PET 451
Self-Regulation Summary Rubric

This reflection should be based on the behavior change you identified at the beginning of this semester and your physical activity patterns this semester. A copy of this rubric is to be submitted with your assignment (no rubric, –20 points) at the beginning of class on the date indicated on the syllabus.

Components

/200 Factors

/50 Documentation of self-regulation across this semester

/10 Identify the physical activity-related behavior you wanted to change and whether or not you achieved the desired change

/50 Explain the impact this change has had on your teaching so far and the anticipated change you think it will have in the long-run

/40 Concisely outline the steps you took to achieve this goal

/40 Discuss how you progressed relative to your intended timeline

/60 Writing

/20 Organization (paragraph format, no bullets)

/20 Spelling and grammar

/20 Writing clarity

Additional comments:__________________________________________________________

TOTAL GRADE:_____/250