
AP Research Academic Paper

Sample Student Responses and Scoring Commentary

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Sample J

- Scoring Guideline**
- Student Samples**
- Scoring Commentary**

2018 AP Research Academic Paper Rubric v1.0

The response...

<p>Score of 1 Report on Existing Knowledge</p>	<p>Score of 2 Report on Existing Knowledge with Simplistic Use of a Research Method</p>	<p>Score of 3 Ineffectual Argument for a New Understanding</p>	<p>Score of 4 Well-Supported, Articulate Argument Conveying a New Understanding</p>	<p>Score of 5 Rich Analysis of a New Understanding Addressing a Gap in the Research Base</p>
<ul style="list-style-type: none"> • Presents an overly broad topic of inquiry. • Situates a topic of inquiry within a single perspective derived from scholarly works OR through a variety of perspectives derived from mostly non-scholarly works. • Describes a search and report process. • Summarizes or reports existing knowledge in the field of understanding pertaining to the topic of inquiry. • Generally communicates the student’s ideas, although errors in grammar, discipline-specific style, and organization distract or confuse the reader. • Cites AND/OR attributes sources (in bibliography/works cited and/or in-text), with multiple errors and/or an inconsistent use of a discipline-specific style. 	<ul style="list-style-type: none"> • Presents a topic of inquiry with narrowing scope or focus, that is NOT carried through either in the method or in the overall line of reasoning. • Situates a topic of inquiry within a single perspective derived from scholarly works OR through a variety of perspectives derived from mostly non-scholarly works. • Describes a nonreplicable research method OR provides an oversimplified description of a method, with questionable alignment to the purpose of the inquiry. • Summarizes or reports existing knowledge in the field of understanding pertaining to the topic of inquiry. • Generally communicates the student’s ideas, although errors in grammar, discipline-specific style, and organization distract or confuse the reader. • Cites AND/OR attributes sources (in bibliography/works cited and/or in-text), with multiple errors and/or an inconsistent use of a discipline-specific style. 	<ul style="list-style-type: none"> • Carries the focus or scope of a topic of inquiry through the method AND overall line of reasoning, even though the focus or scope might still be narrowing. • Situates a topic of inquiry within relevant scholarly works of varying perspectives, although connections to some works may be unclear. • Describes a reasonably replicable research method, with questionable alignment to the purpose of the inquiry. • Conveys a new understanding or conclusion, with an underdeveloped line of reasoning OR insufficient evidence. • Competently communicates the student’s ideas, although there may be some errors in grammar, discipline-specific style, and organization. • Cites AND attributes sources, using a discipline-specific style (in both bibliography/works cited AND in-text), with few errors or inconsistencies. 	<ul style="list-style-type: none"> • Focuses a topic of inquiry with clear and narrow parameters, which are addressed through the method and the conclusion. • Explicitly connects a topic of inquiry to relevant scholarly works of varying perspectives AND logically explains how the topic of inquiry addresses a gap. • Logically defends the alignment of a detailed, replicable research method to the purpose of the inquiry. • Supports a new understanding or conclusion through a logically organized line of reasoning AND sufficient evidence. The limitations and/or implications, if present, of the new understanding or conclusion are oversimplified. • Competently communicates the student’s ideas, although there may be some errors in grammar, discipline-specific style, and organization. • Cites AND attributes sources, with a consistent use of an appropriate discipline-specific style (in both bibliography/works cited AND in-text), with few to no errors. 	<ul style="list-style-type: none"> • Focuses a topic of inquiry with clear and narrow parameters, which are addressed through the method and the conclusion. • Explicitly connects a topic of inquiry to relevant scholarly works of varying perspectives AND logically explains how the topic of inquiry addresses a gap. • Logically defends the alignment of a detailed, replicable research method to the purpose of the inquiry. • Justifies a new understanding or conclusion through a logical progression of inquiry choices, sufficient evidence, explanation of the limitations of the conclusion, and an explanation of the implications to the community of practice. • Enhances the communication of the student’s ideas through organization, use of design elements, conventions of grammar, style, mechanics, and word precision, with few to no errors. • Cites AND attributes sources, with a consistent use of an appropriate discipline-specific style (in both bibliography/works cited AND in-text), with few to no errors.

AP[®] RESEARCH

2018 SCORING COMMENTARY

Academic Paper

Overview

This performance task was intended to assess students' ability to conduct scholarly and responsible research and articulate an evidence-based argument that clearly communicates the conclusion, solution, or answer to their stated research question. More specifically, this performance task was intended to assess students' ability to:

- Generate a focused research question that is situated within or connected to a larger scholarly context or community;
- Explore relationships between and among multiple works representing multiple perspectives within the scholarly literature related to the topic of inquiry;
- Articulate what approach, method, or process they have chosen to use to address their research question, why they have chosen that approach to answering their question, and how they employed it;
- Develop and present their own argument, conclusion, or new understanding while acknowledging its limitations and discussing implications;
- Support their conclusion through the compilation, use, and synthesis of relevant and significant evidence generated by their research;
- Use organizational and design elements to effectively convey the paper's message;
- Consistently and accurately cite, attribute, and integrate the knowledge and work of others, while distinguishing between the student's voice and that of others;
- Generate a paper in which word choice and syntax enhance communication by adhering to established conventions of grammar, usage, and mechanics.

26 April 2018

Word Count: 2422

Health Effect of playing a sport in high school on a Middle Age individual's body

Introduction

The relationship between doing rigorous sports in high school and being “fit” in the future. What is the effect of playing sports in high school on an individual's body in 30 years? To be considered fit, an adult must be in the 50th percentile for weight at their age. This research question will allow the audience to know whether high school sports pay off for the athlete in the long term. It will either encourage or discourage people to play sports in high school.

Some state that sports such as cross country and track and field have a negative effect on the body in the long term. Running can be stressful, as studies state. They have been shown to help heal heart attacks, stroke, skin burns, and nerve damage from toxins. They also prevent infections and repair muscle and tissue damage (Sears). This allows the audience to know that injury is not uncommon among runners.

In contrast, many others claim that running promotes fat loss and provides an important metabolic boost since the body can only handle so much. Circulation improves due to the improvement of lung capacity and the dilation of blood vessels “Over time, these systems — lungs, vessels, capillaries and cells — adapt to a higher level of energy expenditure and also increase their efficiency in kind “(Sherri). Moreover, looking at another aspect of physical activity in high school. Moreover one is less stressed and has more energy the next day. Although doing a physical activity has benefits, a negative includes the competitive nature that drives most athletes “to injury through

overuse or overtraining, or by ignoring injury to play through the pain in order to help their team “(Carson). With this information, a majority of sources have stated that running improves fitness in the long term, unless one is overtraining in which they will most likely get injured.

Literature Review

Running is a lifestyle. Running can be stressful, as studies state. They have been shown to help heal heart attacks, stroke, skin burns, and nerve damage from toxins. They also prevent infections and repair muscle and tissue damage (Sears). This allows the audience to know that injury is not uncommon among runners.

In contrast, many others claim that running promotes fat loss and provides an important metabolic boost since the body can only handle so much. Circulation improves due to the improvement of lung capacity and the dilation of blood vessels “Over time, these systems — lungs, vessels, capillaries and cells — adapt to a higher level of energy expenditure and also increase their efficiency in kind “(Sherri). Moreover, looking at another aspect of physical activity in high school. Moreover one is less stressed and has more energy the next day. Although doing a physical activity has benefits, a negative includes the competitive nature that drives most athletes “to injury through overuse or overtraining, or by ignoring injury to play through the pain in order to help their team “(Carson). With this information, a majority of sources have stated that running improves fitness in the long term, unless one is overtraining in which they will most likely get injured.

The study found that men who played sports actually had fewer health problems as opposed to those that did not play sports in high school. The study was done with 700 World War II veterans who were pretty fit. While the researchers did not find that personality traits nor

environment it did show that being active early on helped individuals later in their life. This information is vital to finding out the effects of rigorous high school sports on maintaining fitness in the future. The veterans did indeed turn out to be more fit than the average male. Running is also important for fat loss. This results in better overall cardiovascular health in conjunction with the heart. Although playing sports has benefits, most will realize when it is time to put your body to rest.

On the other hand, many others claim that running promotes fat loss and provides an important metabolic boost since the body can only handle so much. Circulation improves due to the improvement of lung capacity and the dilation of blood vessels “Over time, these systems — lungs, vessels, capillaries and cells — adapt to a higher level of energy expenditure and also increase their efficiency in kind “(Felton). Moreover, looking at another aspect of physical activity in high school. Moreover one is less stressed and has more energy the next day. Although doing a physical activity has benefits, a negative includes the competitive nature that drives most athletes “to injury through overuse or overtraining, or by ignoring injury to play through the pain in order to help their team “(Westbrook). With this information, a majority of sources have stated that running improves fitness in the long term, unless one is overtraining in which they will most likely get injured.

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Methods

It is said that a study conducted that tests men who played high school sports in their 70s. The study found that men who played sports actually had fewer health problems as opposed to those that did not play sports in high school. The study was done with 700 World War II veterans who

were pretty fit. While the researchers did not find that personality traits nor environment it did show that being active early on helped individuals later in their life. This information is vital to finding out the effects of rigorous high school sports on maintaining fitness in the future. The veterans did indeed turn out to be more fit than the average male. Running is also important for fat loss. This results in better overall cardiovascular health in conjunction with the heart. Although playing sports has benefits, most will realize when it is time to put your body to rest.

The data shows that physical activity decreases as someone gets older. This means their BMI usually falls in the overweight category as time progresses. However, instead of doing vigorous activity more adults walk as they get older as opposed to vigorous activity. This seems to be a precautionary measure taken to avoid injuries. Also, cardiovascular fitness also decreases rapidly as one gets older, but being active in high school rapidly slows the risk.

My question is “is there a connection between playing a high school sport and fitness in an individual’s middle age.” I am using a correlational research method to try and find a connection between an individual playing a high school and fitness. This is on order to connect those active early on and see if there is a correlation later when they may not be as active as they were. Body structures and any major injuries would be examined in order to get a better idea of the question. For a better understanding of the question some things to take into consideration should include: waist circumference, blood pressure, and BMI (Body Mass Index). This is to understand health risks and overall fitness.

The relationship between doing rigorous sports in high school and being “fit” in the future. What is the effect of playing sports in high school on an individual’s body in 30 years? To be considered fit, an adult must be in the 50th percentile for weight at their age. This research

question will allow the audience to know whether high school sports pay off for the athlete in the long term. It will either encourage or discourage people to play sports in high school.

Some state that sports such as cross country and track and field have a negative effect on the body in the long term. Running can be stressful, as studies state. They have been shown to help heal heart attacks, stroke, skin burns, and nerve damage from toxins. They also prevent infections and repair muscle and tissue damage (Sears). This allows the audience to know that injury is not uncommon among runners.

However, many others claim that running promotes fat loss and provides an important metabolic boost since the body can only handle so much. Circulation improves due to the improvement of lung capacity and the dilation of blood vessels “Over time, these systems — lungs, vessels, capillaries and cells — adapt to a higher level of energy expenditure and also increase their efficiency in kind “(Felton). Moreover, looking at another aspect of physical activity in high school. Moreover one is less stressed and has more energy the next day. Although doing a physical activity has benefits, a negative includes the competitive nature that drives most athletes “to injury through overuse or overtraining, or by ignoring injury to play through the pain in order to help their team “(Westbrook). With this information, a majority of sources have stated that running improves fitness in the long term, unless one is overtraining in which they will most likely get injured. 111

In contrast, many others claim that running promotes fat loss and provides an important metabolic boost since the body can only handle so much. Circulation improves due to the improvement of lung capacity and the dilation of blood vessels “Over time, these systems — lungs, vessels, capillaries and cells — adapt to a higher level of energy expenditure and also increase their efficiency in kind “(Sherri). Moreover, looking at another aspect of physical activity in high school.

Moreover one is less stressed and has more energy the next day. Although doing a physical activity has benefits, a negative includes the competitive nature that drives most athletes “to injury through overuse or overtraining, or by ignoring injury to play through the pain in order to help their team “(Carson). With this information, a majority of sources have stated that running improves fitness in the long term, unless one is overtraining in which they will most likely get injured.

A study was conducted that tests men who played high school sports in their 70s. The study found that men who played sports actually had fewer health problems as opposed to those that did not play sports in high school. The study was done with 700 World War II veterans who were pretty fit. While the researchers did not find that personality traits nor environment it did show that being active early on helped individuals later in their life. This information is vital to finding out the effects of rigorous high school sports on maintaining fitness in the future. The veterans did indeed turn out to be more fit than the average male. Running is also important for fat loss. This results in better overall cardiovascular health in conjunction with the heart. Although playing sports has benefits, most will realize when it is time to put your body to rest.

On the other hand, many others claim that running promotes fat loss and provides an important metabolic boost since the body can only handle so much. Circulation improves due to the improvement of lung capacity and the dilation of blood vessels “Over time, these systems — lungs, vessels, capillaries and cells — adapt to a higher level of energy expenditure and also increase their efficiency in kind “(Felton). Moreover, looking at another aspect of physical activity in high school. Moreover one is less stressed and has more energy the next day. Although doing a physical activity has benefits, a negative includes the competitive nature that drives most athletes “to injury through overuse or overtraining, or by ignoring injury to play through the pain in order

to help their team “(Westbrook). With this information, a majority of sources have stated that running improves fitness in the long term, unless one is overtraining in which they will most likely get injured.

Conclusion

In summary, my question is “is there a connection between playing a high school sport and fitness in an individual’s middle age” does indeed have an answer. I am using a correlational research method to try and find a connection between an individual playing a high school and fitness. This is on order to connect those active early on and see if there is a correlation later when they may not be as active as they where. Body structures and any major injuries would be examined in order to get a better idea of the question. For a better understanding of the question some things to take into consideration should include: waist circumference, blood pressure, and BMI (Body Mass Index). This is to understand health risks and overall fitness. To be considered fit, an adult must be in the 50th percentile for weight at their age. This research question will allow the audience to know whether high school sports pay off for the athlete in the long term. It will either encourage or discourage people to play sports in high school. Some limitations may include people that continue to exercise all the time which may affect the data. In conclusion, being active during an individual's teen years does decrease diseases and decrease obesity. Some limitations may include those who are just naturally more fit to begin with or train harder than others in high school college. This could mean that they naturally have less health problems and are more fit in the future.

Work Cited

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AP[®] RESEARCH 2018 SCORING COMMENTARY

Academic Paper

Sample: J

Score: 1

The paper earned a score of 1 because it presents a very broad topic of inquiry, which leads to two nonfocused research questions on page 1: “What is the effect of playing sports in high school on an individual's body in 30 years?” and page 4: “Is there a connection between playing a high school sport and fitness in an individual's middle age.” The paper also states a method on page 4 (“Correlational research method to try and find a connection between an individual playing a high school [*sic*] and fitness”), but then the paper essentially comes to an end as the remaining paragraphs in the paper are copied and pasted from previous pages. There are five paragraphs contained within the paper's seven pages with every paragraph repeated at least once and one paragraph repeated six times.

The paper did not score a 0 because there is an identifiable topic.

The paper did not score a 2 because it does not describe a reasonably replicable research method and, while the description of citation errors is the same for a 1 and a 2 paper, the misattribution of some sources (see page 1, paragraph 3, versus pages 5—6, where the same quotes are attributed to two different sets of authors) clearly make this a low-scoring paper.