

23rd International Project Week **12th – 16th July 2021**

Lecturer: Maja Radman

University/Company: Sveučilište U Splitu

Country: Croatia

Healthy and unhealthy obesity

Content:

1. What is obesity? Why is it a threat today?
2. What types of obesity are present in our population?
3. The distinction of healthy from unhealthy obesity
4. Epidemiology of obesity – Specially in the German society
5. Social and environmental factors influencing obesity
6. Psychological aspects of obesity. Is obesity stigmatizing?
7. Specialties of obesity
8. Nutrition and obesity
9. Physical activity and obesity
10. Possibilities of education to support a healthy life
11. Social network influences and obesity related behaviours

Methods:

lectures, seminars, group work, individual advising

Competences and skills to be acquired:

- to be able to recognize obesity as a worldwide problem,
- to act as a healthy lifestyle supporter in own community
- to understand which programs and practices are effective at combating obesity

Prerequisites:

classroom with technological devices

Language of instruction:

English

Recommended for:

Social Sciences