CCGL9043
OBESITY: BEYOND A HEALTH ISSUE

TUTORIAL 1

PEOPLE BINGO

Rules: You must have 12 DIFFERENT people to sign your paper.
Names must be legible. <u>No repeated names.</u>

Someone who has a facebook account	Someone who has completed the obesity survey	Someone who likes to know more about obesity	Someone who does regular physical exercise
Someone whose major is not science-related	Someone who enjoys snacking	Someone who seldom eats at home	Someone who has started his/her reflective memo at Moodle
Someone who wishes to gain/lose weight	Someone who knows his/her BMI	Someone who is a year 1 student	Someone who is your teacher named Benny

Your Name:

2016

TUTORIAL SCHEDULE

Tutorial	Mon groups	Tue groups	Thu groups
1	Feb 1	Feb 2	Feb 4
2	Feb 15	Feb 16	Feb 18
3	Feb 22	Feb 23	Feb 25
4	Feb 29	Mar 1	Mar 3
5	Mar 21	Mar 22	Mar 24
6	**Apr 11**	Mar 29	Mar 31
7	**Apr 18**	Apr 5	Apr 7
8	**Apr 25**	Apr 12	Apr 14

ASSESSMENT

Assessment Method	Details of Assignment	Weighting (%)
Case study	Group project presentation on authentic case studies	20
Debates	Debate over controversies in obesity	20
Online discussion	Online discussion forum for exchanging thoughts and beliefs	10
Participation in lectures and tutorials	In-class and tutorial participation	10
Individual assignments	Initial essay (10%), reflective memo (15%) and final essay (15%)	40

CASE STUDY

- Groups of **3 students** (preferably with students from different faculties)
- A detail account of an obesity-related topic of your choice
- Topics must be submitted via online discussion platform for approval **before reading week**.
- Will not be possible for more than one group doing the same topic. First-come-first-served basis.
- **10-min presentation** + 5-min Q&A session
- The presentation file must be uploaded to Moodle **two days before the final presentation**.
- **Peer Evaluation**: Each student will evaluate the performance of other two teams by providing scores with justifications.
- Your case study should avoid what has been covered in the debate.

CASE STUDY (20 MARKS)

Quality of Research and Analysis (10 marks)

Clarity of Presentation (5 marks)

Peer Assessment Exercise (5 marks)

Please refer to Moodle for details about the grading rubrics.

CASE STUDY: SAMPLE TOPICS

- Is there a way to fairly assign costs for airplane travel without treating fat people differently than other passengers?
- Should obesity be considered as a disability/disease?
- Should force-feeding be banned in West Africa?
- Should food tax be implemented in HK?
- Should direct-to-child marketing be banned in HK?
- And more…

The case study should fulfill the following criteria:

1. **In form of a question for investigation;**
2. **a contemporary issue worth our attention;**
3. **focus on global/regional/local context.**

DEBATE (20 MARKS)

Introduction (5 min for each team)

↓

Discussion (25 min)

↓

Conclusion (1 min for each team)

↓

Judges deliver their comments.

DEBATE TOPICS

Tutorial	Debate Topics
3	Should soft drinks be banned at school?
4	Should large passengers pay for two airline tickets?
5	Is fat tax an effective measure to combat obesity?
6	Does the fat acceptance movement encourage unhealthy lifestyles?

TUTORIAL SCHEDULE

Tutorial	Team A	Team B	Team C	Team D
1	Group formation			
2	How to prepare for a debate?			
3	Affirmative	Opposing	Judges	Judges
4	Judges	Judges	Affirmative	Opposing
5	Opposing	Judges	Judges	Affirmative
6	Judges	Affirmative	Opposing	Judges
7	Final presentation (Team A & Team D)			
8	Final presentation (Team B & Team C)			

ONLINE DISCUSSION (10 MARKS)

1. **Debate**: One week before each debate, the **affirmative team** is responsible for initiating a discussion at the Online Discussion Forum at the Moodle course homepage for all the tutorial group members to have a **warm up discussion** on the topic in concern.

2. **Case Study**: Once you have obtained the approval for your project topic, each project group must start a discussion by posting their **project topic, outline (in 200 words, references not included; bullet points will be accepted) and at least 3 references** to Moodle to invite your peers for **feedback**.

GROUP FORMATION

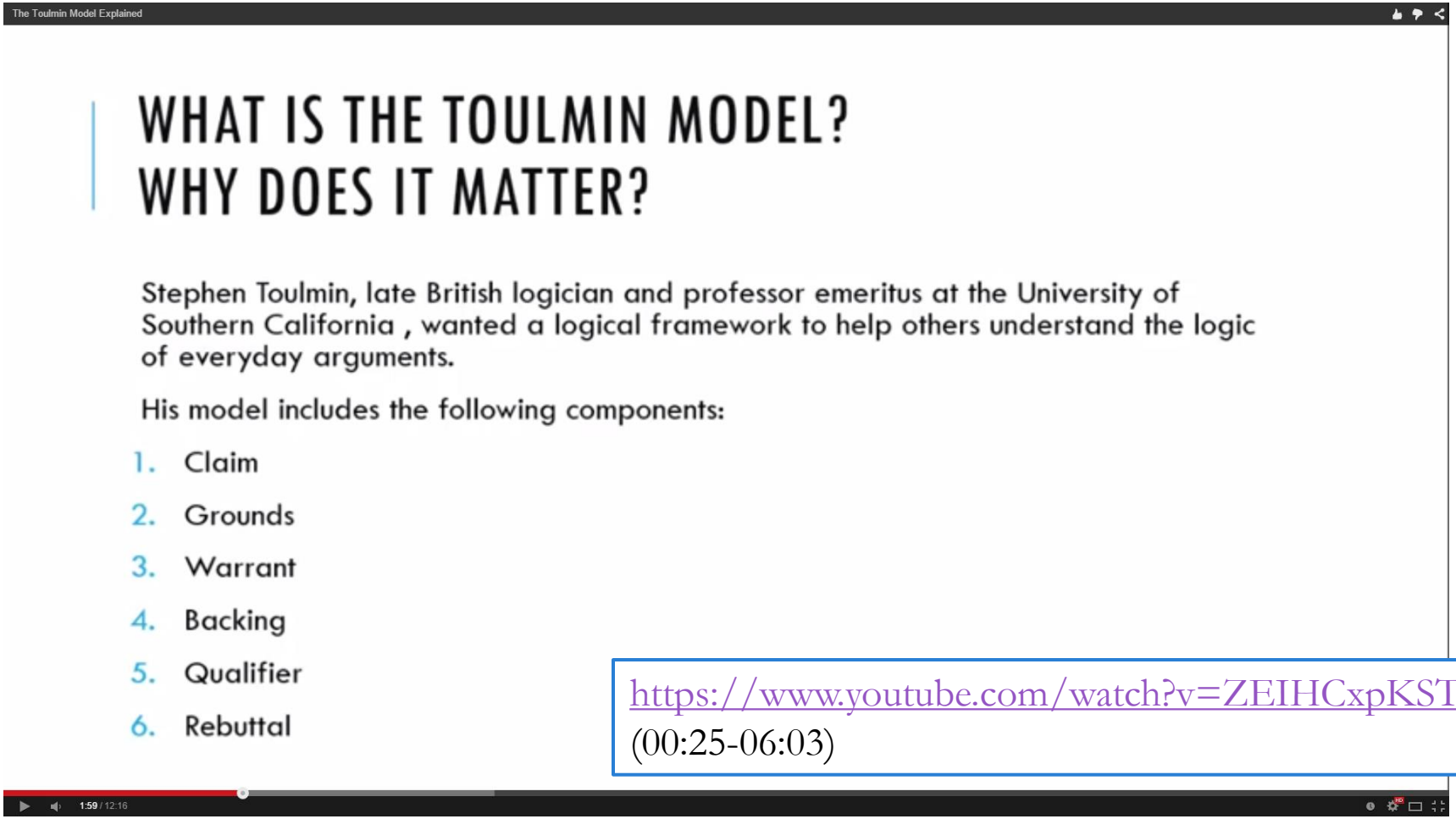
BODY FAT MEASUREMENT

BODY FAT MEASUREMENT

- Switch on the scale by pressing the **MENU** and **SET** keys simultaneously. SECA, 8.8.8.8.8. and 0.00 appear consecutively in the display. The scale is then automatically set to zero and the display shows GUEST.
- Keep the **MENU** key depressed until HEIGHT appears in the display.
  The display will show the last height entered.
- You can change the value in the increments shown by the graduations in the display using arrow keys ▲ and ▼.
- Once the correct value has been set, briefly press the SET key.
  The menu for gender and build appears.
- Use arrow keys ▲ and ▼ to select your gender and your build:
  MALE NORMAL: male, normal build, (exercising a maximum of twice a week for 30 minutes),
  FEMALE NORMAL: female, normal build, (exercising a maximum of twice a week for 30 minutes),
  MALE ATHLETIC: male and athletic,
  FEMALE ATHLETIC: female and athletic.
- Confirm your selection by briefly pressing the **SET** key.
  The menu for entering age appears.
- You can increase or decrease the value using arrow keys ▲ and ▼.
- Once the correct value has been set, briefly press the **SET** key.
  This concludes data entry for the personal data for a guest.
  Step onto the scale barefoot and stand still (see Fig. **6**). The scale determines your weight and subsequently measures the electrical resistance of your body tissue. During measuring, the symbol ◘ moves across the display.
- After successful measurement, the values for BMI, body fat and body water are displayed three times consecutively. The scale then switches off.
- Compare your values with the categories on pages 14 and 15.

PREPARATION FOR TUTORIAL 2

Please watch the following video before coming to Tutorial 2.



https://www.youtube.com/watch?v=ZEIHCxpKSTM
(00:25-06:03)