Score:

Topic/Organization:

Evidence/Development:

Language/Conventions:

**9th- 10th Grade Writing Sample**

In recent years, people have become too dependent on technology, whether it has to do with their jobs or with their personal lives. They depend on it to read the daily news, to shop for groceries, and to even make new friends. However, the increasing dependence on technology is contributing to the declining health rates because of how almost every aspect of someone’s life is controlled by technology in one way or the other, and people are not having to do as much as they used to, leading to less physical activity.

Technology has been proven to be the cause of the world’s decline in health. In the passage “Step Away from the Smartphone,” it states that a research study conducted in the United States, China, Brazil, the United Kingdom, and India showed a significant decrease in total activity between 2003 and 2009. Moreover, this time period in which the drastic decrease in activity levels occurred directly correlated with when Internet usage was beginning to become more popular. Plus, the most dramatic decrease in activity occurred in the United States, where technology usage is much higher than in other countries, and based on this research, the average number of hours someone spends on digital media had increased to eleven hours per day. Therefore, technology directly contributes to falling activity levels all over the world.

Plus, because of the falling activity levels, technology has been causing health issues as well. Studies have shown that children and teens today are about fifteen percent less fit than their parent were when they were their age. This statistic shows that as the influence of technology in people’s everyday lives increases, the health of the recent generations decreases. So where does this lead to? This leads to a rise in weight levels, loss in cardiovascular fitness, and most surprisingly, a decline in heart fitness. As a result, life expectancies can go down.

On the other hand, according to “Getting Fit with Technology,” the fitness tech industry produces devices that can check heart rates, count steps, estimate calories burned, count calories consumed, and even body temperature and perspiration levels. They can supposedly help motivate the wearer to go out and exercise rather than sitting on a couch and watching television. While that may be true in some cases, many people prefer to watch television or surf the internet than to go out and exercise. The only people who purchase the fitness devices are those who want to be healthier, not the ones who prefer less activity, so the fitness devices are not a complete and definite solution to the negative effects of technology, and won’t be able to improve the health of the majority of technology users.

Overall, technology has many more harmful effects than beneficial effects. While using it is certainly much easier than doing everything by hand, it causes many negative, long-lasting problems, such as health and fitness problems, and if people don’t change their ways now, when it is still possible to reduce the dependency on technology, it may be too late to change when it becomes hard to do virtually anything without it.

Score:

Topic/Organization:

Evidence/Development:

Language/Conventions:

**9th- 10th Grade Writing Sample**

Imagine waking up one morning and going straight to work. Your job is to sit in front of the computer and take calls and check your e-mails. Your plan is to hit the gym when you come home, but you get so tired and lazy that you sit on the couch and watch t.v. Some people’s day goes like this, and because of technology they are harming their health.

To begin with, with more technology we don’t consider going out anymore. All we want to do is sit inside and watch a movie or go finish our favorite show on t.v. In passage 1, the author makes a great point that “Instead of texting a friend, we should get out and visit that friend.” I think that as kids we spend too much time on our phone and not enough spending time doing activities outside with friends and families.

Another key point is that technology can also bring our health down. Every moment that we spend sitting in front of the t.v. and eating a bag of potato chips, we are gaining weight. In passage 1 the author mentions “One study reveals that childeren and teens today are approximately fifteen percent less fit than their parents were as kids.” I think that we should start joining more sports and start thinking about our health.

On the other hand, technology can also be good. All these fitness-devices are encouraging people to workout. In passage 2 the author claims “The fitness tech industry is growing by leaps and bounds. In fact, more than 17 million wearable fitness devices were shipped in 2014.” People also work harder when the fitness-devices are setting personal goals. For example, the apple watch, which recently came out, in the watch you can put all your health data and it can also count how much you ran or walked. However, I believe that people who don’t have the money to afford these watches or just don’t want it, they need more encouragement to work out.

In concluding, technology can harm us more than help. It can lower our health and make us gain more weight. We should being more proactive in our decisions and go out more often, even though some people can’t afford the fitness-devices.

Score:

Topic/Organization:

Evidence/Development:

Language/Conventions:

**9th- 10th Grade Writing Sample**

Personally me i think techonolgy is a great idea and technically it does help with your daily lives physically, mentally, and just for fun. It’s amazing what you can do with technology  
now towards the fittness level aspect of the situation. On your phone in the play store there  
are millions of apps relating to fittness and billions of people use those apps to maintain  
there own fittness level. They have apps for virtual coaches. They help you accomplish  
fittness goals such as a type of form or shape you want your body to look like tell have  
videos on the apps that show actual people doing this with you and coaching to help you  
reach your goals for whatever you are trying to accomplish.

Techonolgy is so advanced and precise now that you know those old fashion rotational  
watches that just tell time like a normal clock you can find anywhere has totally changed  
due to the tremendous increase in technology that now not only can the new generation  
watches tell time not old time digital time with the numbers already there for you they also  
have built in heart rate checkers, sugar levels for diabetic patients, the steps you take,  
estimated calories burned, and calories consumed. Techonolgy has gradually made itself  
to the top and is very useful for fittness maintence and more. Techonolgy is very elaborate  
and useful i use it so i think you should use it to.

Score:

Topic/Organization:

Evidence/Development:

Language/Conventions:

**9th- 10th Grade Writing Sample**

as all of us know that technology has played a good and bad role on us.many of the new  
devices that have came out are now showing us the right fittness for our bodies.therefore i  
will tell how it is affecting us in a good way to prove them rong.

the average amount of people that use the technology is for social media ,therfore we  
shoule encourage peers in our socity to use this advantage to stay healthy. the new apple  
divices are now showing us the right amount of food , exercise, and it askes for your  
weight and height to calculate the right amount of fittness.