

4.3. READING: NEWSPAPER ARTICLES, JOURNAL REPORTS

NEWSPAPER ARTICLES

An article is a piece of writing that is published in a newspaper or magazine.

Example:

1. Read this newspaper article on "Autos Lead in Traffic Violations" and write recommendations to make a smooth and safe travel by auto.

AUTOS LEAD IN TRAFFIC VIOLATIONS

Over speeding, overloading, rash driving and lane jumping – autorickshaws in the city are involved in all sorts of traffic violations. In fact, autorickshaws are the worst offenders of traffic rules. According to statistics available with the Chennai City Traffic Police, this year till October, nearly 1.3 lakh cases of traffic violations have been booked against a majority of the 39,782 autorickshaws that ply on city roads, with a conviction rate of over 90 per cent. The fine amount collected from these traffic violators has so far yielded a whopping revenue of about Rs.92 lakh to the city police. This means, traffic violations by autorickshaws yield Rs.25,000/- every day, which translates to a fine amount of Rs.230 per auto per day. In 2002, the fine amount collected from autorickshaws for traffic violations was nearly Rs.89 lakh.

The violations, under 24 different sections of Motor Vehicles Act, for which cases have been booked this year, include overloading, defective number plates, dazzling head lights, demanding excess fare and refusal to ply, among others. Also, 20 persons have been killed and nearly 380 others injured this year in accidents involving autorickshaws.

Meanwhile, the city traffic police have initiated several schemes to regulate autorickshaws. One of which was autorickshaw drivers were asked to obtain a yellow card that certified the authenticity of the vehicle and the driver. The city traffic police also launched a training programme to educate autorickshaw drivers regarding first-aid.

YEAR	2002	2003(till Oct)
No of cases	1,42,278	1,29,363
No of convictions	1,39,134	1,24,553

Cases pending Trial	3,144	4,812
Fine collected (Rs)	88,31,905	92,01,200
No of deaths (involving autorickshaws)	16	20
No of persons injured	260	386

Language Games

Spot these ants

1. Which ant smells sweet? -----ant
2. Which ant goes to a new place? ----- ant
3. Which ant is hard and unyielding?----- ant
- 4 Which ant is bossy?----- ant
5. Which ant is angry about something? -----ant
- 6 Which ant is an uninformed ant? ----- ant
7. Which ant is huge?----- ant
8. Which ant illuminates and emits rays? -----ant
9. Which ant does not move and is like the puddle after the rains?----- ant
10. Which ant is splendid? ----- ant

JOURNAL REPORTS

Journaling is simply the act of informal writing as a regular practice. Journals take many forms and serve different purposes, some creative some personal. Some scholarly, Journals are often a place for unstructured free writing, but sometimes people use writing prompts (also known as journaling prompts).

Eg. Medical Reports Journal is an international, peer-reviewed, open access journal about the medical cases, images, and videos in human medicine. published quarterly online by MDPI (Multidisciplinary Digital Publishing Institute).

General structure for writing an academic journal article

1. Title. The title of your article is one of the first indicators readers will get of your research and concepts....
2. Keywords.
3. Abstract...
4. Acknowledgements.
5. Introduction...
6. Main Body..
7. Conclusion.
8. References and Citations.

Example-1

Muscle Activation in Older Females after a Community-Based Resistance Training Program: A Pilot Study

By Majid Mufaqam Syed Abdul and Stephen D Ball.

Department of Nutrition and Exercise Physiology, University of Missouri, Columbia, MO 65211, USA

MU-Extension, University of Missouri, Columbia, MO 65211, USA

Author to whom correspondence should be addressed.

Academic Editor: Cristoforo Comi

Reports 2021, 4(4), 38: <https://aol.Org/10.3390/reports4040038>

Received: 13 September 2021 / Revised: 5 October 2021/ Accepted: 13 October 2021

/Published: 18 October 2021

Abstract

Many randomized controlled trials utilizing resistance training have shown improvements in muscle activation in older adults. However, these programs lack applicability to community-dwelling older adults due to several challenges. Therefore, the purpose of this study was to test the effects of an eight-week community-based resistance training program on muscle activation in older adults. Eight females (age: 61.4 years, body mass index (BMI): 31.75.7 kg/m²) were enrolled in the study. The surface

electromyography (sEMG) activity was evaluated before and after training for three muscles (biceps brachii, upper trapezius, and rectus femoris). Additional weight load tests were performed to measure muscle activation in response to the added resistance. After eight weeks of training, no changes were observed in muscle activation for biceps brachii and upper trapezius but was decreased for rectus femoris ($p = 0.04$). Furthermore, in response to weight loads, biceps brachii and upper trapezius improved muscle activation after training. In summary eight weeks of community-based resistance training program non-significantly improved the activation of upper-body muscles in older adults.

Keywords: Stay Strong Stay Healthy; strength training; elderly; exercise; muscle

