Example of a Quantitative Rubric and Recording Sheet for Golf

Directions: Observe each golfer for at least five full swings and rate each of the stages on a scale of 4 to 1 using the following definitions:

4 = exhibits the behaviors consistently or almost always (3x or more in a row)

3 = usually exhibits the behaviors (4 out of 6 trials)

2 = behaviors are exhibited sometimes or about half the time

1 = behaviors are exhibited occasionally (2 or fewer out of 6 trials)

0 = student does not complete the assessment

	Critical Elements			
	Preparation	**Back swing**	**Forward swing**	**Follow-through**
	Neutral grip; feet and shoulders square; feet shoulder-width apart; weight distributed over both feet	Arms, hands, and club start the backswing as a unit; wind up by turning shoulders clockwise; weight shifts to back foot; slight pause at the top of the backswing	Weight shifts to foot facing the target; arms, hands, and club start down as a unit; unwind shoulders by turning clockwise; arms, hands, and club extended at contact	Wrists recock at hip-level; hips turn toward target; weight shifts to target side; club follows through over left shoulder; hold follow-through position 5 seconds
Student names				

*Directions are for a right-handed golfer

From J.L. Lund and M.F. Kirk, *Performance-Based Assessment for Middle and High School Physical Education*, 3rd ed. (Champaign, IL: Human Kinetics, 2020). Critical elements adapted from Owens and Bunker (2005) and Babs Greene.