



17. Invent Yourself: Weight

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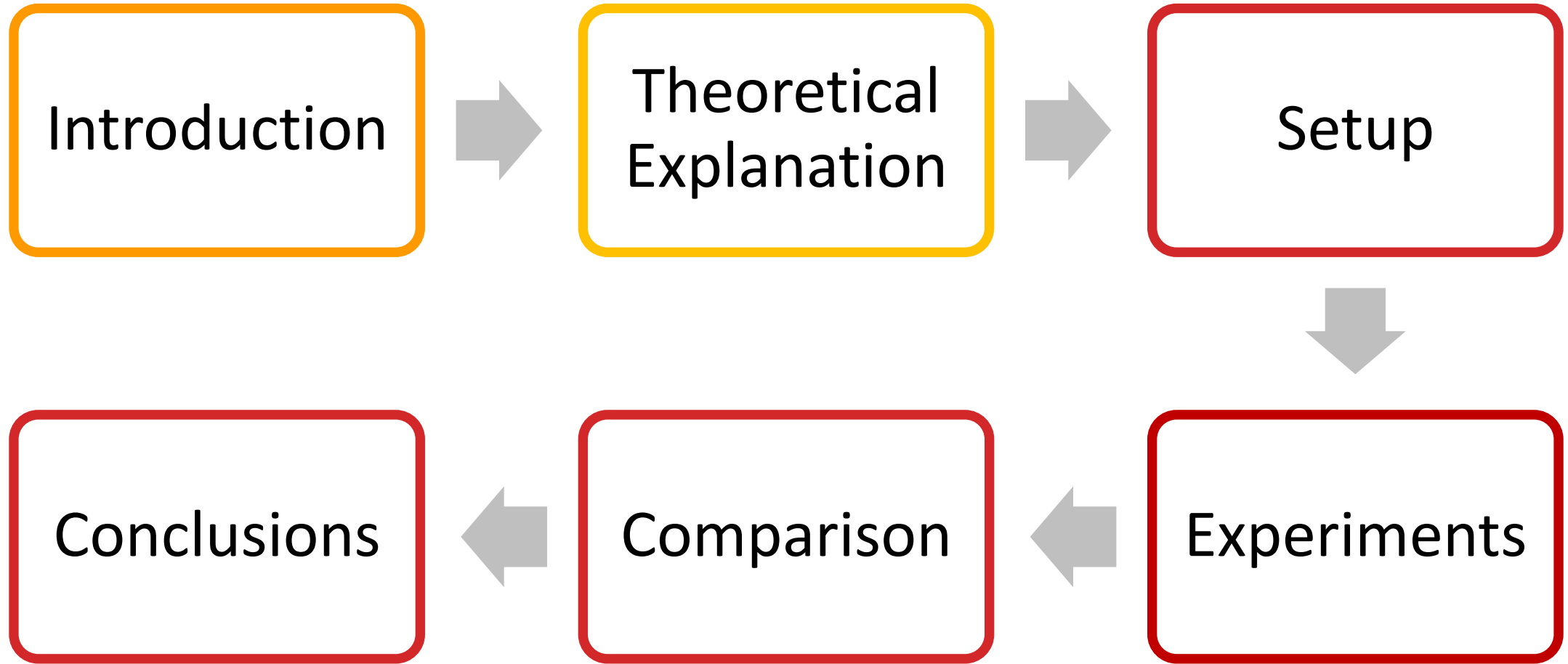
Task

Fitness trainers and nutritionists (experts in healthy eating) are arguing: is it really necessary to measure it daily to control body weight? Some of them consider this approach unnecessary and even harmful. State well-founded arguments in favor of a particular position and confirm or refute them by experiment.

- Importance of daily measurements
- Create justifiable arguments
 - Experimentally supported




Outline



 Well done

 Good

 Work on



Explanation of Phenomenon

- Paediatricians recommend regular monthly weighing
- Weekly body measurements
 - Lacking explanation of method
 - Time of measurements (controls)
- Reasoning for fluctuations?
- Possible errors, effects?
- Important parameters to maintain
- Statistical significance?
- No explicit conclusion
- No control of factors of weight loss, no justified explanation

Rating: 2/6



Discussion Topics

Controls

- What was kept the same?
- Food intake, etc. not controlled.

Effects of weight loss

- Why does this change?
- What causes this?

Data Analysis

- Calculations of fluctuations
- Significance ?



Discussion

