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| ***Analysis of Content***  ***100 Points*** | ***Points Earned***  ***/100*** |
| Final Project | Additional Comments: |
| Elements of the assignment are covered in a substantive manner which included:  · Paper includes an analysis on the following elements:  · Introduction/background information of your client/sport  · Speed Assessments  · Visual of program design  · Detailed rationales for your program design  · Paper must be organized  · Paper must follow all rules of APA formatting  · A progression with the · **Minimum** 8 references  · **Minimum** 7-10 pages |  |
| The content is comprehensive, accurate, and persuasive.  · Text has appropriate paragraphs and spacing.  · Appropriate use of font sizes |  |
| The paper develops a central theme or idea, directed toward the appropriate audience. |  |
| Major points are stated clearly; are supported by specific details, examples, or analysis; and are organized logically. |  |
| The introduction provides sufficient background on the topic and previews major points. |  |
| The conclusion is logical and reviews the major points. |  |
| ***Writing Style***  ***15 Points*** | ***Points Earned***  ***/15*** |
| Additional Comments: |  |
| Transitions are logical and maintain the flow throughout the paper. |  |
| The tone is appropriate to the content and assignment. |  |
| Sentences are clear and concise. |  |
| ***Writing Format (APA)***  ***15 Point*** | ***Points Earned***  ***/15*** |
| **Additional Comments**: |  |
| Citations of original works within the body of the presentation follow APA standards. |  |
| The presentation is laid out with effective use of headings, font styles, and white space. |  |
| Rules of grammar, usage, and punctuation are followed. |  |
| Spelling is correct. |  |
| ***Total***  ***100 Points*** | ***Points Earned***  ***/100*** |
| ***Overall Comments:*** | |