

Active Body ILO #2 Assessment Rubric

Active Body ILO #2	Exemplary	Sufficient	Insufficient
<p>Analyze the relationship between movement practices and health and well being. <i>The course must encourage the development of both short and long term physical and mental health and well being. The course must show that the body is a dynamic and adaptive organism that is interconnected with cognitive and sensory systems and processes.</i></p>	<p>Artifact provides evidence that the student can give specific examples of the effects of moving on wellness (including possibly sleep, energy, mood, stress, physical health).</p>	<p>Artifact provides evidence that the student can give generalities about the effects of moving on wellness (including possibly sleep, energy, mood, stress, physical health), without specific examples.</p>	<p>Artifact provides no evidence of addressing the effects of moving on wellness (including possibly sleep, energy, mood, stress, physical health).</p>