



# The Freshman 15 Game board Project

College life has finally arrived! Woohoo! You have officially transitioned from high school to college and are now a freshman. This new position means making your own decisions about how to spend your time, when to go to bed, whether to do homework, study or even go to class. This goes for food decisions as well...no one to nag you about what to eat, when to eat or even how much to eat. Life is good!

Until...you realize that as the semester advances, so does your waistline. Out of curiosity you jump on the scale, never dreaming that the numbers increased and you gained weight...YIKES! How did that happen? Now what?

You're experiencing what is commonly referred to as the "Freshman 15". What's that, you ask? You're about to find out!

## **Part I: RESEARCH (Individual)**

- What is the Freshman 15?
- Statistics?
- Why is the title "Freshman 15" not quite accurate?
- Why does it happen? Causes? (minimum 8)
- How can it be avoided? What can you do to make sure it doesn't happen to you? (minimum 8)
- Sources

## **Part II: Create a Game (Small Group)**

- You will create a new game, refurbishing an old game, about "Avoiding the Freshman 15" that reinforces the information you just discovered.
- The objective of your game is to see if the players can maintain their starting weight by the time they reach the end of the game. Things that happen along the way will determine whether the player gains, maintains, or loses weight. (That's where your creativity comes in!)
- You may adapt your game to fit the information you have. Rules are included for each game to see how the original is played, however you may adapt or create new ones. You may glue new pictures, text, create new players, cards, etc. onto the existing game board, but you must incorporate the actual template of the board. See requirements page.

## **Part III: EVALUATIONS (Small Group)**



- You will play each other's games for playability and peer-evaluate them as per the criteria in the rubric.
- You will also evaluate yourself and your group members for their contributions and efforts towards the completion of the game as per the rubric.



### **“Freshman 15”: Research Results**

- What is the Freshman 15?
- Statistics?
- Why is the title “Freshman 15” not quite accurate?
- Why does it happen? Causes? (minimum 8)
- How can it be avoided? What can you do to make sure it doesn't happen to you? (minimum 8)
- Sources



## Game Board Requirements

Each game must have the following items included in the project:

- Actual game board that includes pieces and anything necessary to play the game (dice, spinners, cards, score sheets, etc.)
- Theme, questions, statements, layout, objectives, design, etc. must be related to the information you learned about the freshman 15.
- Rules must be typed or neatly hand written, understandable and applicable to the game you created or adapted.
- Directions on how to play the game are clearly and thoroughly explained and typed or neatly hand written.
- Entire game must be neat and organized & free of grammar, spelling and punctuation errors.
- Game should be creative, colorful and aesthetically pleasing! No one wants to play a dull, boring game.
- Game must be playable and should be fun and competitive. You will test & evaluate each other's games for this.

