



English I: Reading: Module 5: Lesson 2: Section 4

Distinguishing Between Summary and Critique

Your Turn: Chunking, Summarizing, and Critiquing

Instructions: Read the following article. Then go back and chunk it, keeping in mind that each chunk should focus on one main idea. When you are finished, write a summary and critique of the article. Click the sample response button to read one writer's summary and critique.

Exercise Spurs Teenage Boys to Stop Smoking

By Anahad O'Connor, September 20, 2011, [New York Times](#)

(1) Fitness routines may keep teenagers away from smoking.

For teenagers struggling to quit smoking, a new study has some advice. To break the habit, try breaking a sweat. It showed that teenage boys who took part in a smoking cessation program and combined it with exercise were several times less likely to continue smoking than those who received only traditional anti-smoking advice. Exercise did not have a comparable effect on teenage girls; researchers aren't sure why. But the research is among the first to show that an exercise plan for teenage smokers can help them kick two bad habits at once, smoking and inactivity, which often go hand in hand.

(2) For young smokers, breaking the habit before adulthood can be particularly crucial. Studies show that starting as a teenager makes it much more difficult to quit later on. About 80 percent of adult smokers began their habit before turning 18. Yet every day, 3,500 teenagers light their first cigarette.

(3) The new study, published this week in the journal *Pediatrics*, took place in a state with one of the worst teen tobacco problems, West Virginia, where roughly a third of all high school students are smokers. Previous studies have shown that in adults, exercise — even if it's just a walk around the block or lifting some weights — can help curb smoking by easing withdrawal symptoms and controlling cravings when people are confronted with cigarettes and other strong cues. Since West Virginia also suffers high rates of teenage obesity, the researchers wanted to see what effect exercise could have in combating two major health threats.

(4) "It seemed logical to address these two together," said Kimberly Horn, a professor of community medicine at West Virginia University and the lead author of the paper. "Exercise is known to mediate factors that often co-occur with smoking cessation, like increased stress levels, weight gain, withdrawal and cravings."

(5) After three months, the study found that only 5 percent of the students who got the single anti-smoking session had quit smoking. But almost twice as many who went through the 10-week program had quit. When exercise was added to the mix, the effect on boys was remarkable: 24 percent of male students in the exercise group quit smoking, while only about 8 percent in the 10-week program that did not encourage exercise had stopped. They were also more likely to have stayed away from cigarettes after six months as well. The teenage girls in the exercise group, though, were no more likely to have quit smoking than those who received only counseling on quitting smoking.

(6) "One of the important things to point out is that oftentimes people believe that kids aren't interested in quitting smoking," she said. "I think this demonstrates that kids can quit, they're interested in quitting and they can be successful, given the right tools."



Using your chunks to aid you, write a brief summary of the article "Exercise Spurs Teenage Boys to Stop Smoking" in the space provided below.

Now, write a critique of the article: "Exercise Spurs Teenage Boys to Stop Smoking."



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Your Turn: Chunking, Summarizing, and Critiquing (sample responses)

Using your chunks to aid you, write a brief summary of the article "Exercise Spurs Teenage Boys to Stop Smoking" in the space provided below.

In the article "Exercise Spurs Teenage Boys to Stop Smoking" Anahad O'Conner discusses adding exercise to an anti-smoking program. The research study revealed that a quarter of the male teenagers in the program quit smoking. Researchers are not sure why exercise did not have a similar impact on the teenage girls in the study. The study took place in West Virginia where about 1/3 of all high school students smoke. Researchers concluded that young people are interested in quitting smoking and can.

Now, write a critique of the article: "Exercise Spurs Teenage Boys to Stop Smoking."

In the article "Exercise, Spurs Teenage Boys to Stop Smoking," Anahad O'Connor details the study conducted by Professor Kimberly Horn, professor of community medicine at West Virginia University and lead researcher of the study that had teenage boys exercising regularly as they also went through an anti-smoking program.

The results were promising. After 10 weeks, 24% of boys who went through both an exercise and anti-smoking program had quit smoking as compared to 8% in the group who only used anti-smoking techniques.

Horn's study combining smoking cessation with exercise had a two-fold intention in West Virginia which also has one of the highest teenage obesity rates in the nation. As with any study of this nature, the real results will be in the long term effects. Can this group continue with the exercise regime and continue to refrain from smoking? I also wonder whether there was any instruction in nutrition to educate the boys in better eating habits. It's not mentioned in the study but would be a good addition to go along with the exercise program. There should be a follow up study several years from now to see the long-term results, though anything that will help teens quit smoking and lose weight would seem to be a worthwhile study.