

RCHS Physical Education

Argumentative Quick-Write Response Makeup Assignment

Choose from one of the following topics and create a written persuasive argument defending your position (minimum 1 page). Complete research to further strengthen your stance on the issue.

Your persuasive argument should include:

- A clear, and firm thesis on your position
- Provide necessary background information on the topic
- Why your stance is stronger than the other
- At least three points backed by data and research that strengthen your claim
- At least one source (correctly cite your sources)

Topics

1. What is more effective; **public (state-run) health care or privatised health care?**
2. What is more important for an individual's health; **exercise or nutrition?**
3. Which is a more appropriate method of stretching before exercise; **dynamic or static stretching?**
4. Which type of cardiovascular training is more effective in realizing health benefits; **interval or steady-state?**
5. Which is more effective in athletic hydration; **water or sports drinks?**

Any other argumentative topic that relates to health, fitness, nutrition, physical activity is accepted (if you are not sure, check with instructor)