i></p> <p><i>Student has provided an exemplary diagram or video explaining how to perform that exercise.</i></p>	<p><i>Student has correctly identified but incorrectly named an exercise that targets that muscle group.</i></p> <p><i>Student's identified exercise has not yet been posted.</i></p> <p><i>Student has provided a sufficient diagram or video explaining how to perform that exercise.</i></p>	<p><i>Student has incorrectly identified an exercise that does not target the specified muscle group.</i></p> <p><i>Student's identified exercise has already been posted by another student.</i></p> <p><i>Student has provided a confusing diagram or overly long video with multiple exercises and no time stamp.</i></p>	<p><i>Student did not attempt to name or identify their exercise.</i></p> <p><i>Student did not attempt to name or identify their exercise.</i></p> <p><i>Student did not attempt to post a diagram or video explaining their exercise.</i></p>