

THE ROLE OF PHYSICAL ACTIVITY IN REDUCED HEALTHCARE COST AND DISEASE PREVENTION

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

STEP ONE: RESEARCH

Read the attached articles –

Lower Direct Medical Costs Associated with Physical Activity
Physical Activity and Health

STEP TWO: WRITE

Write a one page essay that references the articles read. Follow the rubric to see how you will be graded.

CATEGORY	4	3	2	1
Paragraph Construction	All paragraphs include introductory sentence, explanations or details, and concluding sentence.	Most paragraphs include introductory sentence, explanations or details, and concluding sentence.	Paragraphs included related information but were typically not constructed well.	Paragraphing structure was not clear and sentences were not typically related within the paragraphs.
Quality of Information	Information clearly relates to the main topic. It includes several supporting details and/or examples.	Information clearly relates to the main topic. It provides 1-2 supporting details and/or examples.	Information clearly relates to the main topic. No details and/or examples are given.	Information has little or nothing to do with the main topic.
Mechanics	No grammatical, spelling or punctuation errors.	Almost no grammatical, spelling or punctuation errors	A few grammatical spelling, or punctuation errors.	Many grammatical, spelling, or punctuation errors.
Internet Use	Successfully uses suggested internet links to find information and navigates within these sites easily without assistance.	Usually able to use suggested internet links to find information and navigates within these sites easily without assistance.	Occasionally able to use suggested internet links to find information and navigates within these sites easily without assistance.	Needs assistance or supervision to use suggested internet links and/or to navigate within these sites.
Sources	All sources (information and graphics) are accurately documented in the desired format.	All sources (information and graphics) are accurately documented, but a few are not in the desired format.	All sources (information and graphics) are accurately documented, but many are not in the desired format.	Some sources are not accurately documented.

At the end of your paper have a section call "sources". In the "sources" section list the websites or other resources you used by number. In your paper place the number of the resource in parenthesis.

In paper example:

Researchers believe that the more you exercise the less likely you will have heart troubles. (1)

In "Sources" section example:

1. The American Heart Association Website <http://www.heart.org/>
2. The American Diabetes Association Website <http://www.diabetes.org/>

Notice how the "1" in the paper example matches the "1" in the "sources" section.

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