

Alternate Culminating Task

Description:

- This assignment will take the place of the final examination for PAI 3O1 and/or PAI 4O1
- Students will create a video presentation (exemplars available upon request) highlighting their journey through the semester of Strength and Conditioning class.

Specific Requirements:

- A video presentation
- Minimum 3 minutes in length
- Should include (but may not necessarily be limited to) the following
 - Focus on specific lifts or exercises as student tries to improve/perfect the movement or increase max effort results
 - Include interactions with classmates
 - Include / focus on student's journey through the semester or towards specific goals
 - Demonstrate an understanding of the function, requirements, safety procedures, and philosophy learned in PAI 3O1/4O1
 - Demonstrate mastery of specific lifts, exercises, or movement patterns / skills over the course of the semester
 - Other specific content (please clear these with the instructor).

Reminders:

- Final product due no later than the final day of class.
- Including classmates in video presentations MUST have their consent.
- Any questions or issues with this project should be brought to the instructor's attention IMMEDIATELY.
- This project is in lieu of writing the final examination. Completion of this project exempts the student who submits it from the final examination.

Alternate Culminating Task

Strength and Conditioning Video Rubric

Criteria	Level 4	Level 3	Level 2	Level 1
Facts / Information (K/U T/I)	-exceptional quality of information / facts with rich details, examples and analysis -exceptional demonstration of knowledge	-proficient quality of information / facts with many details, examples and analysis -good demonstration of knowledge	-adequate quality of information / facts with some details and analysis -adequate display of knowledge (reads off slide / paper)	-poor quality of information / details, examples and analysis -weak demonstration of knowledge (heavily relies on paper, slides and does not show competence of concepts)
Presentation (A/ C)	-exceptional presentation that is very original and creative -presentation clearly reviews the content, applies knowledge gained, analyzes the information and engages the class	-proficient presentation that is original and creative -presentation reviews the content, applies knowledge gained, analyzes the information and engages the class	-presentation needs to be more original and creative -presentation needs to provide a more in depth review and application of content	-presentation is very basic and lacks creativity in relation to the topic -lack of any clear objectives for review and application of knowledge
Organization (A/C)	-exceptional structure and clearly organized presentation -member of group has distinct and key role and meets all responsibilities -student communicates ideas articulately and effectively during presentation	-proficient structure and clearly organized presentation -member of group has clear role and meets responsibilities -student communicates ideas effectively during presentation	-presentation lacks structure and clear organized -member of group has does not have a clear role and does not meet all responsibilities -student communicates ideas somewhat effectively during presentation	-poor overall presentation that needs to be more organized and structured. -member of group has an unclear role and does not seem to fulfill and responsibilities
Content (A, T/I)	- exceptional demonstration of course content, individual progress, and/or mastery - thorough evidence of engagement with course material, activities, and philosophy	- proficient demonstration of course content, individual progress, and/or mastery - considerable evidence of engagement with course material, activities, and philosophy	- adequate demonstration of course content, individual progress, and/or mastery - some evidence of engagement with course material, activities, and philosophy	- poor demonstration of course content, individual progress, and/or mastery - minimal evidence of engagement with course material, activities, and philosophy