

How Fast Can You Recover?

Rubric and Scoring Sheet

Criteria	Level I	Level II	Level III	Self Score	Peer Score	Teacher Score
Data	Not all data is included. You are missing data from one or more timepoints.	You have data for all timepoints, but have not measured your pulse correctly.	All pulse data has been taken and recorded correctly.			
Formulas	You have not used formulas in the spreadsheet to calculate the pulse rate in beats/minute.	You have used formulas in the spreadsheet, but they are not correctly calculating your pulse rate in beats/minute.	You have used formulas in the spreadsheet to accurately calculate your pulse rate in beats/minute.			
Charts	You have created a chart, but it is not complete due to missing data.	You have created a chart, but it is not completely labeled with a title and axes labels.	You have created an accurate, completely labeled chart.			
Graphics	No graphics have been inserted into the spreadsheet.	You have inserted at least two graphics related to the topic into your spreadsheet.	You have inserted at least three graphics related to your topic into your spreadsheet.			
Data Analysis	You have not made any statements to analyze your data.	You have attempted to explain your formulas, but your explanations are not entirely clear.	You have clearly explained the design of your formulas and why your heart rate increased when you began exercise and then decreased when you stopped exercising.			
Comments Box				Total Score		