

NANYANG TECHNOLOGICAL UNIVERSITY
INTERDISCIPLINARY COLLABORATIVE CORE (ICC)
CC0005 HEALTHY LIVING & WELLBEING
ACADEMIC YEAR: 2021-2022, SEMESTER 1
COURSEWORK ASSIGNMENT: HEALTHY LIVING GROUP WORK AND PRESENTATION

Course Code and Title: CC0005 Healthy Living and Wellbeing

Domain: Healthy Living

Nature of Assessment: Group Assessment (taking into consideration Peer Assessment)

Weightage: 25% of total grade

Submissions via NTU BlackBoard:

Submission of Presentation Slides (in PDF)	Week 6, Sun, 19 SEP 2021, by 2359 hours
In-Class Group Presentation	Week 7, Tutorial Session (Mon, 20 SEP 2021 to Fri, 24 SEP)

A. BACKGROUND

1. Your team is tasked to serve as the lead in developing a project to tackle your chosen health issue affecting **youths aged between 18 to 35 years** in Singapore.
2. Your team will pitch your project to the sponsors of the (*hypothetical*) Singapore Interdisciplinary Health Board where you will present your project idea and prototype of the **i) service / programme; or ii) product; or iii) awareness campaign** (see Section F) that your team designs.

B. THE TASK

3. Your team (of 4-5 members) will carry out a group project based on your choice of **challenge statement** (see Section G) in the assigned topic.
4. Your team will be responsible to give a **maximum 10-min in-class group presentation** in Week 7 that synthesises the lessons learned from Week 1 through Week 6 of this course, and addresses the challenge statement chosen.
5. **3 members per team** will present and the order of presentations will be assigned at random on the day of presentation.

C. ASSESSMENT

6. This group assignment and presentation constitutes **25%** of your final grade, and will be assessed based on the criteria in [Appendix 1](#). Your score will be weighted by a peer evaluation of your contribution to the group work in [Appendix 2](#).
7. You are recommended to fill in the **Project Proposal Form** in [Appendix 3](#) to provide a brief description of your team's project, which will facilitate you in crafting and developing your project. This is not a compulsory submission, but you may use this for consultation with your tutor during Tutorial Week 6 of group presentation consultations.

D. SUBMISSIONS

8. Your team representative will submit the **presentation slides (in PDF version)** via NTU BlackBoard in [Week 6, Sun, 19 SEP 2021, by 2359 hours](#).

E. PRESENTATION FORMAT

The group presentation should be succinct and should not exceed 10 minutes. Recommended number of slides is 15 slides maximum; the 10 / 20 / 30 rule of Powerpoint is 10 slides, 20 mins presentation, no font smaller than 30 point. The presentation deck should include the following:

- Challenge statement that will be addressed
- Problem statement defined by your group
- Evidence of the problem
- Client segment
- Proposed project idea and rationale
- Value proposition of proposed idea
- Key activities
- Feasibility and effectiveness of proposed idea

- Creativity and innovativeness of proposed idea
- Call to action
- References (APA format preferred) and acknowledgment for information used

F. PROJECT TYPE

To supplement your project idea, include a simple **prototype** in your group presentation. The prototype is a draft version of your project that allows you to explore your ideas in different ways and clearly show your intention behind the project design.

Type	Example (including, not limited to)
Service / Programme	Face-to-face, or virtual structured initiatives that provide support to enhance health of the target clients Prototype example: flowchart or virtual walk-through of service/programme
Product	Application, toolkit, technology to assist, engage or enable the target clients to adopt healthy living Prototype example: wireframe of applications
Awareness Campaign	Communication tools to educate or raise public interest about the mission for healthy living Prototype example: Publicity materials for campaign

G. CHALLENGE STATEMENTS

Each team will choose 1 challenge statement from the choice of topic listed beneath.

Topics	Challenge Statements
1. Health and Nutrition	<ul style="list-style-type: none">a) How might we promote informed decision-making on healthy eating habits and discern between fad or fact of diets?b) How might we enable affordable and feasible healthy eating habits in our everyday?
2. Health and Fitness	<ul style="list-style-type: none">a) How might we build healthy communities in universities to adopt healthy living and promote disease prevention?b) How might we tackle sedentary lifestyle and promote balanced active living among youths?
3. Health and Disease	<ul style="list-style-type: none">a) How might we support youths who are caregivers or have family members who are caregivers to persons with chronic diseases (e.g. diabetes, cardiovascular diseases, stroke)?b) How might we engage youths who are at risk of chronic diseases to develop healthy habits and seek timely help?
4. Health and Maturation	<ul style="list-style-type: none">a) How might we cultivate proactive management of health among youths to reduce the risk of chronic injuries that could lead to premature disability? Engage youths to relate to premature disabilityb) How might we develop a community of youth health ambassadors to promote healthy living to their peers and older family members?

Appendix 1: Assessment Criteria for Group Presentation for the Healthy Living Domain (25%)					
	A+, A, A-	B+, B	B-, C+, C	D+, D	F
Quality of Presentation (25 marks)	Information provided clearly addresses the challenge statement. Presentation is clear and the flow is coherent and logical. Pace is appropriate.	Information mostly addresses the challenge statement. Presentation is mostly clear and the flow generally coherent and logical.	There are weaknesses or gaps in the information provided. Presentation flow is unclear at times.	Much of the information provided does not address the challenge statement. Presentation flow is difficult to understand.	Little to no relevant information and unclear flow.
Problem and Challenge Analysis (25 marks)	Illustrates a clear problem statement that identifies a core issue. Identifies theoretical framework or concepts in which problem operates. Demonstrates sophisticated content coverage and use of evidence to back up claims.	Some attempts to illustrate problem statement that identifies a core issue, but missing some specificity. Attempts to fit the problem within theoretical framework or concepts in which problem operates. Attempts to demonstrate good content coverage and some use of evidence to back up claims.	Adequately illustrates a problem statement, but lacks specificity. Vague mention of theoretical framework or concepts in which problem operates. Attempts to demonstrate adequate content coverage and little use of evidence to back up claims.	Vague attempt at illustrating problem statement. No mention of theoretical framework or concepts in which problem operates. Sparse content coverage and little use of evidence to back up claims and no evidence to back up claims.	Does not define a problem statement and does not demonstrate analysis of problem.
Feasibility and Effectiveness (25 marks)	Clearly details achievable project activities and components.	Somewhat outlines achievable project activities and components.	Provides project activities and components but lacks consideration for how they can be achieved.	Vague attempt to outline project tasks and activities that are sparse and unrealistic.	Does not outline project tasks, activities and

	Demonstrates well-thought-out strategies to achieve clear and measurable intended project outcomes. Tasks and activities are distributed evenly among team members, and all members demonstrate strong contributions.	Demonstrates reasonable strategies to achieve somewhat clear and measurable intended project outcomes. Tasks and activities are distributed somewhat evenly among team members.	Provides some strategies to achieve intended project outcomes but remains vague. Tasks and activities are distributed among team members but lack coherence.	Vague attempt to provide strategies and little consideration for intended project outcomes. Little to no distribution of tasks and activities among team members.	intended project outcomes. No distribution of tasks and activities among team members.
Creativity and Innovation (25 marks)	Exceptional attempts to synthesise project idea in ways that are relevant, original, insightful, and surprising. Clearly communicates project ideas/project design in new and innovative ways.	Good attempt to synthesise project idea in ways that are relevant, original, insightful, and surprising. Communicates project ideas/project design in somewhat new and innovative ways.	Some attempt to synthesise project idea in ways that are relevant and insightful. Communicates project ideas/project design in relevant and moderate intriguing ways.	Vague attempt to synthesise project idea in ways that are relevant and insightful. Little to no effort to communicate project ideas/project design in relevant and interesting ways.	Does not attempt to synthesise or communicate relevant project idea.

Appendix 2: Online survey for evaluation of individual contribution during teamwork
(Conducted in Confidence)

Self and peer evaluation for teamwork:

Please rate the contribution of yourself and all of your team members for the criteria below by highlighting the level you find best describes each individual's performance.

Contribution to workload and co-operation					
	Always cooperative and works extremely well with others. Is highly productive and routinely comes up with useful ideas. (4 points)	Usually cooperative and works well with others. Does his/her share and usually comes up with useful ideas. (3 points)	Sometimes cooperative. Requires directions. Could have shared more of the workload. Sometimes offers useful ideas. (2 points)	Does not contribute or work much. Does not work well with others. Difficulty focusing on task. (1 point)	Did not contribute to the work at all. (0 points)
You					
TM 1					
TM 2					
TM 3					
TM 4					
TM 5					
Other comments:					
Contribution to team spirit and positive interdependence					
	Participates in nearly all group meetings. Always listens to, shares with, and supports the efforts of others. Often provides relevant feedback that includes effective	Participates in most group meetings. Usually listens to, shares with, and supports the efforts of others. Provides broad/general feedback that pinpoints strengths and	Participates in some group meetings. When present, often listens to others; while only shares with, and supports the efforts of others occasionally. Provides some general but vague	Participates in few or no group meetings. Rarely listens to, shares with, or supports the efforts of others. Provides no useful feedback. Does not relay any information to teammates.	Did not participate in the work at all. (0 points)

	actionable solutions. Relays a lot of relevant information. (4 points)	areas for improvement. Occasionally provides feedback that includes actionable solutions. Relays some basic information that relates to the topic. (3 points)	feedback. Feedback rarely includes actionable solutions. Relays little information that relates to the topic. (2 points)	(1 point)	
You					
TM 1					
TM 2					
TM 3					
TM 4					
TM 5					
Other comments:					

The average score from the inputs of all team members will be taken and the score in group Appendix 1 will be awarded in accordance to the distribution below.

Average pts (AP)	% of group score in Appendix 1
$AP \geq 3.50$	100
$3.25 \leq AP < 3.50$	90
$3.00 \leq AP < 3.25$	85
$2.75 \leq AP < 3.00$	80
$2.50 \leq AP < 2.75$	75
$2.25 \leq AP < 2.50$	70
$2.00 \leq AP < 2.25$	65
$1.75 \leq AP < 2.00$	60
$1.50 \leq AP < 1.75$	55
$1.25 \leq AP < 1.50$	50
$1.00 \leq AP < 1.25$	45
$0.75 \leq AP < 1.00$	40
$0.50 \leq AP < 0.75$	35
$AP < 0.50$	0

Appendix 3: Healthy Living Group Project Proposal Form

Project Title	
Project Type <i>Check the box that describes your project type</i>	
<input type="checkbox"/> Service/Programme <input type="checkbox"/> Product <input type="checkbox"/> Awareness Campaign <input type="checkbox"/> Others: <i>(please specify)</i> _____	
Assigned Topic <i>Check the box of your assigned topic</i>	
<input type="checkbox"/> Health and Nutrition <input type="checkbox"/> Health and Fitness <input type="checkbox"/> Health and Disease <input type="checkbox"/> Health and Disease	
Challenge Statement <i>Based on the assigned topic, write the challenge statement of your choice and indicate the number next to it e.g. 2a) How might we...</i>	
Define Problem Statement	
Identify Gap and Needs <i>Briefly describe the gap and need(s) your project is addressing and why this is important</i>	
Gap <ul style="list-style-type: none">••	Needs <ul style="list-style-type: none">••
Target Client Segment and Justification <i>State the demographics of your target clients e.g. age range, health condition, and provide justification for the selection</i>	

Project Description <i>Briefly describe your project, including key activities, components, outreach method to meet your project intended outcomes</i>	
Project Intended Outcomes <i>Briefly describe the short-term and long-term intended outcomes of your project</i>	
Short-term Outcomes <ul style="list-style-type: none"> • • 	Long-term Outcomes <ul style="list-style-type: none"> • •
Project Evaluation <i>Briefly describe the methods to measure the project outcomes. You may consider pre- and post-data collection methods where applicable (qualitative e.g. interviews, and/or quantitative e.g. surveys)</i>	