Holistic Rubric for Science Activity: Effects of Exercise on Heart Rate

Performance Level	Description
Excellent (4)	The project demonstrates a thorough understanding of the scientific principles behind how exercise affects heart rate. The student(s) use accurate scientific terminology and clearly explain the relationship between exercise and heart rate. The project is well-organized, with an insightful connection to cultural practices. Collaborative work is exemplary; all group members contribute meaningfully and share responsibilities equally. The language is clear, accurate, and well-organized. Students communicate complex ideas in a sophisticated and effective manner, both in writing and presentation.
Proficient (3)	The project shows a clear understanding of how exercise affects heart rate, with only minor inaccuracies or omissions. The student(s) use appropriate scientific terminology and explanations, but may lack depth or clarity in some areas. Group collaboration is generally strong, though one or two members may have a slightly lesser role in the process. The language is mostly accurate and organized, though there may be minor issues with clarity or structure. Overall, the project is coherent and well-executed.
Basic (2)	The project shows a basic understanding of the effects of exercise on heart rate, but the explanation may have notable inaccuracies or lack sufficient detail. Scientific terminology may be used, but inconsistently or inaccurately. Collaboration within the group is somewhat uneven, with one or more members not fully participating or contributing. The language is somewhat unclear or disorganized, making it difficult at times to follow the explanation. The project needs improvement in both content and teamwork.
Needs Improvement (1)	The project demonstrates a limited understanding of how exercise affects heart rate. Scientific explanations are minimal, inaccurate, or missing. There is little to no use of scientific terminology, and the writing lacks clarity or coherence. Group collaboration is poor, with few or no shared responsibilities. The project lacks organization, and the communication is difficult to follow. Significant improvement is needed in both scientific understanding and group engagement.

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