

OCCUPATIONAL FITNESS

NAME: _____ GRADE: _____ PERIOD: _____ DATE: _____

STEP ONE: OCCUPATION

As a partnership decide on an occupation (job) that you are interested in doing as a career.

STEP TWO: INTERVIEW

Interview someone who works in that field and ask them questions about how they stay fit for their career. You may use internet resources to supplement your interview. Make sure to give proper credit to the interviewee and internet source if used.

STEP THREE: REPORT

Report the results from the interview must be in video format. (see rubric below)

Video Assignment

Criteria	1 – Unacceptable	2 – Minimally Acceptable	3 - Proficient	4 - Advanced
Content of Questions	Inappropriate questions asked to illicit responses. Lacked variety in type and form of questions.	Few substantive/pertinent questions asked. Very little variety in type and form of questions.	Some substantive/pertinent questions. Some variety in type and form of questions.	Mostly substantive/pertinent questions. A lot of variety in type and form of questions.
Organization of the Interview	Little or no structure present. Presentation is confusing to the audience; no logical sequence of ideas; frequently off topic. Interview falls well outside set time parameters.	Identifiable structure is present but inconsistently executed; may contain several statements out of place and occasionally deviate from topic. Presentation falls slightly outside set time parameters	Identifiable structure is present and consistently executed with few statements out of place. Presentation meets set time parameters.	Identifiable structure is presented in a purposeful, interesting, and effective sequence and remains focused. Presentation makes full, effective use of time and stays within time parameters.
Language	Grammar, pronunciation, and/or word choice are severely deficient. Interviewer does not use professional language.	Isolated errors in grammar, pronunciation, and/or word choice reduce clarity and credibility.	Presentation is free of serious errors in grammar, pronunciation, and/or word usage. Interviewer sounds mostly professional.	Presentation is free of errors in grammar and pronunciation; word choice aids clarity and vividness. Professional language.
Appropriateness	Content and/or style are frequently inappropriate to the audience and/or context. Dress is not professional.	Content and/or style are occasionally inappropriate to the audience and/or context. Dress is somewhat professional.	Content and/or style are consistently appropriate to the audience, and/or context. Dress is professional.	Content and/or style are consistently appropriate and targeted to the interviewee and the specific context. Dress is professional.
Delivery	Delivery is distracting or awkward and not commanding for an interview. Long silences or too much talking on the part of the interviewer.	Delivery neither enhances nor hinders performance. Appropriate gestures are communicated and some distracting mannerisms are visible.	Delivery is clear and commands the interview. Voice and body are evenly matched and appropriately managed for the situation.	Vocal and non-verbal delivery are well developed and enhance the interview experience.