

NY ELA Rehearsal Plus

Level **H**

REVISED

Extended Response Question for Test 2



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Student's Name

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Directions

Read the passage. Then answer the question.

Lift Weights for Health

- 1 Physical activity is essential to a healthy lifestyle. People who are physically active experience many benefits, especially when they combine an exercise program with healthy eating. For example, regular physical activity can prevent a variety of chronic diseases, such as heart disease, cancer, and stroke—the three leading causes of death for Americans. Additionally, physical activity can help people to control their weight, create a hearty cardiorespiratory system, and build stronger bones. In fact, physical activity is so important to health that the government recommends that all Americans engage in physical activity every day.
- 2 When you think of physical activity, what comes to mind? Do you see yourself playing a sport like soccer or volleyball? Maybe you see yourself walking on a treadmill or swimming at the local pool? This isn't surprising—many people think about aerobic fitness activities when they think about starting a fitness program. Aerobic activities, or cardiorespiratory activities, are those exercises that promote the health of the cardiorespiratory system. Common choices include walking, running, swimming, biking, dancing, or playing fast-paced sports like soccer. And while all of these activities are excellent choices for building a healthy heart and lungs, they are not the only kind of physical activity you should be thinking about.
- 3 A second—and no less important—component of a well-rounded fitness program is resistance training. Resistance training refers to those activities that involve building muscle and getting stronger. Research shows that people who engage in regular resistance training experience a variety of positive outcomes. They sculpt leaner bodies with more muscle and less fat, build bones capable of withstanding the realities of aging, and even develop a more serene state of mind.

The Choices

- 4 Resistance training can take many forms. Lifting free weights is the most common form of resistance training. Free weights are barbells and dumbbells of varying sizes. An effective free-weight program will work the entire body either all at one time or in a split fashion. For example, a person might work upper body muscles one day and lower body muscles the next. As the individual progresses, he or she will lift heavier and heavier weights.

Go On

- 5 Weight machines are another option for resistance training. Weight machines tend to mimic the patterns of free-weight exercises but in a more controlled fashion. Many beginners like to start with weight machines because they seem less intimidating. Most gyms and fitness centers offer a variety of machines that can help people learn correct movement patterns.
- 6 Believe it or not, body weight exercises are a very effective form of resistance training. Think about how much you weigh; when you perform body weight exercises, that is the amount that you are lifting! Body weight exercises are a great way to get started with a strength program. What's more, you can do body weight exercises without investing in a gym membership or buying any equipment for your home. You can start with a group of simple exercises, such as pushups, pull-ups, planks, squats, and lunges. Later you can add other exercises or more advanced versions of the basics.
- 7 Resistance tubing and bands are another inexpensive way to get in some resistance training. Lightweight tubes and bands offer resistance when they're stretched out. The amount of resistance varies, based on the grading of the tube or band. You can use tubes and bands by themselves, or you can use them to make other exercises, such as body weight exercises, more challenging.



The Benefits

- 8 People who engage in regular strength training find that they can better control their weight. Strength training develops muscle mass, which is metabolically active tissue. (Fat, on the other hand, is not metabolically active.) Metabolically active tissue burns more calories more efficiently. Combined with a sensible eating program, resistance training can both increase the amount of lean muscle in the body and reduce the amount of body fat.
- 9 Strong bones are a critically important benefit, especially for women. Resistance training changes bones by putting stress on them. The stress causes the bone density to increase. (Bone density refers to the amount of mineral matter per square centimeter of a bone.) Increasing bone density reduces the risk of conditions such as osteoporosis, which can result in bone fractures and breaks, especially in older women.
- 10 One 12-month study demonstrated that women who completed strength training activities just two days per week increased the density of their hip and spine bones by one percent. In comparison, the control group, or the group that did not perform the activities, showed bone loss in that same time period. (In fact, studies show that post-menopausal women can lose one to two percent of their bone mass each year.)
- 11 Strength training is also critical in the prevention and management of chronic conditions, such as arthritis and diabetes. Tufts University recently published a study on a population with severe knee osteoarthritis. The individuals in the study completed a 16-week strength training program that reduced many of their symptoms and decreased their knee pain by an estimated 43 percent. This study shows that strength training can be at least as effective as medication in pain management—with far fewer side effects.
- 12 Resistance training also promotes a healthier state of mind. Increasing one's strength is correlated with a more positive outlook. No one knows if this is because people who lift weights feel stronger or if it's due to some biochemical change that strength training brings about in the brain.
- 13 In conclusion, resistance exercises are safe and effective for people of all ages, including those who are not in perfect health. In fact, people with health concerns, such as heart disease or arthritis, often benefit the most from an exercise program that includes resistance training at least twice a week.

Planning Page

You may **PLAN** your writing for this question here if you wish, but do **NOT** write your final answer on this page. Your writing on this Planning Page will **NOT** count toward your final score. Write your final answer on Pages 7 and 8.



Scoring Rubric

Extended-Response (4-Point) Holistic Rubric

Extended-response questions assess both reading and writing standards. Scores for extended-response questions are based on four overarching criteria: content and analysis; command of evidence; coherence, organization, and style; and control of conventions. Extended-response questions are scored on the rubric below, which incorporates these four criteria.

Criteria **CONTENT AND ANALYSIS:**
the extent to which the essay conveys ideas and information clearly and accurately in order to support analysis of topics or text

Score of 4 Essays at this level:

- clearly introduce a topic in a manner that follows logically from the task and purpose
- demonstrate comprehension and analysis of the text

Score of 3 Essays at this level:

- clearly introduce a topic in a manner that follows from the task and purpose
- demonstrate grade-appropriate comprehension of the text(s)

Score of 2 Essays at this level:

- introduce a topic in a manner that follows generally from the task and purpose
- demonstrate a confused comprehension of the text(s)

Score of 1 Essays at this level:

- introduce a topic in a manner that does not logically follow from the task and purpose
- demonstrate little understanding of the text

Score of 0 Essays at this level:

- demonstrate a lack of comprehension of the text or task

Criteria COMMAND OF EVIDENCE: the extent to which the essay presents evidence from the provided texts to support analysis and reflection

Score of 4 Essays at this level:

- develop the topic with relevant, well-chosen facts, definitions, and details throughout the essay

Score of 3 Essays at this level:

- develop the topic with relevant facts, definitions, and details throughout the essay

Score of 2 Essays at this level:

- partially develop the topic of the essay with the use of some textual evidence, some of which may be irrelevant

Score of 1 Essays at this level:

- demonstrate an attempt to use evidence, but only develop ideas with minimal, occasional evidence which is generally invalid or irrelevant

Score of 0 Essays at this level:

- provide no evidence or provide evidence that is completely irrelevant

Criteria COHERENCE, ORGANIZATION, AND STYLE:
the extent to which the essay logically organizes complex ideas, concepts, and information using formal style and precise language

Score of 4 Essays at this level:

- clearly and consistently group related information together
- skillfully connect ideas within categories of information using linking words and phrases
- provide a concluding statement that follows clearly from the topic and information presented

Score of 3 Essays at this level:

- generally group related information together
- connect ideas within categories of information using linking words and phrases
- provide a concluding statement that follows from the topic and information presented

Score of 2 Essays at this level:

- exhibit some attempt to group related information together
- inconsistently connect ideas using some linking words and phrases
- provide a concluding statement that follows generally from the topic and information presented

Score of 1 Essays at this level:

- exhibit little attempt at organization
- lack the use of linking words and phrases
- provide a concluding statement that is illogical or unrelated to the topic and information presented

Score of 0 Essays at this level:

- exhibit no evidence of organization
- do not provide a concluding statement

Criteria CONTROL OF CONVENTIONS: the extent to which the essay demonstrates command of the conventions of standard English grammar, usage, capitalization, punctuation, and spelling

Score of 4 Essays at this level:

- demonstrate grade-appropriate command of conventions, with few errors

Score of 3 Essays at this level:

- demonstrate grade-appropriate command of conventions, with occasional errors that do not hinder comprehension

Score of 2 Essays at this level:

- demonstrate emerging command of conventions, with some errors that may hinder comprehension

Score of 1 Essays at this level:

- demonstrate a lack of command of conventions, with frequent errors that hinder comprehension

Score of 0 Essays at this level:

- are minimal, making assessment of conventions unreliable

Answer Key

Rehearsal Test 2

Test 2, Book 2

Question Type	Points	Common Core Learning Standard
Extended-Response	4	RI.8.8 Delineate and evaluate the argument and specific claims in a text, assessing whether the reasoning is sound and the evidence is relevant and sufficient; recognize when irrelevant evidence is introduced.

Use the 4-point extended-response holistic rubric for this question.

Extended-response sample answer:

The author of “Lift Weights for Health” makes many claims about resistance training and offers support for most of these claims. One claim that the author makes is that resistance training builds stronger bones. The author supports this claim by first describing the impact of strength training on the bones—the activity puts stress on them, which impacts bone density. Then the author further supports this claim by describing how improved bone density reduces the risk of conditions such as osteoporosis, which is a disease that affects many people, especially older women. The author also cites a 12-month study that supports this conclusion.

Another claim the author makes is that strength training is “critical in the prevention and management of chronic conditions, such as arthritis and diabetes.” The author supports this claim by describing a study from Tufts University. The study shows that people with severe knee osteoarthritis were able to reduce many of their symptoms and decrease their knee pain by an estimated 43 percent.