

26/8/2020

Weekly Assessment 1 –

Weight: 15%

The deadline to submit it on *Turnitin* is on Monday the 31st of August 2020.

Please go through the syllabus for late submission and plagiarism cases.

Write a 5-paragraph essay on the topic: “Health risks of an inactive lifestyle”.

The essay should answer the below questions:

- What is an inactive lifestyle?
- How does an inactive lifestyle affect your body?
- What are the health risks of an inactive lifestyle?
- How can I get started with exercise?
- How can I be more active around the house?

Essay Requirements:

Research the topic to gain greater knowledge about the dangers of inactivity and find examples that support your argument.

Your essay should have the below structure:

- *Introduction:* Introduce the subject and state your thesis.
- *Body:* Develop your arguments using research and analysis. Be sure to identify the sources of your information or ideas using a standard citation method.
- *Conclusion:* Summarize the research and analysis presented in the essay and set forth your recommendations and conclusions.
- *Credit the Sources of Information and Ideas:* Use APA format to list your references. When citing Internet sources, include the following information: author(s), title of work, Internet address, and date information was published.

Grading Rubric				
Criteria	4	3	2	1
Introductory paragraph	The introduction is remarkably interesting. It clearly states the topic that will be developed in the essay. It includes a well-constructed thesis statement that provides a preview of the main points of the paper.	The introduction clearly states the topic and includes an adequate thesis statement that provides a preview of the main points of the essay.	The introduction states the topic and includes a thesis statement, but the thesis is either weak or does not provide a preview of the main points of the essay.	The introduction does not clearly state the topic, and/or no thesis statement is present.
Development of ideas	The writer demonstrates a superior understanding of the topic he/she is writing about. Main ideas are fully developed.	The writer has a good control of the topic he/she is writing about. Main ideas are adequately developed.	The writer shows an understanding of the topic, but some ideas are not fully developed.	The writer is unclear about the topic he/she is writing about. The discussion is not focused.
Use of evidence	Strong evidence is used to support the writer's main points.	Appropriate and adequate number of evidences is used to support the writer's main points.	The evidence provides some support to the writer's main points.	No sufficient and misinterpreted evidence, and/or no evidence is used to support the writer's main points.
Organization	Excellent transitions and topic sentences are used in the paper to guide readers through the progression of ideas.	Proper transitions are used. Every paragraph contains a clear topic sentence. Ideas flow logically from one paragraph to the next.	The paper, at times, does not flow smoothly from paragraph to paragraph. A few topic sentences are either general or flawed.	The paper lacks internal paragraph coherence. Some ideas do not relate to the thesis.