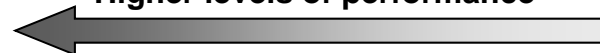


Creating a Balance Rubric

Higher levels of performance



Weight	Task	Best	Good	Needs improvement
10%	Describe the importance of energy balance.	I clearly described what energy balance is and why it is important.	I described energy balance but was not clear about why it is important.	I did not describe energy balance or its importance.
10%	Explain how energy balance is determined.	I clearly described how energy balance is determined.	I described some aspects of how energy balance is determined.	I did not describe how energy balance is determined.
10%	Label the parts and functions of the digestive system.	I labeled all the parts and functions in the digestive system.	I labeled some of the parts and functions in the digestive system.	I labeled the parts but not the functions, or I did not label the parts or functions of the digestive system.
10%	Describe how the digestive system relates to $Energy_{in}$.	I clearly described the relationship between the digestive system and $Energy_{in}$.	I described the relationship between the digestive system and $Energy_{in}$, but I may not be clear about this relationship.	I did not know or did not describe the relationship between the digestive system and $Energy_{in}$.
10%	Describe $Energy_{out}$ as it relates to humans.	I clearly described most of the ways that humans use energy.	I described a few ways that humans use energy.	I described fewer than 2 ways that humans use energy.
20%	Describe how $Energy_{in}$ and $Energy_{out}$ relate to a patient's lifestyle.	I described how $Energy_{in}$ and $Energy_{out}$ are calculated for a patient based on lifestyle.	I was not clear on how $Energy_{in}$ and $Energy_{out}$ are calculated for a patient based on lifestyle.	I did not describe how $Energy_{in}$ and $Energy_{out}$ are calculated.
20%	Make recommendations on achieving energy balance.	I made several appropriate recommendations for the patient on how to develop a healthy energy balance.	I made a few appropriate recommendations for the patient on how to develop a healthy energy balance.	I made 0 recommendations or 1 appropriate recommendation for the patient on how to develop a healthy energy balance.
10%	Use the teamwork skill of contributing helpful ideas.	I clearly described several ways my partner and I were able to make sure we contributed helpful ideas.	I described 1 way my partner and I were able to make sure we contributed helpful ideas.	I did not describe how my partner and I were able to make sure we contributed helpful ideas.