Article Review

The purpose of article reviews is to expose you to current trends, research and philosophies in the health and fitness industry. Article reviews are due every Thursday and are worth 35 points each. Articles should come from established, reputable resources.

The following must be included each article review:

1. Article Citation (APA, [www.citationmachine.net](http://www.citationmachine.net) is a great resource to ensure the citation is correct)
2. Brief synopsis (250 words)
3. Opinion of the article, do you agree with statements made, did the article make a good impression on you, why/why not (100 words)
4. Would you recommend this article to other fitness professionals? (50 words)
5. Spelling and grammar count
6. Article reviews must be typed
7. Rubric must be attached (extra copies available in the class room)
8. Article review must be emailed to Mrs. Valentas [svalentas@efcts.us](mailto:svalentas@efcts.us) by 11:59 pm every Thursday

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| **Article Review Rubric** | | | | | |
| Name: |  |  |  |  |  |
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| CATEGORY | 4 | 3 | 2 | 1 | Points Awarded |
| Synopsis | Synopsis is 250+ words. | Synopsis is 200-249 words. | Synopsis is 150-199 words. | Synopsis is less than 150 words. | /4 |
| Opinion | Opinion is 100+ words. | Opinion is 75-99 words. | Opinion is 50-74 words. | Opinion is less than 50 words | /4 |
| Recommendation | Recommendation is 50+ words. | Recommendation is 40-49 words. | Recommendation is 30-39 words. | Recommendation is less than 30 words. | /4 |
| Spelling | No spelling errors. | 1-2 spelling errors. | 3-4 spelling errors. | 5 or more spelling errors. | /4 |
| Grammar | No grammar errors. | 1-2 grammar errors. | 3-4 grammar errors. | 5 or more grammar errors. | /4 |
| Typed and emailed to Mrs. Valentas (svalentas@efcts.us) by 11:59 pm date due | | | | | /6 |
| APA Citation included | | | | | /4 |
| Rubric attached to article review. | | | | | /5 |
| Final Grade | | | | /35 | |
| **Comments:** | | | | | |

**Example of a 35 point Article Review**

Aurand, L. (2011, November 01). Life cycle. *Healthy New Albany*, *1*(2), 18-21.

In 2009 Lisa Hinson watched her husband participate in Pelotonia. Pelotonia is a two-day 180 mile bike ride which raises money for cancer research at The Ohio State University Medical Center. Bikers ride from Columbus to Athens. As Lisa watched Pelotonia unfold, with cancer survivors and families cheering, she realized she wanted to participate in the event, but didn’t know if she would be able to.

Lisa reached out to two other women and talked them into training for the 2010 Pelotonia with her. The three women worked together and created Girls with Gears. The group made information packets and distributed the information to other like-minded women to train for Pelotonia.

On the first night of training the women realized they needed to gain more information about training for Pelotonia as most of the participants did not have the appropriate gear for road bicycling. After six months the participants in Girls with Gears had the necessary equipment and were meeting three times per week to ride various distances. The group also began having guest speakers to educate them on nutrition, bike safety, clothing, and other topics related to cycling.

The foundation of Girls with Gears is one of support, the group encourages women of all levels fitness levels to participate. One of the founding members commented that she “typically thought of ways to get out of exercise.” The first year of Girls with Gears was very successful. A total of 19 women participated and raised over $37,000. In 2011 there were a total of 24 riders who raised over $44,000.

I really enjoyed this article. I have always wanted to do a triathlon or some form of distance cycling, but was intimidated about training alone. Riding in a group would help me overcome some of my fears about training. Some of my fears are riding on busy streets alone, getting hurt while riding and just having the self-doubt and feeling like I might not be able to do a long ride. I would be more willing to train for something like this if I had a group to meet up with. I searched for Girls with Gears on-line and found that they have a Facebook page. Girls with Gears also has an official website and currently has 38 women training for Pelotonia and they have raised over $50,000. I also looked up Pelotonia’s website. It was held on August 9-11 and over $9.2 million was raised during this year’s event.

I would recommend this article to fitness professionals. This article would help other fitness professionals know about groups in the area that specialize in cycling. If you were working with a client that is interested in cycling you could refer them to this article as a resource which allows you to show that you stay on top of fitness trends.

*Emailed to Mrs. Valentas Wednesday evening*