### **Scoring Guide for Assessing Strength Conditioning Performance**

**Select the term that best matches the student’s performance for the observed lift(s).**

**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| ***Area Assessed*** | ***Exceeds***  ***Performance Standard***  ***4*** | ***Meets***  ***Performance Standard***  ***3*** | ***Developing***  ***Performance Standard***  ***2*** | ***Struggling Performance Standard***  ***1*** |
| **Lift Technique**  **Execution**  **\_\_\_\_\_ Core**    **\_\_\_\_\_ Upper Body**  **\_\_\_\_\_ Lower Body** | Uses proper weight according to skill level and training goal.  THROUGHOUT A SET:  Uses 3 S's (i.e., slow, smooth, steady) appropriately.  Proper hand/foot/trunk position is maintained.  With dynamic lifts, ROM is utilized fully.  Exhales on exertion & inhales on recovery.  With static and dynamic exercises (e.g., planks), body position is properly maintained. | Uses proper weight.  THROUGHOUT A SET: On most reps, uses 3 S's (i.e., slow, smooth, steady) appropriately.   Proper hand/foot/trunk position/body alignment is maintained; with only minor change when fatigue sets in.  With dynamic lifts, ROM is utilized fully on most reps.  Exhales on exertion & inhales on recovery.  With static exercises (e.g., planks), body position is maintained in most reps/time. | Weight too heavy or light.  THROUGHOUT A SET: Lift pace/cadence is either too fast or uneven throughout with some loss of control through much of the set (e.g., weights are still slammed down on release).  Hand/foot/trunk position is established and maintained, but noticeable change as fatigue sets in.  With dynamic lifts, partial ROM is utilized.  Breathing pattern still inconsistent.  With static exercises (e.g., planks), body position is maintained in most reps.  Body is jerked out of position during latter reps. | Weight too heavy or light.  THROUGHOUT A SET: Lift pace/cadence is too fast early on, uncontrolled and/or uneven throughout much of the set (i.e., weights slammed on release).  Hand/foot position/body alignment is inappropriate and/or inconsistent.  With dynamic lifts, ROM used is limited.   With static ex., body is not positioned properly.   Holds breath on exertion; breathes in between reps.  Body is jerked out of position during latter reps. |
| **Weight Training  Etiquette &**  **General Class**  **Conduct** | Handles all equipment w. care; . Cleans up stations after use.  Helps peers with attentive spotting and coaching.  Let's others "work in."  Time lag between sets is appropriate.  Socializing is at appropriate level (i.e., does not detract).  Focused on completing good effort at the appropriate intensity sets & reps; or serving as spotter.   Employs safety equipment, at all times. | Equipment is used appropriately.   Cleans up stations after use.  Helps others with spotting at times.  Lets others "work in.”  Socializing is appropriate and non-disruptive.  Time lag between sets is acceptable.  Is focused on completing own sets & reps, but spotting is spotty.  Employs safety equipment, at all times. | Equipment is used appropriately.   Station clean-up is inconsistent.   Disrupts/Interrupts others.  Spots sparingly.   Time spent socializing is less dominant.  Inconsistent safety equipment use. | Mishandles equipment.  Leaves stations without cleaning up.   Disrupts/Interrupts others.   Neglects spotting duties.  Excessive noise.  Excessive time lag between sets.  Socializing is a primary activity. |
| **Training**  **Log** | Lift record is complete & correct.  Info is thorough & detailed;  Includes all required lifts and choice lifts (sets-reps and weight).  Consistent use of muscle balance using appropriate ratio (working to the weaker muscle). | Includes all required lifts (sets-reps and weight).  Lift record is complete & correct.  Uses muscle balance with inconsistent use of ratios (working to the weaker muscle). | Records info on some required lifts (sets-reps), but no choice lifts.   Has correct information, but some data are still missing.   Uses muscle balance on some lifts, but not others. | Does not record info on completed sets and reps (i.e., not kept up-to-date).  Leaves card behind at station or loses card.  No use of muscle balance, no ratio addressed. |
| **Summary Report** | Submitted draft report for initial feedback.  Seeks advice & input.  Substance is extensive & focused.  Detailed self-reflection.   Well organized.  Extensive supporting sources.  Could serve as model for future students. | Submitted draft report for initial feedback.   Seeks advice & input.  Reasonable substance.  Some reflection is included.  Well organized .  Some supporting sources. | Submitted no draft version for screening.  Little and/or incomplete substance.   Few, if any, supporting sources.  Organization reflects some planning.  Effort is there. | Does not submit report, or  submits report that reflects complete lack of substance, organization, and effort. |

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| ***Dates***  ***Assessed*** | ***Core***  ***Exercise***  ***Technique*** | ***Upper-Body***  ***Exercise***  ***Technique*** | ***Lower-Body***  ***Exercise***  ***Technique*** | ***Etiquette & Class Conduct*** | ***Training***  ***Log*** | ***Summary Report*** | **Composite Score** |
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***Comments:***

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