Inactive Brain Obesity

Part I

Question: Why might this case have been entitled “Inactive Brains”?

1. The reason this case study might have been called inactive brains was because of how inactive kids are at school. Teachers were worried about how well kids were doing in science class, but the main concern should have been the fact that they get no physical exercise. Therefore they are inactive.

Question: What might be the purpose of Mark’s presentation?

2. The purpose of Mark’s presentation is to show how brain disfunction and being morbidly obese tie together, which it does. Your size and body disfunction can result in brain issues.

Part II

Question: Why is obesity an epidemic among children?

1. Obesity is an epidemic among children because of how easy it is to obtain unhealthy food in america and how difficult it is to get healthy food. Obesity rates therefore spike up among children and cause so many kids to become obese that its considered an epidemic. Also how little exercise kids get. around 26% of all American children spend four hours a night watching t.v.

Question: How are some of the health conditions presented by Mark related to childhood obesity?

2. A health risk that a number of obese kids have is type 2 diabetes. This is directly related to obesity because your risk of type 2 diabetes significantly increases when you eat unhealthy food. Eating unhealthy food also leads to obesity and thats one reasons many obese kids have health conditions.

Question: To what extent should the responsibility for childhood obesity be assigned to the individual or to society?
3. It’s at fault of the children, and those that are aware of what is put into the mouths and into the systems of these children, thus making them overweight, or even obese, in the worst case scenario.

Question: What are some of the strategies that can be implemented to combat the obesity issue in the local community?

4. Some strategies that can be implemented to combat obesity could include more physical education and easier access to healthy food. Meaning that in schools etc. the lunch served would consist of healthier foods. Also increasing the physical education in the schools would also help. Making the P.E. periods longer, and a little more exercise would benefit the children and help with the obesity issue.

Part III

Question: Why is the scientific method so poorly understood in today’s America?

1. The reason the scientific method is so poorly understood in today’s America is because of how its being taught. Teachers have been teaching it less and less. Focusing on things that they believe are more important. “Junk Science and superstition” are one of the things holding our students back.

Question: How are some of our social problems related to an impoverished appreciation for science and the scientific method?

2. Because of the impoverished system for teaching, many kids and/or adults aren’t getting science. Ergo making some social problems within those that don’t understand the scientific method.

Question: To what extent should the responsibility for the naivety and credulousness be assigned to the individual or to society?

3. The responsibility for the naivety should be pretty evenly distributed. Our society has so many cheap available options for unhealthy food. Families choose it because its cheap. Whereas healthy food in our society can cost so much more and families don’t want to spend the money. In some sense it’s the individuals fault just as much considering that they make the physical choice to eat the unhealthy food when the healthy is available.
Question: What are some of the strategies that can be implemented to combat the issue of scientific literacy in the school district? Is expensive and constantly updated equipment necessary?

4. In a way, expensive funding is definitely helpful, but new methods of learning and science is in order. You don't need money to learn, but you can use money to assist your learning experience. So all in all expensive and frequently updated science equipment would help but its not the basis of the problem.

Part IV

Question: As a member of the school district, how would you vote?

1. As a member of the school district I would vote for better physical education.

Question: What are some of the possible consequences of your decision?

2. Some consequences of our decision are that the science equipment would be outdated and not as fancy as it could be. The science equipment would not be as good as it could so possibly putting our kids a little further behind. But more importantly is their health and that we help combat obesity seeing how fast its growing.

Question: Now that you have finished reading the case reconsider why the authors might have titled this inactive brains?

3. Due to the fact that because of how physically-inactive overweight and morbidly obese people are. The science classes and physical education are both below-par. Both can be raised in some way.