Hong Kong Diploma of Secondary Education
Liberal Studies
Independent Enquiry Study Report

Standard Covering Page (for written reports and short written texts of non-written reports starting from 2017)

Enquiry Question: ___*A study of reasons causing obesity among secondary students in*___

___*Hong Kong*___

Year of Examination:_____

Name of Student:_____

Class/ Group:_____

Class Number:_____

Number of words in the report:___3315_____

Notes:

1. Written reports should not exceed 4500 words. The reading time for non-written reports should not exceed 22 minutes and the short written texts accompanying non-written reports should not exceed 1100 words. The word count for written reports and the short written texts does not include the covering page, the table of contents, titles, graphs, tables, captions and headings of photos, punctuation marks, footnotes, endnotes, references, bibliography and appendices.

2. Candidates are responsible for counting the number of words in their reports and the short written texts and indicating it accurately on this covering page.

3. If the Independent Enquiry Study Report of a student is selected for review by the School-Based Assessment System, the school should ensure that the student's name, class/ group and class number have been deleted from the report before submitting it to the Hong Kong Examinations and Assessment Authority. Schools should also ensure that the identities of both the schools and students are not disclosed in the reports. For non-written reports, the identities of the students and schools, including the appearance of the students, should be deleted.

Sample

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A.   Problem Definition

Obesity is one of the consequences of maintaining unhealthy lifestyle and it ordinarily happens in developed countries and cities. It is because people living in those regions exercise less and obtain better living standard. These circumstances are tantamount to adolescents as well. For example, the rate of obesity raised 2%-18.3% among 1999-2009[1], a research from the Chinese University in Hong Kong. Moreover, BBC came out a research which illustrated obesity has become a trend[2].

In these years, the health of Hong Kong teenagers has becoming a concern in society since worse health of teenagers has been examined. There are many researches show that the health of students has started turning bad since they enjoy a more materialistic life. If this situation does not turn back to original track, the future pillar of society will be ruined. Hence, a research is essential to contemplate the reasons making teenagers suffer from obesity. Once the reasons leading to obesity among teenagers are discovered, measures tackling obesity can be obtained in a more efficient and effective way.

Interest of the enquiry

Obesity has attracting public eyes in this decay. This stimulates my curiosity to enquire why obesity gradually changes to be a trend in Hong Kong. The problems generated by obesity are especially serious among adolescents because they affected by obesity more than adults. As this circumstance is profoundly related to me because I am a teen as well. Therefore, correlative researches motivate me to acquire more though the occasion given by the enquiry. Furthermore, I want to realize the understanding of obesity of secondary students. The result may tell why obesity develops to a grave concern in Hong Kong adolescents.

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[1] http://www.cuhk.edu.hk/cpr/pressrelease/081113c2.htm
[2] http://news.bbc.co.uk/chinese/trad/hi/newsid_6690000/newsid_6690800/6690841.stm

Research objectives and enquiry research questions

Objectives

1. The possible factors causing obesity in secondary students' aspect
2. Among the possible factors leading to obesity, the most important one resulting in obesity

Enquiry questions

1. Who provide the concepts of obesity to teenagers?
2. What factors or situation can lead to obesity?
3. Which is / are the most important factor(s) causing obesity?
4. What are the general living habits of teenagers?

B. Relevant Concepts and Knowledge/ Facts/ Data

Concepts and knowledge

The proper meaning of 'obesity' should be understood before enquiring. In the aspect of the World Health Organization, the Body mass index (BMI) is greater than or equal to 30 is obesity. Besides, the factors of causing obesity should be known in order to form a questionnaire. Possible impacts of obesity should be acquired. The obesity rate of Hong Kong teenagers should be obtained as well. In addition, appropriate body weight of different age levels should be known.

Source of information developing the understanding of concepts and knowledge

Meaning of 'obesity' can be locally found in government official website such as in the Development of health. Also, a worldwide meaning of 'obesity' can be found on the website of the World Health Organization (WHO).

Appropriate body weight of different ages can be found in the Internet. For example, the statistic can be found on the official website of the Development of Health. There is a column inside called Health Information which is illustrating normal body weight.

Impacts causing by obesity can be obtained from the official website of the Development of Health as well. Some varieties of diseases can be found in the column of 'Non-communicable Diseases'.

Besides, factors of obesity can be found from a website called Fitsoeasy[3] and Student.Health Service from the Development of Health. Simple elaborations of the factors of obesity could be searched .

In addition, the relative obesity rate can be found in online newspaper website such as Taikungpao[4].

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[3] www.fitsoeasy.com
[4] http://www.takungpao.com.hk/news/09/05/05/TSWJ-1076659.htm

Enquiry plan, methods and details of sampling

Firstly, background information about the circumstance of obesity in Hong Kong will be collected such as concepts and knowledge.

After collecting all correlative data, a questionnaire will be organized base on the data. The questions appearing on the
questionnaire will make use of the specific questions above so these questions would be the basis of the questionnaire. While the organization of the questionnaire is done, it will be distributed to those students conform to age allowance can access the questionnaire website and complete it then. At last , 150 samples are required and analyze the research data.

Apart from taking questionnaire, an interview of a group of five will be conducted. More open-ended questions will be asked in this section in order to observe a precise firsthand data.

When data analysis is finished, a final enquiry product can be formed.

Research methodology

Details of sampling

First of all, questionnaire will be used to collect data about obesity among secondary school students. It approximately consists of twenty questions in order to divide the age group, gender and opinions towards obesity of the targets.
Hence, stratified sampling methods will be practiced in this study. This means can restrict the targets completing the questionnaire as only qualified targets (secondary school students) can be invited to complete the questionnaire. Fifty to one hundred students are the expected number of targets finishing the questionnaire as it is enough to reveal the general opinion of the targets.
. Last but not least, document review is also one of the research tools. Background information from a variety of source such as newspaper and website information will be collected to be the base of formulating a questionnaire. For example, basic factors leading to obesity should be known.

Rationale of the sampling method
Questionnaire is an effective and efficient means to find out first-hand information as quantitative result can be analyzed. Furthermore, information is unified while targets have to answer restricted questions with options, so as to save time and human

resources. Standardized questions and answers can make data collection and analysis easier. Moreover, standardized content and sequence of the questionnaire can lower the subjective prejudice and so as to increase the reliability of the result of questionnaire. The analyzed result of questionnaire is beneficial for comparing with the previous similar research. Hence, the opinions and values of the targets with similar background can be easily evaluated.

Assumptions

Most of the secondary students do not have adequate knowledge and concepts about obesity. They may not understand the factors, impacts or even criteria of obesity. Thus, they may not realize whether they get obesity or not. This further shows this age level is lack of ordinary health knowledge. The worst result is that obesity has already being a trend among students. Hence, their health will be shattered and health risk will be raised.

However, the statistic of my questionnaire result should be evenly distributed since the questionnaire has provided enough information of the possible reasons of obesity for respondents. It is predicted that no specific trend will be made to the reasons of obesity as all of reasons offered are authentically possible in leading to obesity.

Limitations

Although questionnaire will be used as method of sampling, there are a few limitations. For example, the real of feeling or opinion of targets may not be accurately and dependably revealed. It is because restricted options are set in some multiple-choice questions.

Moreover, the interpretation of questions may not as same as the original idea of the questionnaire maker. It means that the targets may get different meanings about the wording used in the questions. Therefore, the result obtained may not be accurate and united.

The result of questionnaire can only reveal the general statistics. It is incapable to show specific results.

C. In-depth Explanation of the Issue

Factors of obesity

Numerous sorts of leading factors of obesity go the rounds in the society such as physical, psychological or familial etc. Hence, it is necessary to explore the reasonable and accurate information the cause obesity in order to compare with the viewpoint of teenagers. Moreover, correct trend and impacts of obesity should be clarified as they can assist the process in making questionnaire.

According to South China Morning Post (2004), teenagers spent more hours in television might have an increased risk of obesity. When television viewing was more than two hours a day among adolescents, they might get increased BMI (body mass index), raised cholesterol and poor cardiovascular fitness.

A study by the Chinese University of Hong Kong attached in Young Post (2008) revealed that the obesity rate of children under 16 had increased by 5 percents (from 10 percent to 15 percent). One of the interviewee in this news, Albert Li Man-chim, professor of the Chinese University of Hong Kong said that familial factor was the major reason led to obesity. For example, some grandparents were conservative to think being fat was cute and healthy and brought good luck. Li also explained parents were important in affecting children's attitudes towards health as they were role models. Teenagers would copy their behavior if they did not exercise or maintain unhealthy diet.

Another interviewee, Regina Lee, assistant professor of nursing at Hong Kong Polytechnic University agreed with Li's comment. She said parents were becoming busier and so they were less active to exercise with their children. Fast-food was an alternative to replace home cooked meals with both parents worked outside. Lee added that parents mistakenly believed obese children had inherited bad genes. In economic aspect, Lee commented that low price and increased numbers of fast-food outlets raised the accessibility to unhealthy snacks.

Lee added that lunchboxes offered by schools was a way for students approaching fattening sauces. They were still lack of fruit and vegetables such that unhealthy lifestyle could be developed, led to one of the syndromes – obesity. In addition, the fact that tight school schedules could not provide spare time to promote health was mentioned by Lee.

The last interviewee, Daphne Wu, a dietician at Matilda International Hospital, indicated that parents more preferred their children to study or take extracurricular activities rather than exercising. Hence children got few physical

activities since they watched TV and surfed the wet after studying.

According to a survey researched by a Chinese University attached on Young Post (2006), chronic diseases would be resulted from a large number of adolescents eating junk food. 2115 students aged 11 to 18 were tested between 2003 and 2004. Their waistlines, blood pressure, and glucose and cholesterol levels were measured. Eventually, overweighting, high blood pressure or abnormal blood fat levels were found among 42 per cent of the respondents. Edmond Li Tse-ching, associate professor in food and nutritional science at the University of Hong Kong, illustrated that poor eating habits was due to overindulgence of parents. They let their children ate whatever they liked such that average daily consumption of calories (about 2200) could not be achieved.

In conclusion, the aforementioned materials show the possible and common factors leading to obesity. However, each interviewees or researches hold a variety of sorts such as the most important factor cannot be assessed at once. For example, physicality, family, eating habits and entertainment are all conceivable elements. Hence, a research is necessary to chase down the most significant factor among adolescents so as to provide hints to solve teenager obesity.

D. **Judgement and Justification**

Questionnaire results

Question 2 : Where are/is the source(s) you heard about the reason of obesity?
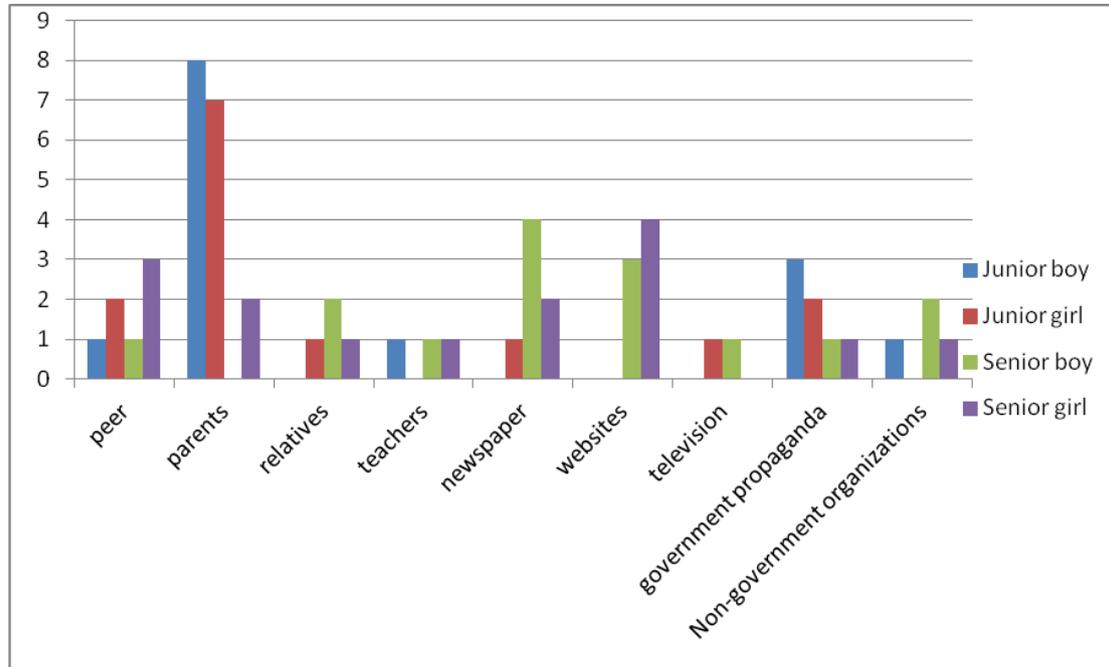

      Among junior forms of students, they get the idea and reasons of obesity from their parents as eight and seven votes are obtained by 'parents' from boys and girls respectively. Junior students obtain the reasons of obesity from websites. Junior boys also do not auquire relative information from relatives, newspaper and television.

      Among senior forms of students, they trend of hearing about the causes of obesity is from newspaper and websites. 4 senior boys choose 'newspaper' and 4 girls choose 'websites' and other votes are normanlly distributed. In addition, the votes from television are little as only one vote was collected.

      Apart from the mentioned sources, the votes belong to other selections are evenly distrubuted. No specific and obvious trend can be seen among them

Question 3b : What are/is the factor(s) *parents regard as the reasons leading to obesity?
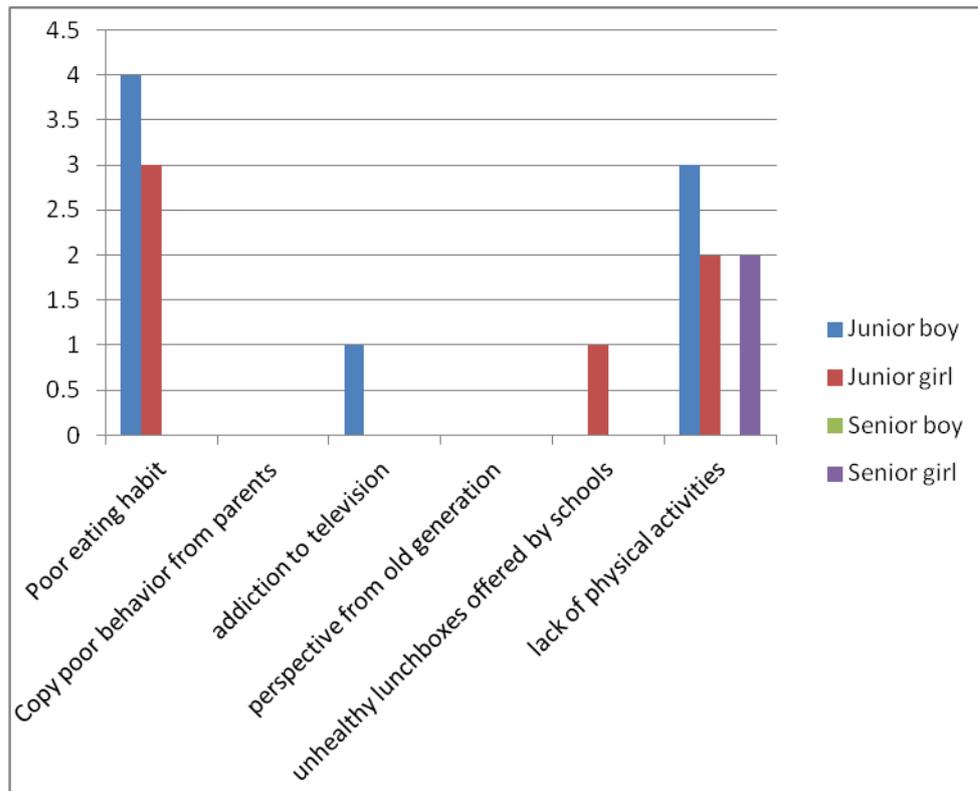
The highest vote of both junior boys and girls go to 'poor eating habit' as the factors of obesity their parents tell them, there are 4 and 3 votes respectively. The second highest vote is 'lack of phisical activities' , 3 and 2 votes are obtained by junior boys and girls respectively. None of them choose 'copy poor behavior from   parents' and 'perspective of old generation'.

All senior respondents (senior girls) choose 'lack of physical activities' to be the reason leading to obesity, as their parents regard.

However, no one choose 'copy poor behavior from parents' and 'perspective from old generation'.

Question 3e: What are/is the factor(s) *newspaper regard as the reasons leading to obesity?
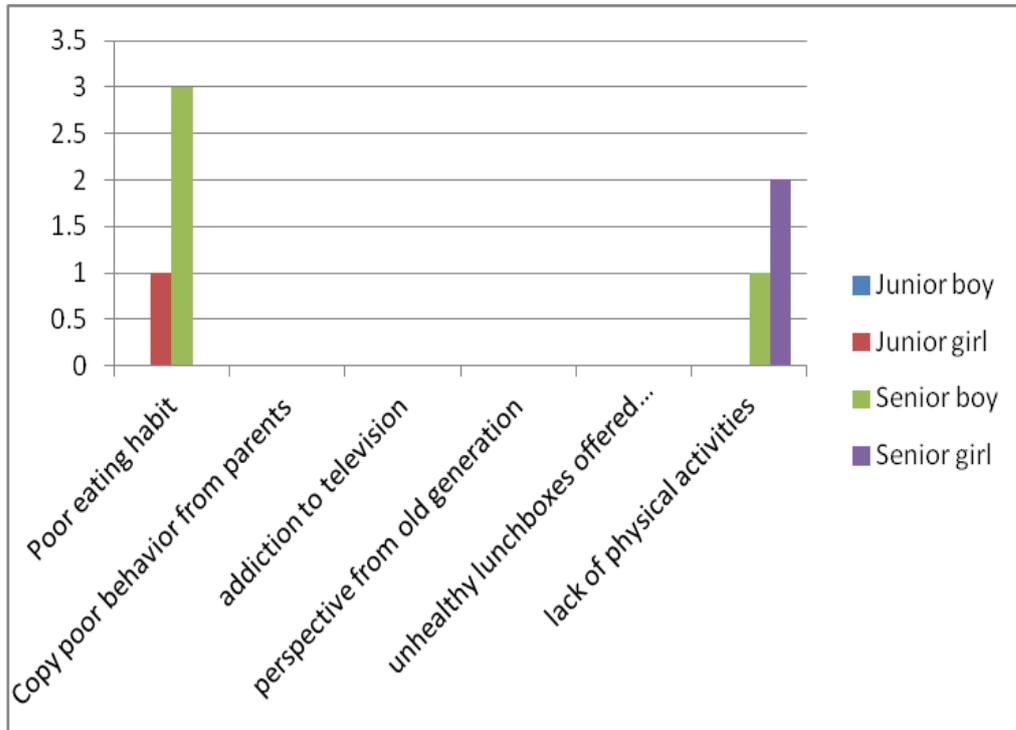

Among the factors of obesity that newspaper raise, most of the senior boys (3 out of 4) choose 'poor eating habit' and all senior girl choose 'lack of physical activities'. All junior respondents also choose'poor eating habit'. However, no one select 'copy poor behaviour from parents', 'addiction to television', 'perspective from old generation' and 'unhealthy lunchboxes offered by schools'.

Question 3f: What are/is the factor(s) *websites regard as the reasons leading to obesity?
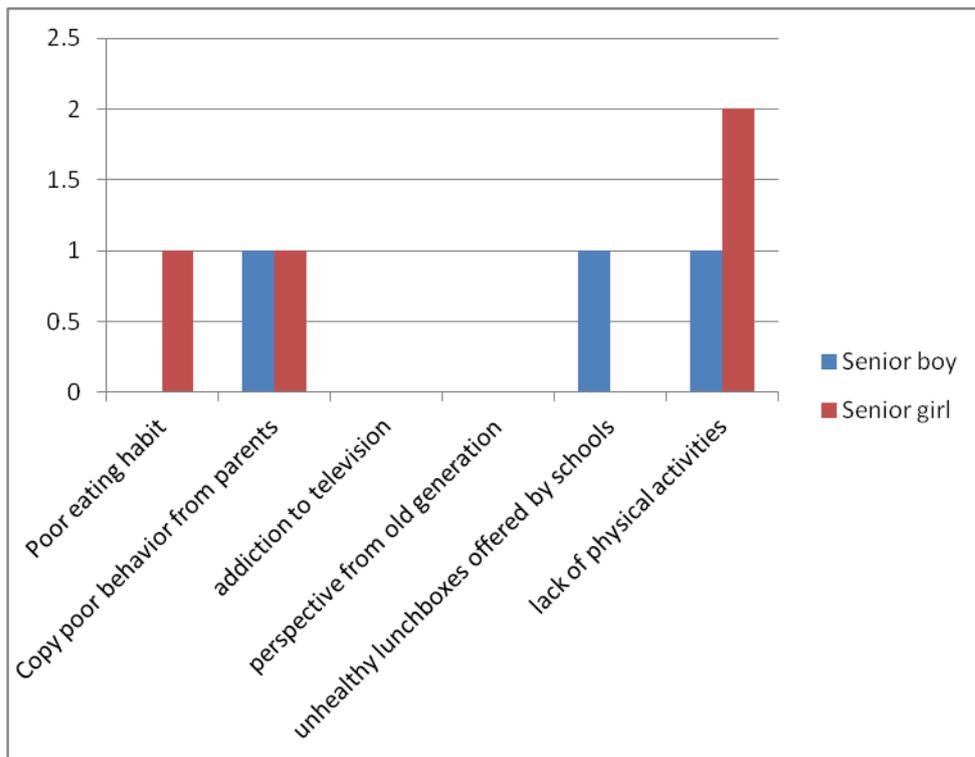
The votes of senior boys are evenly distributed to 'copy poor behaviour from parents'. 'unhealthy lunchboxes offered by schools' and 'lack of physical activities'. Half of the senior female respondents choose 'lack of physical activities' to be the leading factors that websites sgguest.

Question 5：Please rank the factors according to their importance leading to obesity

「The factors they rank 1」
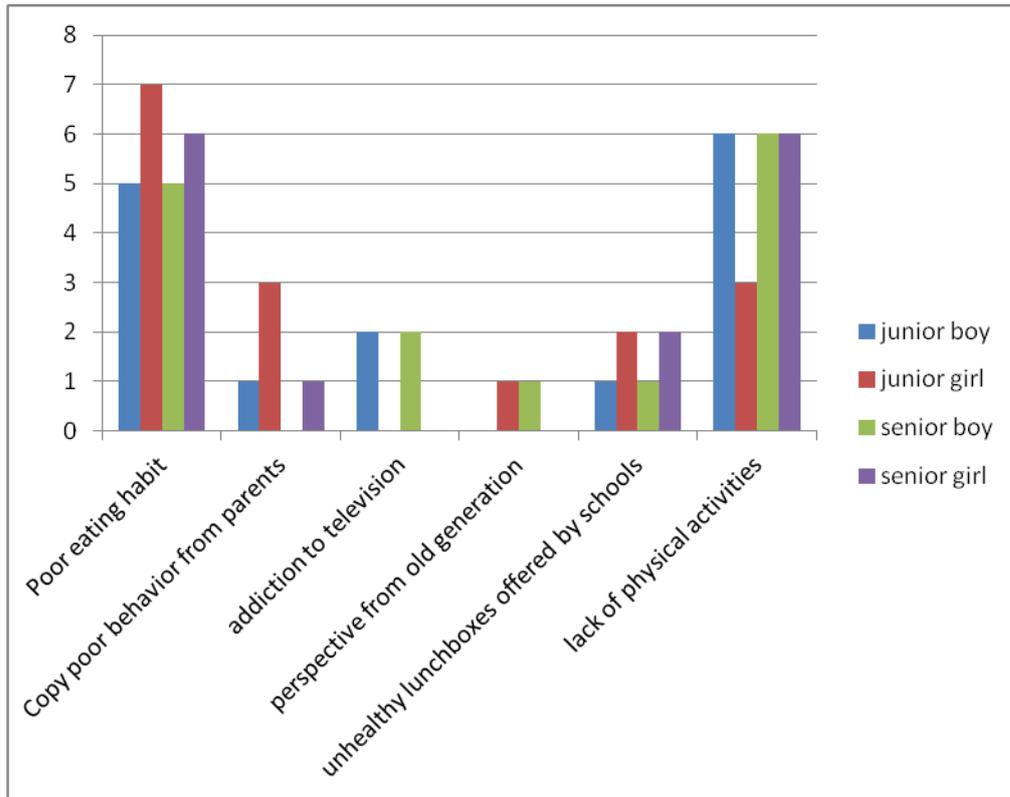
Four types of students choose 'poor eating habit' as the most improtant factor leading to obesity, which gets 23 votes. The second important factor is 'lack of physical activities' and 21 votes are obtained by four groups of respondents. The other factors are normally distributed.

Question 6 : How often do you eat junk food or fast food a week?
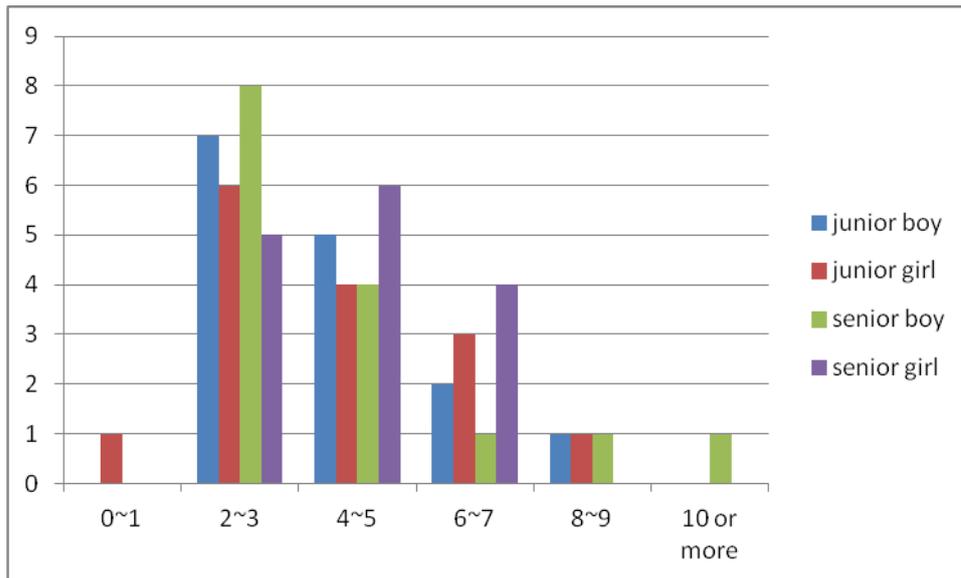


Most of the respondents among the four groups have similar eating junk food or fast food habit of 2-3 times a week and this section gets 26 votes. The number of the respondents have a decreasing trend from 2-3 times a week to 10 or more times a week. Lastly, only one respindent choose 0-1 times and 10 or more times. To conclude, the distribution of data concentarte on 2-3 times and 4-5 times.

Question 7 : How far do you agree you imitate the poor behavior or lifestyle from parents?
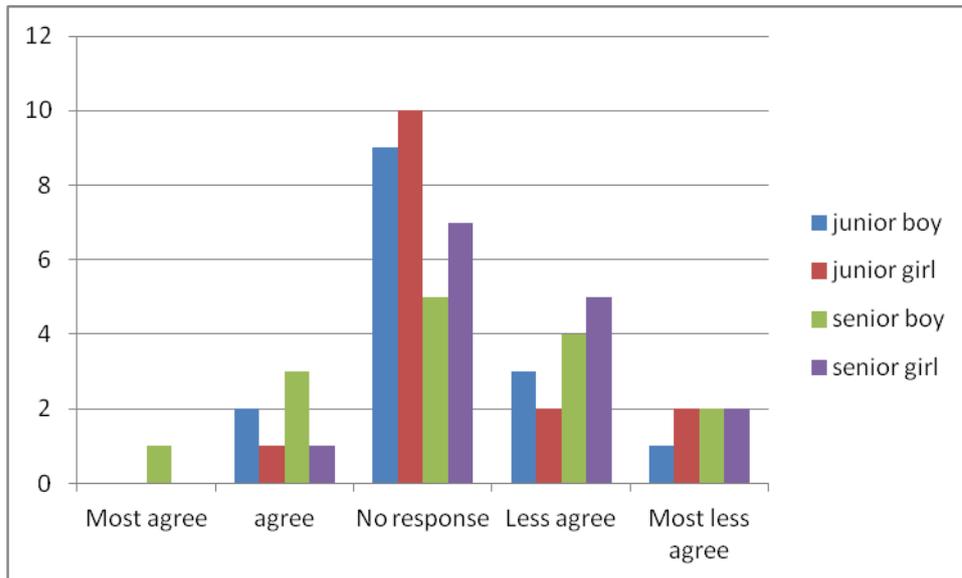
'No response' takes the priority of this question as 31 respondents vote this option.Over half of the junior students voted this option and the trend that goes rightward, that means they do not imitate poor behaviour or lifestylr from parents. Same trend can be examined among senior students but it is not that obvious.

Question 8 : How long do you watch television a day?
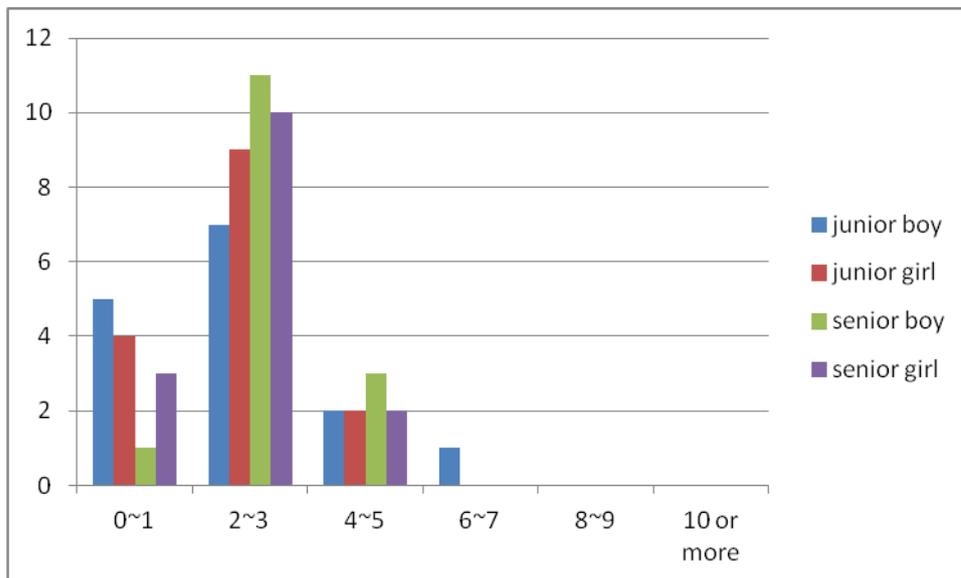
Most of the data concentrates on 2-3 hours and it gets 37 votes. It also represents that most of the respondents watch television 2-3 hours a day, no matter male or female and junior or senior. Among junior students, the second large distribution is located in 0-1 hour , 9 votes are obtained. In addition, no respondents spend most of their time in one day to watch television so that no vote is obtained in 8-9 hours and 10 or more hours.

Question 9: Have you heard elderly said that fat is cute and brings good luck?
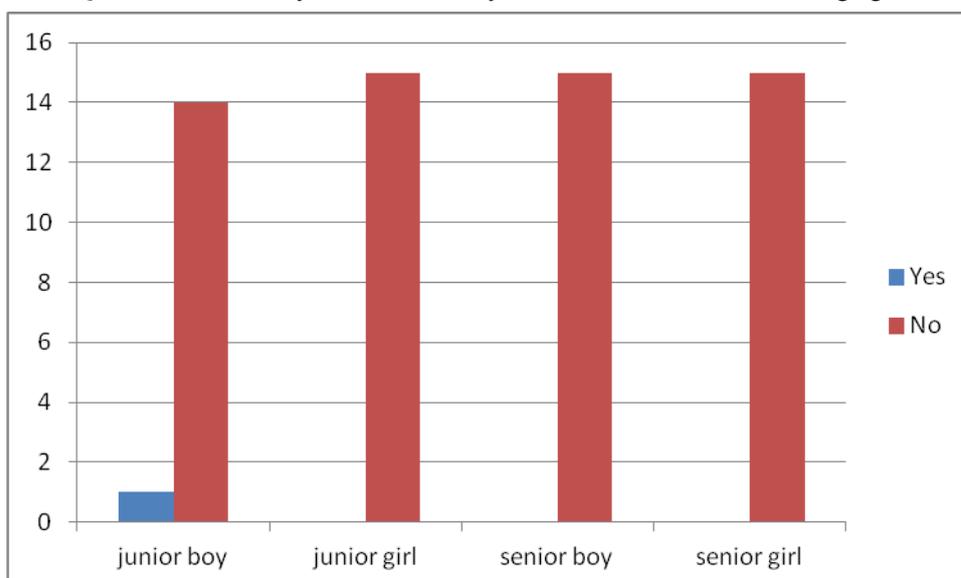
According to this result, all of the respondents have not heard about fat is cute and brings good luck, except one junior boy. There is a deflection of data to the respondents choose 'no' for answer of this question.

Question 10 : How far do you agree your schools offer healthy lunchbox
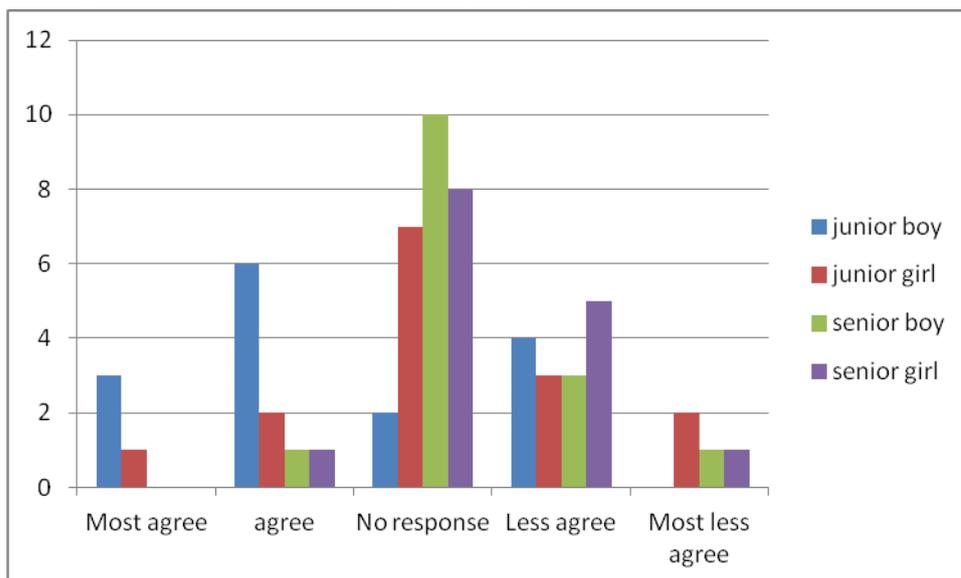
Among junior boys, the agree that our school offer healthy lunchbox as 9 votes can be obtained form 'most agree' and 'agree'. The other types of respondents mostly give 'no response' or even 'disagree' with healthy lunchbox is provides from our school. The trend of senior students (expacially girls) is disagreeing with our school providing healthy lunchbox.

Question 11 : How often do you exercise (not less than 30 minutes) a week?
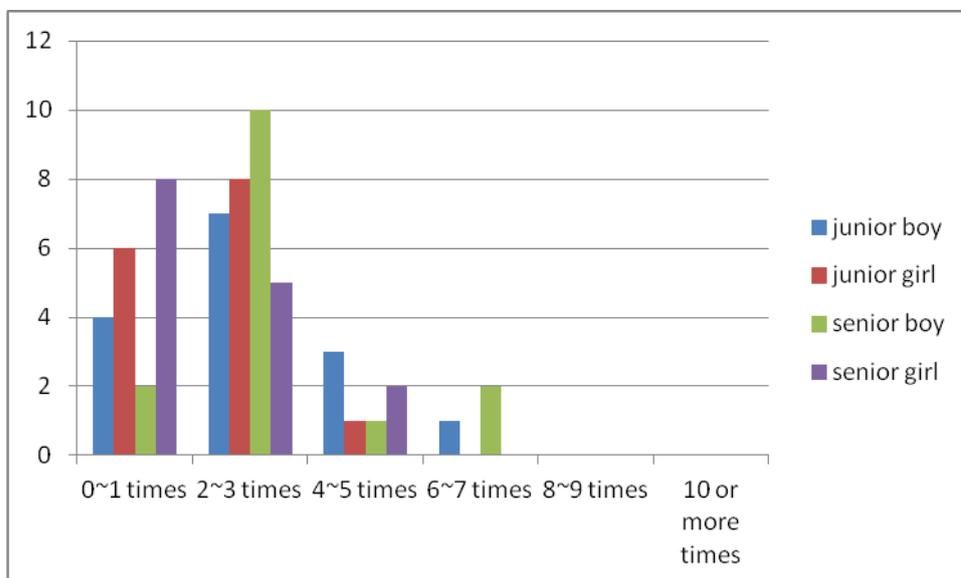
There is a rising trend from 0-1 times to 2-3 times but sharply decrease from 2-3 times to 10 or more times. There is no big difference between junior and senior forms of student in exercsing habit. However, it is obvious that the respondents show the exercsing habit of secondary students is bad as most of them only obtain 2-3 adequate exercise a week including PE lessons.

Discussion

According to the aforementioned questionnaire result, it is verified that the reasons of obesity are indoctrinated by their parents, mostly. Since parents are the role models and studying objects of adolescents, they have high reliability among secondary students. Hence, students believe poor eating habit and lack of physical activities are the reasons resulting obesity, which are the ideas of the respondants' parents.

Besides accepting the ideas from parents, secondary students have a trend of trusting media. Since students have high approachability of media in this technological-advanced era, it is common and easy for them to approach and learn from media (newpaper, radio, internet etc.) Accounting for the lifestyle of secondary students, reading newspaper and surfing have been permeated in their lives. Hence, newspaper and webistes are two significant examples that student usually learn from.As a result, poor eating habit and lack of physical activities suggested by the media become the reasons of obesity among secondary students.

Since the three major sources (parents, newspapers and websites) of acquiring the reasons and concepts of obesity congruously indicate the main reasons are due to poor eating habit and lack of physical activities, the relative importance of these two reasons are high, which is in line with the questionnaire result.

In light of the questionnaire, the result of question 1-5 (researching the reasons of obesity and its source) is matched with question 6-11(researching personal habit and lifestyle). Among their votes in first five questions, there is a trend that the respondents regard poor eating habit and lack of physical activities are the major, most important and most reliable reasons leading to obesity. This is also what can be contemplated in the following questions. In question 6 and question 11, the votes obviously show that the respondents do not maintain healthy lifestyle, including eating snacks and rare physical activities.

However, the questionnaire result is not in line with the prediction set in assumption. Referring to the questionnaire, all of the respondents have basic concepts and knowledge about obesity and they know all the possible reasons indeed. Despite they do not have complete and comprehensive idea about obesity, their basic concept is capable in answering all questions in the questionnaire. Moreover, a trend about the most important reason of obesity is seen, which is also out of expectation. A trend that poor eating habit and lack of physical activities is the most important reasons leadign to obesity is obviously examined.

In conclusion, the whole result obtained from the questionnaire is out of forecast since a trend is obtained. The concept and knowledge of Hong Kong teenagers is also better than expectation.

Conclusion

The research result can amply answer the objectives set before. In teenagers' thinking, they recognize all reasons offered to them in the questionnaire are possible, although some of the reasons get a few votes. Besides, 'poor eating habit' and 'lack of physical activities' are regarded as the most important factors that teenagers voted.

The aforementioned reasons can be categorized to be 'personal'. Since poor eating habit and lack of physical activities are both belonging to personal habit, which means getting obesity is the matter and responsibilities of teenagers themselves. Conversely and reasonably, the vote goes to external factor such as unhealthy lunchboxes offered by school, copy poor behavior from parents and perspectives from old generation is low. The most crucial matter is: Since they know personal contribution is the most important reason leading to obesity, why can't they correct their poor habit as they can change it by themselves?

In fact, the most important reasons are related to students' lifestyle. Nowadays, Hong Kong people are wealthier than 1990s. Hence, parents can give their best to their children and children have a materialistic life as a result. By time, intemperate children will get an unhealthy lifestyle. In the aspect of eating habit, the data of eating junk food among students show that most of them cannot get rid of eating junk food. Despite only having small amount (2-3times) a week is normal and cannot bring harmful result, continuous attempts or even addiction in junk food are the main reasons causing poor eating habit.

Apart from eating junk food, school canteen should bare a little part of the responsibilities in controlling the quality of lunchbox. Imbalance diet with large proportion of meat and small proportion of vegetables always exist in lunchboxes provided by school canteen in order to raise their popularity. Attracting students and so raising profitability are their main concern but not students' health. Hence, it becomes another reason leading to poor eating habit of students.

All in all, each stakeholder of this issue should firmly stand by in order to remove the problem of unhealthy teenagers.

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Appendix I

Questionnaire

Hallo, I am a student from XXX Collage and keen to acquire the reason leading to obesity among secondary school students. During the period of puberty, students are easy influenced by media, peers or family members. Hence, it is necessary to know who indoctrinate the knowledge about obesity to students. Data will only work for referential purpose. Thank you.

(1) Have you ever known about the reasons leading to obesity?

    ☐ Yes   ☐ No (please skip Question 2 and 3)

(2) Where are/is the source(s) you heard about the reason of obesity?

    (More than one answers is available)

    ☐ Peers (including schoolmates and friends with similar age)

    ☐ Parents

    ☐ Relatives

    ☐ Teacher

    ☐ Newspaper

    ☐ Websites

    ☐ Television

    ☐ Government propaganda

    ☐ Non-government organizations (World Health Organization)

    ☐ others: _____ (Please state)

    * No need to do this question if you do not tick this option in Question 2

(3a) What are/is the factor(s) *peers regard as the reasons leading to obesity?

    (Please tick, More than one answers is available)

    ☐ Poor eating habit (junk food/ fast food)

    ☐ Copy poor behavior from parents

    ☐ addiction to television (viewing 2hours or more per day)

    ☐ perspective from old generation (eg.fat is cute and brings good luck)

    ☐ unhealthy lunchboxes offered by schools

    ☐ lack of physical activities

(3b) What are/is the factor(s) *parents regard as the reasons leading to obesity?

    (Please tick, More than one answers is available)

    ☐ Poor eating habit (junk food/ fast food)

☐ Copy poor behavior from parents

☐ addiction to television (viewing 2hours or more per day)

☐ perspective from old generation (eg.fat is cute and brings good luck)

☐ unhealthy lunchboxes offered by schools

☐ c

(3c) What are/is the factor(s) *relatives regard as the reasons leading to obesity?

(Please tick, More than one answers is available)

☐ Poor eating habit (junk food/ fast food)

☐ Copy poor behavior from parents

☐ addiction to television (viewing 2hours or more per day)

☐ perspective from old generation (eg.fat is cute and brings good luck)

☐ unhealthy lunchboxes offered by schools

☐ lack of physical activities

(3d) What are/is the factor(s) *teachers regard as the reasons leading to obesity?

(Please tick, More than one answers is available)

☐ Poor eating habit (junk food/ fast food)

☐ Copy poor behavior from parents

☐ addiction to television (viewing 2hours or more per day)

☐ perspective from old generation (eg.fat is cute and brings good luck)

☐ unhealthy lunchboxes offered by schools

☐ lack of physical activities

(3e) What are/is the factor(s) *newspaper regard as the reasons leading to obesity?

(Please tick, More than one answers is available)

☐ Poor eating habit (junk food/ fast food)

☐ Copy poor behavior from parents

☐ addiction to television (viewing 2hours or more per day)

☐ perspective from old generation (eg.fat is cute and brings good luck)

☐ unhealthy lunchboxes offered by schools

☐ lack of physical activities

(3f) What are/is the factor(s) *websites regard as the reasons leading to obesity?

(Please tick, More than one answers is available)

☐ Poor eating habit (junk food/ fast food)

☐ Copy poor behavior from parents

23

☐ addiction to television (viewing 2hours or more per day)

☐ perspective from old generation (eg.fat is cute and brings good luck)

☐ unhealthy lunchboxes offered by schools

☐ lack of physical activities

(3g) What are/is the factor(s) *television regard as the reasons leading to obesity?

(Please tick, More than one answers is available)

☐ Poor eating habit (junk food/ fast food)

☐ Copy poor behavior from parents

☐ addiction to television (viewing 2hours or more per day)

☐ perspective from old generation (eg.fat is cute and brings good luck)

☐ unhealthy lunchboxes offered by schools

☐ lack of physical activities

(3h) What are/is the factor(s) *government propaganda regard as the reasons leading to obesity?

(Please tick, More than one answers is available)

☐ Poor eating habit (junk food/ fast food)

☐ Copy poor behavior from parents

☐ addiction to television (viewing 2hours or more per day)

☐ perspective from old generation (eg.fat is cute and brings good luck)

☐ unhealthy lunchboxes offered by schools

☐ lack of physical activities

(3i) What are/is the factor(s) *non-government organizations regard as the reasons leading to obesity?

(Please tick, More than one answers is available)

☐ Poor eating habit (junk food/ fast food)

☐ Copy poor behavior from parents

☐ addiction to television (viewing 2hours or more per day)

☐ perspective from old generation (eg.fat is cute and brings good luck)

☐ unhealthy lunchboxes offered by schools

☐ lack of physical activities

(3j) What are/is the factor(s) *others regard as the reasons leading to obesity?

(Please tick, More than one answers is available)

☐ Poor eating habit (junk food/ fast food)

☐ Copy poor behavior from parents

☐ addiction to television (viewing 2hours or more per day)

☐ perspective from old generation (eg.fat is cute and brings good luck)

☐ unhealthy lunchboxes offered by schools

☐ lack of physical activities

(4) How far do you agree these factors?

(Please circle)

	less agree				most agree
Poor eating habit (junk food/ fast food)	1	2	3	4	5
Copy poor behavior/lifestyle from parents	1	2	3	4	5
addiction to television (viewing 2ours or more per day)	1	2	3	4	5
perspective from old generation (eg.fat is cute and brings good luck)	1	2	3	4	5
unhealthy lunchboxes offered by schools	1	2	3	4	5
lack of physical activities	1	2	3	4	5

(5) Please rank the factors according to their importance leading to obesity

(1: most important; 7: less important)

Poor eating habit (junk food/ fast food)	
Copy poor behavior/lifestyle from parents	
addiction to television (viewing 2ours or more per day)	
perspective from old generation (eg.fat is cute and brings good luck)	
unhealthy lunchboxes offered by schools	
lack of physical activities	

(6) How often do you eat junk food or fast food a week?

☐ 0-1 times ☐ 2-3 times ☐ 4-5 times ☐ 6-7 times ☐ 8-9 times ☐ 10 times or more

(7) How far do you agree you imitate the poor behavior or lifestyle from parents?
(Please tick only one answer , 1: most agree; 5: most disagree)
☐1 ☐2 ☐3 ☐4 ☐5

(8) How long do you watch television a day?
☐ 0-1 hours ☐ 2-3 hours ☐ 4-5 hours ☐ 6-7 hours ☐ 8-9 hours ☐ 10 hours or more

(9) Have you heard elderly said that fat is cute and brings good luck?
☐ Yes   ☐ No

(10) How far do you agree your schools offer healthy lunchbox (consist of vegetables and without fried food)? (Please tick only one answer, 1: most agree; 5: most disagree)
☐1 ☐2 ☐3 ☐4 ☐5

(11) How often do you exercise(not less than 30 minutes) a week?
☐ 0-1 times ☐ 2-3 times ☐ 4-5 times ☐ 6-7 times ☐ 8-9 times ☐ 10 times or more

(12) What is your gender? ☐male   ☐female
(13) What is your education level? ☐s.1 ☐s.2 ☐s.3 ☐s.4 ☐s.5 ☐s.6

Appendix II

Acknowledgement

The most significant guiding person is my Individual Enquiry Study teacher. His assistance and suggestion is beneficial for my entire work. For instance, he rectified my problem in setting an objective questionnaire and gave practical guidelines. In addition, the handout given is the elixir when setback is faced.

Curriculum Relevance

Subject	Chapter / Module
Liberal Study	Public health
Physical Education	Body maintenance (Fitness and nutrition)

Basic resources

A computer with Internet-access function.

Nature and the format of the final product

Narrative form

Working Plan

Task	Date / Duration	Remarks
background information research	2 weeks	
questionnaire organization	1 month	
publishing/issuing questionnaire	1 month	
analysis of the result of questionnaires	3 months	

Working Plan

Task	Date / Duration	Remarks
Questionnaire setting	1/3/2012-30/4/2012	
Data collection	1/5/2012-1/6//2012	
Analysis of results	2/6/2012-15/7/2012	
Conclusion and suggestions	15/7/2012-1/9/2012	

題目 Title	分數* Marks*	評語 Comments
A study of reasons causing obesity among secondary students in Hong Kong	AB 6	• Formulated some clear focus questions • Explained clearly the sampling method and limitations • But did not provide a clear and coherent enquiry framework (e.g. how to collect relevant data from the survey and who to interview were not mentioned; the enquiry (focus) questions were not in a logical sequence) • The enquiry method adopted was not able to fully address the enquiry question; some of the assumptions undermined the validity of the data collected (e.g. if the respondents do not have "adequate knowledge and concepts about obesity" (P.7), how can they provide some useful information on the factors for obesity?)
	CD 5	• Showed understanding of the factors of obesity and was conscious in relating the discussion on the factors in Part C to the enquiry study, which aimed at identifying the most important factors • Described the findings from the survey clearly • Was able to meet the basic requirements of an enquiry study, i.e. collecting and analysing data, applying the data to formulate arguments and drawing a conclusion in response to the enquiry (focus) questions • Showed effort in data collection. However, the data collection method failed to provide useful data to answer the enquiry question. (e.g. The data on the perception of factors for obesity from a questionnaire survey on secondary students who may not be obese did not help to determine the causal relationships between the factors and obesity.) • Was weak in using the data from the survey and the discussion in Part C to substantiate his/her arguments (e.g. The data about the lifestyle of respondents were not fully deployed in the discussion and conclusion); as a result, the relationship between Parts C and D was not coherent enough
	PO 5	• Presented the data from the survey by graphs, but the Y-axis should have been clearly labelled • Some arguments were not clearly articulated (e.g. the discussion of the findings and the assumptions on P.19) • The sources which were incorporated in the arguments were not clearly acknowledged

* **AB:** 題目界定和概念／知識辨識 (A 及 B 部分)
  Problem Definition and Identification of Concepts/Knowledge (Parts A & B)
 CD: 解釋和論證 (C 及 D 部分)
  Explanation and Justification (Parts C & D)
 PO: 表達與組織 (整分報告)
  Presentation and Organisation (the whole report)