

**Appendix I – Research sheet for PBL: “I’m so unfit and fat”**

<b>Psychosocial issues: Key Words</b>	<b>Synonyms</b>

<b>Biomedical issues: Key Words</b>	<b>Synonyms</b>
Exercise	Physical activity, training, exercise physiology
Overweight	Obesity, obese
Fitness	Cardiovascular fitness, cardiorespiratory fitness
BMI	Body mass index
Diet	Nutrition, food intake, eating habits
Weight loss	

**Database searched**.....

**Search results**

<b>Search terms used</b>	<b>Number of hits</b>

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