

Student Peer Assessment Form: 30-Day Running Program Design

Criteria	Novice (0)	Intermediate (1)	Proficient (2)	Advanced (3)	Peer Rating (0–3)
Preparation & Homework Completion	Did not complete pre-course homework or show evidence of preparation.	Partially completed or rushed homework; limited preparation evident.	Completed all pre-course work with moderate effort and detail.	Fully prepared; submitted complete, thoughtful work ahead of time.	
Heart Rate Zone Calculation Skills	No HR zones calculated or inaccurate.	Some HR zones attempted with errors.	Calculations mostly correct and used in design.	All HR zones accurately calculated and fully applied.	
Peer Feedback Engagement	Provided no feedback or irrelevant feedback.	Provided vague or general suggestions.	Offered useful, objective feedback aligned to rubric.	Provided specific, insightful, and data-driven feedback that improved peer's plan.	
Collaboration During Coaching Phase	Did not engage or cooperate with partner.	Participated reluctantly or needed prompting.	Worked respectfully and actively with partner.	Fully engaged, supported peer, and helped elevate partner's understanding.	
Training Plan Individualization	Design was generic and not aligned to partner's data.	Minor customization present but not consistent.	Design reflects partner's goals and performance metrics.	Plan is fully customized to partner's data, goals, pacing logic, and availability.	
Use of Training Residuals	Did not consider training residuals.	Attempted use, but inconsistently applied.	Generally aligned residual frequency to plan design.	Expertly integrated NSCA residual principles across full design.	

Communication & Professionalism	Unprofessional or unclear; poor communication.	Basic interaction; unclear or rushed explanations.	Respectful and clear communicator with some organization.	Consistently professional, organized, and articulate during all phases.	
Reflection Contribution	Submitted no reflection or off-topic.	Reflection lacked depth or detail.	Thoughtful insights included with specific learning takeaway.	Clear demonstration of growth, application intent, and peer learning value.	

Instructions: Use this form to evaluate your partner's participation and performance during the 30-Day Running Program Design project. For each criterion, assign a score from 0 to 3. Base your rating on direct observations, feedback quality, professionalism, and the final product. Use the descriptions provided in each column to guide your decision.

Additional Comments (optional):
