

TU102 Module 3: Health/Self-Improvement

End of module presentation: create a 10-minute video that shows how having and being able to apply considerable knowledge of each of the three major Module 3 topics (Active Life and Nutrition, Emotion and Stress Management, Gender and Sexuality) helps one live a healthier, more positive, and more productive life.

-You must incorporate knowledge that you gained from each instructor into your discussion of the three major topics, and you must cover all three.

-You must clearly identify which of the three major topics you are discussing when they are introduced so that it's easier for the instructors to tell which topic you're on (rather than jumbling them together).

-Imagine that you are presenting to a group of people who don't see the importance of these topics for improving one's life and you have to change their minds.

Assessment Criteria

	Active Life and Nutrition <i>Able to articulate how having considerable knowledge of this topic and being able to apply it helps one live a healthier, more positive, and more productive life (30%)</i>	Emotion and Stress Management <i>Able to articulate how having considerable knowledge of this topic and being able to apply it helps one live a healthier, more positive, and more productive life (30%)</i>	Gender and Sexuality <i>Able to articulate how having considerable knowledge of this topic and being able to apply it helps one live a healthier, more positive, and more productive life (30%)</i>	Presentation <i>Able to deliver an impactful presentation with clear narration, effective visuals, and engaging story-telling skills (10%)</i>
Excellent (A Grade): 90-100%	<ul style="list-style-type: none"> -Demonstrates <u>excellent understanding of topic</u> as compared with class lectures and materials -Has <u>excellent potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation -<u>Excellent connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u> -Free of factual errors 	<ul style="list-style-type: none"> -Demonstrates <u>excellent understanding of topic</u> as compared with class lectures and materials -Has <u>excellent potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation -<u>Excellent connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u> -Free of factual errors 	<ul style="list-style-type: none"> -Demonstrates <u>excellent understanding of topic</u> as compared with class lectures and materials -Has <u>excellent potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation -<u>Excellent connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u> -Free of factual errors 	<ul style="list-style-type: none"> -Presentation is <u>very clear and easy to understand</u> -Video, audio, images, text, etc. are <u>high quality and enhance presentation well</u> -Presentation is <u>very professional</u> -Presentation is <u>highly meaningful and engaging</u>

Good (B Grade): 80-89.99%	<p>-Demonstrates <u>good understanding of topic</u> as compared with class lectures and materials</p> <p>-Has <u>good potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation</p> <p>-<u>Good connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u></p> <p>-Virtually free of factual errors; nothing major</p>	<p>-Demonstrates <u>good understanding of topic</u> as compared with class lectures and materials</p> <p>-Has <u>good potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation</p> <p>-<u>Good connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u></p> <p>-Virtually free of factual errors; nothing major</p>	<p>-Demonstrates <u>good understanding of topic</u> as compared with class lectures and materials</p> <p>-Has <u>good potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation</p> <p>-<u>Good connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u></p> <p>-Virtually free of factual errors; nothing major</p>	<p>-Presentation is <u>clear and easy to understand</u></p> <p>-Video, audio, images, text, etc. are <u>good quality and enhance presentation</u></p> <p>-Presentation is <u>professional</u></p> <p>-Presentation is <u>meaningful and engaging</u></p>
Moderate (C Grade): 70-79.99%	<p>-Demonstrates <u>moderate understanding of topic</u> as compared with class lectures and materials</p> <p>-Has <u>moderate potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation</p> <p>-<u>Moderate connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u></p> <p>-Some factual errors</p>	<p>-Demonstrates <u>moderate understanding of topic</u> as compared with class lectures and materials</p> <p>-Has <u>moderate potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation</p> <p>-<u>Moderate connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u></p> <p>-Some factual errors</p>	<p>-Demonstrates <u>moderate understanding of topic</u> as compared with class lectures and materials</p> <p>-Has <u>moderate potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation</p> <p>-<u>Moderate connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u></p> <p>-Some factual errors</p>	<p>-Presentation is <u>somewhat clear and easy to understand</u></p> <p>-Video, audio, images, text, etc. are of <u>moderate quality, but don't enhance presentation</u></p> <p>-Presentation is <u>somewhat professional</u></p> <p>-Presentation is <u>somewhat meaningful and engaging</u></p>
Poor (D Grade): 60-69.99%	<p>-Demonstrates <u>poor understanding of topic</u> as compared with class lectures and materials</p> <p>-Has <u>poor potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation</p> <p>-<u>Poor connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u></p> <p>-Many factual errors</p>	<p>-Demonstrates <u>poor understanding of topic</u> as compared with class lectures and materials</p> <p>-Has <u>poor potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation</p> <p>-<u>Poor connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u></p> <p>-Many factual errors</p>	<p>-Demonstrates <u>poor understanding of topic</u> as compared with class lectures and materials</p> <p>-Has <u>poor potential to motivate</u> someone into changing their lifestyle or beliefs for the better if they were to watch the presentation</p> <p>-<u>Poor connection</u> is established and developed between how <u>having considerable knowledge of this topic and being able to apply it</u> results in a <u>healthier, more positive, and more productive life</u></p> <p>-Many factual errors</p>	<p>-Presentation <u>isn't clear or easy to understand</u></p> <p>-Video, audio, images, text, etc. are <u>low quality and detract from presentation</u></p> <p>-Presentation is <u>unprofessional</u></p> <p>-Presentation <u>isn't meaningful or engaging</u></p>

Code of conduct and other rules:

1. Dress appropriately. You don't need to wear a uniform, but your appearance is also considered part of your presentation.
2. Save your video file on the computer in the classroom and upload it to Google Drive before the class starts at 13:00 on 19 May.
3. Submit your group name and list of your team members to your teacher before the class starts at 13:00 on 19 May.
4. Any individual who is late or absent for their own presentation will receive a 20% individual point deduction.

5. Only the group presenting and the group presenting next are asked to be in the class.
6. Other groups are allowed to observe the presentation from the back of the class quietly.
7. Disturbing other presentations is unacceptable. The disturbing group will not be allowed to present.
8. Your presentation will be timed and you only have 10 minutes.
9. After your presentation, you may leave the class.
10. Any video submitted or edited after the deadline (13:00 on 19 May) will receive a 20% group point deduction.
11. Your video must include an audio voice-over with subtitles.