**Wellness Written Formative Assessment**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_**

**Directions:** You are part of a research team that has developed a way to reduce a human being to a size small enough to travel inside a body-pod throughout the human body. You have been selected to make the first trip. Think of the observations that you will make and the research that you will be able to do! Your assignment is to go in and make some specific observations on the changes that take place inside the human body when it is involved in cardio respiratory activity. You will need to describe what is going on as you communicate with the rest of your research team. The list that follows includes a number of items that the team would like you to report on. Next to each item provide a description of what is going on. Use descriptive language to describe what you see.

Heart rate (rate at which the heartbeats)

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Blood flow

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Stroke volume (amount of blood pumped with each beat of the heart)

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**Assessment:** Your work will be scored according to the criteria in the following rubric. Use this information to self-assess your work before you hand it in.

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| 4 | Excellent work! You went above and beyond! | Each response is complete and correct. The student was able to identify specific changes that occur in heart rate, blood flow, and stroke volume during exercise. Artwork, specific examples, or details that support answers are included. |
| 3 | Good work. Everything is here! | Each response is complete and correct. The student was able to identify specific changes that occur in heart rate, blood flow, and stroke volume during exercise. |
| 2 | Good attempt. Just a few things are missing. Would you like to try this one again? | Most responses are complete and correct. One or two items may be missing. The student was able to identify some changes that occur in heart rate, blood flow, and stroke volume during exercise. |
| 1 | Let’s be sure that you understand. I recommend that you try this one again. See me for more explanation. | Few answers are complete and correct. The student was able to identify few changes that occur in heart rate, blood flow, and stroke volume during exercise. |