

Proficiency Check Form

Name: _____

Before you do the task, your Faculty Coordinator must decide the proficiency level on which you should function: Intermediate Low, Intermediate Mid, etc.

To receive points on the assignment, you will need to demonstrate to 2 fellow students for each “Can Do” task that you can do the task. Once they sign off that you can do this, you will need to demonstrate to your LF that you can do the task as well. If your LF cannot certify that you can do the task adequately, he/she will advise you how to improve. After you have followed his/her advice and improved your performance you will return to your LF for his/her approval. To get full credit, all tasks must be certified by the following week and submitted to your Faculty Coordinator who will ask you to demonstrate one task of his/her choice. If you are unable to complete all the tasks you will have 2 options: 1) you will need to determine if the reason you are not able to complete the tasks is because you are attempting tasks that are too high of a level for your current abilities. If so, then you should try to complete the tasks for the lower level during the following week. This is a one-time offer during the first week. If you can fulfill all the tasks for the following week (in addition to the new homework assignment), you will be given full points. 2) If you need more time to fulfill the tasks, you will have until the following week’s meeting to complete the tasks and demonstrate to your Faculty Coordinator that you can perform them but you will only receive partial credit. These check forms will provide you with the incentive to work on developing these skills and increase your proficiency. They will play a critical role in how you are graded in the course.

Week 10:
Theme: Health and Sports

Novice High/Intermediate Low

Novice high: partial control

Intermediate Low: full control, but barely.

Can Do Task	Sign Off from Fellow Student	Sign off by LF
I can give basic information about my own health.		
I can give basic information about my favorite sport.		
I can ask and answer basic questions about health and fitness.		

Intermediate Mid

Solid control of Intermediate functions, a few peaks into Advanced-level narration and description in present, past and future time frames.

Can Do Task	Sign Off from Fellow Student	Sign off by LF
I can provide information that is several-sentences long about my sports activities.		
I can ask and answer follow-up questions about familiar sports and health-related topics.		
I can explain simply how a certain sport is played (e.g., There are two periods in football. Each team can play with 11 players. You may not use your hands to play, etc.).		
I can set up an appointment with someone like a doctor or physical therapist.		
I can narrate about and describe sporting events in present, past, and future times SOME of the time.		

Intermediate High/Advanced Low

Intermediate High: able to narrate and describe in present, past and future time frames in connected discourse MORE THAN HALF OF THE TIME

Advanced Low: Advanced functions ALL of the time, but barely.

Can Do Task	Sign Off from Fellow Student	Sign off by LF
I can relate a health-related experience with enough details to give a paragraph-length “picture” (e.g., an accident I had while playing sports, a time I had to miss an important event because I was sick, etc.).		
I can give a detailed description of an athlete or coach whom I greatly admire.		
I can tell stories about memorable experiences I have had at sporting events.		
I can compare one health issue with another (e.g., compare the symptoms of the common cold with influenza) or one kind of exercise with another kind of exercise (e.g., benefits of running vs. benefits of cycling).		
I can explain to my doctor what happened to cause a particular illness or injury.		
I can give my opinion about healthcare or salaries of professional athletes. Although I make mistakes while dealing with complex issues, I am not afraid to try.		

Advanced Mid/Advanced High

Advanced Mid: solid control of narration/description all time frames + peaks into Superior functions

Advanced High: Solid control of Advanced functions + ability to develop arguments, support opinions and hypothesize MORE THAN HALF OF THE TIME in the context of extended discourse.

Can Do Task	Sign Off from Fellow Student	Sign off by LF
I can give full descriptions and tell detailed stories in present and past time frames about sporting events and memorable experiences relating to sports or health.		
I can explain an injury or illness in great detail and manage to get help in an emergency.		
I can support my opinion about the Affordable Care Act, the advantages and disadvantages of professional sports, the benefits and drawbacks of belonging to an intercollegiate conference such as the Big 10 vs. being independent, etc.		
I can speculate at length on what the world would be like IF... (if medical costs were significantly lower in the US, if euthanasia were legal, if we could get obesity under control, if the rules of a particular sport were changed, if universities no longer awarded scholarships to student athletes, etc.).		