

Science Writing Quiz

Started: Oct 8 at 2:53p.m.

Quiz Instructions

Be sure to read this document before starting the quiz: [SCIENCE_WRITING_Notes](https://q.utoronto.ca/courses/299609/files/21977905/download?download_frd=1) ↓
(https://q.utoronto.ca/courses/299609/files/21977905/download?download_frd=1)

This is an open book quiz. There is no time limit but you have only one attempt. Remember to submit your quiz. Quercus does not do this automatically for untimed quizzes.

Question 1

1 pts

Consider the following original passage taken from: Wing RR and Phelan S. 2005. Long-term weight loss maintenance. Am J Clin Nutr. 82 (1): 222-225.

The National Weight Control Registry provides information about the strategies used by successful weight loss maintainers to achieve and maintain long term weight loss. National Weight Control Registry members have lost an average of 33 kg and maintained the loss for more than 5 years. To maintain their weight loss, members report engaging in high levels of physical activity (approximately 1 h/d), eating a low-calorie, low-fat diet, eating breakfast regularly, self-monitoring weight, and maintaining a consistent eating pattern across weekdays and weekends. Moreover, weight loss maintenance may get easier over time; after individuals have successfully maintained their weight loss for 2 to 5 years, the chance of longer-term success greatly increases. Continued adherence to diet and exercise strategies, low levels of depression and disinhibition, and medical triggers for weight loss are also associated with long-term success. National Weight Control Registry members provide evidence that long term weight loss maintenance is possible and help identify the specific approaches associated with long-term success.

Assess the following passage for plagiarism:

The National Weight Control Registry, described by Wing and Phelan (2005), provides information on the ways that people have successfully lost weight and maintained weight loss long term . Registry members have maintained weight loss for at least 5 years and have lost an average of 33 kg. To maintain their weight loss, members report engaging in exercise one hour/day, eating a low-fat, low-calorie diet, eating breakfast everyday, checking their weight, and keeping a consistent eating pattern over weekdays and weekends. Also, weight loss maintenance may get easier over time; after people have kept their weight loss for 2 to 5 years, the longer-term success rises. Keeping to diet and exercise strategies, not having depression or disinhibition, and medical triggers for weight loss are also relate to long-term success. National Weight Control Registry members show that long term weight loss maintenance is possible and help indicate the specific ways that relate to long-term success.

- ☐ This passage is plagiarized as the source of the information is not indicated.
- ☐ This passage is plagiarized, even though the source of the information is acknowledged. Some words have been replaced with synonyms but the original sentence structure remains largely unaltered and much of the passage is very similar to the original.
- ☐ This passage is plagiarized, because the source of the information is not acknowledged. Furthermore the original sentence structure remains largely unaltered and much of the passage is very similar to the original.
- ☐ This passage is properly paraphrased and is not plagiarized.

Question 2

1 pts

What is missing from the following bibliographic reference?

Woods SC, Seeley RJ, Porte D, Schwartz MW. 1998. Signals that regulate food intake and energy homeostasis. 280: 1378-1382.

☐ Journal name

☐ Title of article

☐ Year of publication

☐ Beginning page of article

Question 3

1 pts

Consider the following original passage taken from: Wing RR and Phelan S. 2005. Long-term weight loss maintenance. Am J Clin Nutr. 82 (1): 222-225.

The National Weight Control Registry provides information about the strategies used by successful weight loss maintainers to achieve and maintain long term weight loss. National Weight Control Registry members have lost an average of 33 kg and maintained the loss for more than 5 years. To maintain their weight loss, members report engaging in high levels of physical activity (approximately 1 h/d), eating a low-calorie, low-fat diet, eating breakfast regularly, self-monitoring weight, and maintaining a consistent eating pattern across weekdays and weekends. Moreover, weight loss maintenance may get easier over time; after individuals have successfully maintained their weight loss for 2 to 5 years, the chance of longer-term success greatly increases. Continued adherence to diet and exercise strategies, low levels of depression and disinhibition, and medical triggers for weight loss are also associated with long-term success. National Weight Control Registry members provide evidence that long term weight loss maintenance is possible and help identify the specific approaches associated with long-term success.

Assess the following passage for plagiarism:

Members of the National Weight Control Registry have, on average, lost a staggering 33 kg, and have kept this weight off for over five years. Studying registry members provides insight into the characteristics that predict successful weight

loss. Not surprisingly, consistency and discipline are critical. Members choose low-calorie and low fat foods and consistently exercise (1 hour/day), eat breakfast, and check their weight. They also do not change their eating habits between weekends and weekdays. The probability of successful long-term weight loss increases the longer the weight loss is maintained. Disciplined adherence to diet and exercise regimes and the avoidance of depression and disinhibition (the loss of eating restraint) contribute to long-term success. Medical indicators (e.g. blood pressure, blood glucose levels, etc) can serve to motivate as well. Registry members demonstrate that sustained weight loss is an achievable goal.

- ☐ This passage is not plagiarized. The writer did an excellent job paraphrasing and has demonstrated some original thinking.
- ☐ This passage is plagiarized. The paraphrasing is poorly done with many phrases identical to the the original.
- ☐ This passage is not plagiarized but is not well written either.
- ☐ This passage is plagiarized. Although the writer did an excellent job paraphrasing, the source of the information was not cited.

Question 4

1 pts

You are a student who works hours and hours and hours on writing assignments and always gets disappointing grades. What is your best course of action?

- ☐ Consider studying mathematics.
- ☐ Recognize that is working "smart" is as important as working hard and try to get additional advice from the University's Writing Centres, the Academic Success Centre and your instructors.
- ☐ Keep doing what you have always been doing and hope your grades improve.
- ☐ Buy a laptop computer.

Question 5

1 pts

Consider the following original passage taken from: Wing RR and Phelan S. 2005. Long-term weight loss maintenance. Am J Clin Nutr. 82 (1): 222-225.

The National Weight Control Registry provides information about the strategies used by successful weight loss maintainers to achieve and maintain long term weight loss. National Weight Control Registry members have lost an average of 33 kg and maintained the loss for more than 5 years. To maintain their weight loss, members report engaging in high levels of physical activity (approximately 1 h/d), eating a low-calorie, low-fat diet, eating breakfast regularly, self-monitoring weight, and maintaining a consistent eating pattern across weekdays and weekends. Moreover, weight loss maintenance may get easier over time; after individuals have successfully maintained their weight loss for 2 to 5 years, the chance of longer-term success greatly increases. Continued adherence to diet and exercise strategies, low levels of depression and disinhibition, and medical triggers for weight loss are also associated with long-term success. National Weight Control Registry members provide evidence that long term weight loss maintenance is possible and help identify the specific approaches associated with long-term success.

Assess the following passage for plagiarism:

As described by Wing and Phelan (2005) the National Weight Control Registry describes the strategies associated with successful weight loss. Members of the registry have lost an average of 33 kg and have kept it off for more than 5 years. They have done this by "engaging in high levels of physical activity (approximately 1 h/d), eating a low-calorie, low-fat diet, eating breakfast regularly, self-monitoring weight, and maintaining a consistent eating pattern across weekdays and weekends." Also, weight loss maintenance gets "easier over time." After individuals keep the weight off for 2 to 5 years, "the chance of longer-term success greatly increases." This is caused by "continued adherence to diet and exercise strategies, low levels of depression and disinhibition, and medical triggers for weight loss." National Weight Control Registry members show that long term weight loss "is possible and help identify the specific approaches associated with long-term success."

- ☐ This passage is not plagiarized. The source of the passage is cited and all copied phrases properly put in quotation marks.
- ☐ This passage is plagiarized because of the excessive use of quotations. Furthermore, the source of the passage is not cited and the passage does not follow scientific writing style that tends to avoid the use of quotations.
- ☐ This passage is plagiarized. Although the source of the passage is cited, there is excessive use of quotations. The writer is using the ideas of others rather than original paraphrasing. Furthermore, the passage does not follow scientific writing style that tends to avoid the use of quotations.
- ☐ This passage is plagiarized. Although scientific writing commonly includes many quotations, in this passage, the use of quotations is excessive.

Not saved

Submit Quiz