**Why do we believe in set-points? (Course 2)**

The purpose of this assignment is to encourage students to think critically about the pervasiveness of the set-point assumption in popular opinion.

The instructor should encourage students to first read Course 2 of the chapter. This information is supplemented by the work of Sandra Aamodt and it may be useful to assign one of these additional resources:

* Ted talk: <https://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work?language=mk>
* NY Times article: <https://www.nytimes.com/2016/05/08/opinion/sunday/why-you-cant-lose-weight-on-a-diet.html?smid=url-share>
* NPR coverage: <https://www.npr.org/sections/thesalt/2016/06/07/481094825/a-neuroscientist-tackles-why-diets-make-us-fat>

Follow up with discussion questions:

* How does the set point assumption impact discourse on homeostasis and weight loss?
* Why is this assumption problematic or detrimental to those who are trying to lose weight for health reasons?
* Provide an evidence-based explanation to counter the set-point assumption.