

Fit for Life Final Video Project – Exercise Video

Group Members: _____

Video type: _____

Requirements	1 No evidence or effort	2 Some effort shown	3 Average effort shown	4 Above average shown	5 Above and beyond
15 Min. in length					
Turned in on video or disk					
Creative					
Outline (on time, complete & sources)					
Film quality (sound & editing)					
5 exercises w/ muscle names					
Warm-up & cool down					
Transitions					
Modifications					
Music					
Facts (accuracy)					
Introduction					
Conclusion					

Total points _____

Comments: