



HUPF 2032 Lifesaving (Lifeguard Training) Reflective Essay

A written work that summarizes the candidate's personal reactions and thoughts about what was learned through lectures, discussions, and activities presented in class.

Element	Levels of Performance		
1. Format	__Target(16-25) <p>Meets all formatting requirements: Typed, 1 inch margin on all sides, double spaced, 12 font, Times New Roman or Tahoma, indented once for new paragraphs and is not less than 2 pages in length.</p>	__Acceptable(6-15) <p>Meets most formatting requirements and is not less than 2 pages in length.</p>	__Unacceptable(0-5) <p>Meets some formatting requirements and is less than 2 pages in length.</p>
	_____ _____ _____		
2. <p>Content</p>	__Target(31-50) <p>Written work thoroughly addresses all questions for reflection.</p> <p> </p>	__Acceptable(11-30) <p>Written work addresses most of the questions for reflection. </p>	__Unacceptable(0-10) <p>Written work addresses some of the questions for reflection. </p>
	_____ _____ _____		

3. <p>Conventions</p>	<p>__Target(16-25) No grammatical or spelling errors, all sentences are well-constructed.</p>	<p>__Acceptable(6-15) Some grammatical and/or spelling errors (5 or less), most sentences are well-constructed.</p>	<p>__Unacceptable(0-5) Many grammatical and/or spelling errors (more than 5), many sentences are poorly constructed.</p>
	<p>_____</p> <p>_____</p> <p>_____</p>		