MYP Personal Project – Arm-wrestling Video

Planning

Learning Goal:

My learning goal, "To gain an in-depth understanding of arm-wrestling, including its techniques, rules, famous athletes, biomechanics, and injury prevention, and effectively communicate this knowledge through a well-structured video," emerges from a deeply personal journey rooted in my passion for the sport of arm-wrestling. Approximately one year ago, my interest in arm-wrestling ignites when my friend D, joins our school. Initially, I take arm-wrestling casually, viewing it as a playful challenge between friends rather than a proper sport or hobby. At the time, I considered myself a strong kid due to my involvement in various sports, and my competitive personality drive me to test my strength against Friend D, whom everyone in the class said is exceptionally strong. However, he defeats me effortlessly and remarks on my weakness, which sparks a determination that I must train and surpass him. This pivotal moment shifts my perspective and attitude completely, setting me on a path of self-directed research, learning, and training. Along my yearlong arm-wrestling journey, I have faced significant obstacles and challenges. A notable incident from the past was a serious forearm ligament injury caused by improper posture and lack of warm-up when I was arm-wrestling with Friend D. This forced me to pause all training and arm-wrestling for three months. Additionally, I've also personally seen several serious injuries that occurred during arm-wrestling matches, due to improper form and the lack of correct concept. These experiences reveal to me the importance of correct technique and injury prevention, areas I previously overlook. Beyond physical setbacks, I also anticipate social barriers: friends and regulars often dismiss my passion, misunderstanding my training methods and approach to arm-wrestling, and offering critiques that fail to consider it as a proper sport. All these challenges I have faced, along with my participation in local competitions in China, where I achieve promising results and connect with fellow arm-wrestling fans who share my passion, shape the foundation of my learning goal. I recognize that arm-wrestling as a sport holds untapped potential yet suffers from a lack of awareness and understanding in the modern society especially in places like China. My experiences demonstrate a need to address these misconceptions and promote safe practices, particularly as I observe the sport's misrepresentation in casual settings. This realization fuels my desire to dive deeply into arm-wrestling not only to enhance my own skills/understanding but also seeking to contribute meaningfully to its perception and growth. To achieve my learning goal, I will rely on the ATL skill of Research to gather and analyze information from diverse, credible sources, ensuring the knowledge I obtain is both accurate and well-rounded. This will help me identify safe practices, avoiding injuries like my past one, and build evidence-based insights. The second component of my learning goal, effective communication to the audience, roots itself in a practical understanding of how knowledge is consumed today. In an era dominated

by fast-paced digital media, where most people favor quick, accessible, and entertaining content over traditional sources like books and audios, I aim to learn and develop the ability to share my insights/understanding in a way that resonates with a broad audience effectively. By exploring arm-wrestling comprehensively, I will seek to refine my capacity to convey complex information clearly and engagingly, a skill I believe will support my future aspirations not just in the sport but in life.

Product Goal:

My product goal is: "Create an engaging and informative video that introduces arm-wrestling in an actual way, using a mix of demonstrations, real match examples, and visuals, along with multi-language sub-titles, and publish it on social media to raise awareness and interest in the sport." This objective seeks to produce a video that aligns with modern media preferences: hrough dynamic, entertaining, visual content on their phones, not static pages. The approach of multi-language subtitles and disseminating across multiple social media platforms aims to target a broad global audience maximize its reach and impact, particularly in regions like China where arm-wrestling is underrepresented. The video will feature demonstrations, match footage, humor/entertainment, and clear visuals to educate viewers, highlight the sport's legitimacy/impact, and potentially reduce injury risks for beginners, all while maintaining viewer engagement. To achieve this, I will utilize the ATL skill of Self-Management, planning on establishing a timeline and meeting deadlines for researching, scriptwriting, filming, editing, and finalizing despite my limited video production experience. I will use this skill to prioritize tasks, maintain focus under a tight timeline, and adapt when I face challenges such as balancing schoolwork with personal project, learning to edit using software, or obtaining visual, refining it through proactive adjustments and seeking assistance from others as needed. This approach will ensure the video's successful completion allowing me to deliver a polished product that effectively raises awareness about arm-wrestling and effectively promoting it as a sport.

Product Success Criteria:

When establishing the success criteria for my video, I began by reflecting on the aim and purpose of my product. Based on my goal I will need to carry out a lot of background research on effective video content creation, focusing on what makes educational videos successful in capturing attention and conveying knowledge. I identified key elements such as voice clarity, visual appeal, background music, information accuracy, multi-platform approach, narration clarity and entertainment as critical for my audience. In setting the success criteria, I aimed to balance ambition with achievability, ensuring that they are challenging but yet realistic measures of my product's impact and quality.

Achievement Level:	**Criteria: Content Accuracy**:	**Criteria: Narration Clarity**:	**Criteria: Visual Relevance**:	**Criteria: Social Media Reach**:	**Criteria: Source Credibility**: *(Note: citation should be a part of the video)*	**Criteria: Entertainment Value:**
0	Does not reach a standard described by any of the descriptors below.	Does not reach a standard described by any of the descriptors below.	Does not reach a standard described by any of the descriptors below.	Does not reach a standard described by any of the descriptors below.	Does not reach a standard described by any of the descriptors below.	Does not reach a standard described by any of the descriptors below.
1-2	**i.** Continuedly providing inaccurate/misleading information throughout the video (such as but not limited to stating "arm-wrestling is an Olympic sport.") **ii**. Omits all five essential topics: rules, techniques, athletes, biomechanics, and injuries.	**i.** Continuedly proving inaudible narration with the pace of below 50 words per minute and excessive noise. **ii.** Lacks any logical sequence between topics throughout the video. **iii.** Continuedly employing incorrect/misleading terminology throughout the video.	**i.** Presents partially arm-wrestling related visual content throughout the video. **ii.** Incorporates 10 or fewer relevant clips throughout the video. **iii.** Provides limited demonstration videos throughout the video. **iv.** Maintains low-quality visuals throughout the video (240P or above).	**i.** Fails to publish the video publicly. **ii.** Applies /attaches no searchable tags at all. **iii.** Posts the video on 0 social media platforms.	**i.** Provides absolutely no references to the content of the video. **ii.** Include and cites fictitious sources (such as but not limited to "a friend"). **iii.** Offers no additional resources/ attachment links to the video.	**i.** Demonstrates no entertainment, monotonous narration without humor throughout the video, achieving an entertainment rating of 2/10 or below in the exhibition survey. **ii.** Includes no humorous/ entertainment content throughout the video. **iii.** Achieves poor viewer retention, with an average watch time below 10% on social media analytics.
3-4	**i.** Provides partially inaccurate information throughout the video. **ii.** Omits two essential topics throughout the video.	**i.** Produces audible but unengaging narration with a pace of 80 words per minute and a relatively flat tone. **ii.** Establishes a relatively weak sequence, with relatively poor logic connections in between topics. **iii.** Employs partially correct terminology throughout the video.	**i.** Presents relevant visuals throughout the video, most aligned with narration. **ii.** Incorporates 15 or fewer scripted clips throughout the video. **iii.** Provides relatively clear demonstration videos throughout the video. **iv.** Maintains stable-quality visuals throughout the video (480P or above).	**i.** Publishes the video publicly with one tag the video with one tag to attract views. **ii.** Achieves limited engagement and views, reaching 1000 or above views (all platforms combined) after 48 hours. **iii.** Posts the video on only 1 social media platform.	**i**. Provides vague references to the video (such as but not limited to "online") **ii.** Include and cites one creditable source (as judged using the OPVL method), alongside with irrelevant (sources that fails to be considered credible) ones. **iii.** Offers one additional resource/attachment links to the video.	**i**. Demonstrates limited entertainment throughout the video, achieving an entertainment rating of 4/10 or below in the exhibition survey. **ii**. Includes one humorous/entertainment element throughout the video. **iii**. Achieves moderate retention of an average watch time of 20-30% on social media analytics.

5-6	**i.** Provides mostly accurate information throughout the video **ii**. Addresses four required topics throughout the video.	**i.** Produces clear and moderately engaging narration with a pace of 120 words per minute and relatively suitable background music. **ii.** Establishes a logical sequence throughout the video. **iii.** Employs mostly accurate terminology throughout the video.	**i.** Effectively presents relevant visuals throughout the video, fully matching the narration. **ii.** Incorporates 20 or fewer well-chosen clips throughout the video that fit the purpose. **iii.** Provides clear and purposeful demonstration videos throughout the video. **iv.** Maintains high-quality visuals throughout the video (720P or above).	**i.** Publishes the video publicly with three related tags, to attack viewers. **ii.** Achieves moderate engagement, reaching 4000 views (all platforms combined) or above within 48 hours. **iii.** Posts the video on 2 social media platforms.	**i.** Provides specific references lists in proper format (APA) attched to the video. **ii.** Include and cites three or more credible sources with less than two irrelevant sources. **iii.** Offers two or more additional resources/ attachment links, (such as but not limited to "WAF webpage").	i. Demonstrates moderate entertainment, achieving an entertainment rating of 7/10 or above in the exhibition survey. **ii**. Includes two to four humorous/ entertainment elements throughout the video. **iii.** Achieves solid retention of an average watch time of 30-45% on social media analytics.
7-8	**i.** Provides fully accurate information throughout the video. **ii.** Addresses all five required topics: rules, techniques, athletes, biomechanics, and injuries.	**i.** Produces highly audible and engaging narration with a pace of above 140 words below 200 words per minute or higher without noticeable noise throughout the video. **ii.** Establishes a seamless sequence with fully logical connections and transitions between all topics. **iii.** Employs exact terminology throughout the video.	**i.** Masterfully presents impactful visuals throughout the video, perfectly synced with narration. **ii.** Incorporates 25 or more polished clips throughout the video that enhance the message. **iii**. Delivers polished and professional demonstration videos throughout the video. **iv.** Maintains top-tier, professional-grade visuals throughout the video (1080P or above).	**i.** Publishes publicly with five tags to attract viewers. **ii.** Achieves significant engagement, such as but not limited to 10000 or more views (all platforms combined) within 48 hours. **iii.** Posts the video on 3 or above social media platforms.	**i.** Provides references list containing all the sources used in the video with proper format (APA). **ii.** Include and cite 5 or more credible sources with no irrelevant sources in the reference list. **iii.** Offers five or more additional resources/ attachment links to the video.	**i.** Demonstrates an excellent sense of humor throughout the video, achieving an entertainment rating of 8/10 or above in the exhibition survey. **ii.** Includes at least five humorous/ entertainment elements evenly distributed within the runtime. **iii**. Achieves an average watch time above 45% on social media analytics.

Plan for Achieving the Product (Action Plan):

I developed a date-specific and task-specific timeline to guide the completion of my product goal and, the duration of this personal project, spanning November 25, 2024, to February 26th, 2025. This action plan serves to outline what tasks to undertake, when to complete them, and how to execute each segment of my final product, a video introducing arm-wrestling, while linking tasks to relevant success criteria to ensure the video meets its intended standards. Additionally, I included a progress notes column to monitor/record adherence to deadlines, reflect on my progress, and address any challenges that may arise during the process.

Date	**Task**	**Goal**	**Steps:**	**Success Criteria Involved:**	**Progress Notes:**
November 25 - December 5, 2024	Research and Prep	Build a solid knowledge base on arm-wrestling to ensure content accuracy.	- Read official WAC rulebook (Newest edition) and watch at least 10 pro matches (full matches on YouTube (such as but not limited to East vs. West) to obtain insight on the rules and technics. - Study at least 3 biomechanics articles on wrist/forearm strength (such as but not	*Content Accuracy*: Ensures that I have basic knowledge for the five topics that I will discuss in my video: rules, techniques athletes, biomechanics, and injuries,	Complete

			limited to cupping, pronation) from credible sources like PubMed or sports journals. - Compile profiles on Levan Saginashvili and Devon Larratt from interviews and match stats. - Start coming up with ideas for jokes. - Record citations throughout the process.	aiming for 7-8 level ("Gives all right facts"). *Source Credibility*: Citation recorded *Entertainment value:* Start coming up with ideas for humor elements in the video during the research process, aiming for 7-8 level.	
December 5 - December 28, 2024	Script Writing	Draft a informative, accurate and engaging script for the video, covering all key areas.	- Draft the content of the 5 sections that will be discussed in the video: intro (what's arm-wrestling), rules (elbow pads, fouls), athletes (Levan, Devon), techniques (five strengths), injuries (prevention tips). - Specialized research will be done during this process using credible sources to obtain specific statistics/contents aligning with script narration. - Searching and write down at least 5 ideas for jocks in the video. - Check with supervisor for feedback on script clarity and flow. - Record citations throughout the process.	*Narration Clarity:* Start to outline content of the script ensuring organization and clarity targeting 7-8 level. *Content Accuracy*: Ensuring that only credible sources would be used during the process of specialized research, aiming for 7-8. *Source Credibility*: Citation recorded. *Entertainment value:* Plan for at least humorous elements to ensure viewer engagement of the video aiming for level 7-8 of criteria.	Pushed back to for one week due to sports competitions and other school assignments.
December 28 – January 11, 2024	Gather Visuals	Collect and prepare all video clips and demos.	- Download 6 or more pro match clips uploaded by official YouTube channels for arm-wrestling events, ensuring 1080p quality (double check to ensure that those clips are open for referencing/downloading). - Record citations throughout. - Record homemade demos with my friend D on a proper arm-wrestling table (this process will be further divided into two sections: injuries & techniques, the whole filming process should be done within one day).	*Visual Relevance*: Aims for 7-8 level by matching the script with relevant visuals that helps with entertainment and follow of the video. *Content Accuracy*: Locked in for 7-8 level making sure that all visual content are not edited. *Source Credibility*: Citation recorded.	Filming process pushed back due to time-management.
January 11, 2024- January 18, 2025	Filming and Narration	Record narration (voice) and initial footage for the video.	- According to the visuals and the supervisor feedback obtained, modify the draft script into the final script. - Record the script narration in a quiet room with a USB mic, loudly and at a pace of around 180 words per minute. - Film short live segments with my friend D (such as but not limited to intro at a table, injury prevention demo) using a tripod and good lighting. - Test audio with supervisor to ensure no background noise.	*Narration Clarity*: Aims for achieving 7-8 for the criteria by ensuring suitable environment and delivering clean, clear audio. *Visual Relevance*: Supports 7-8 level with home filmed demo videos tying to script. *Source Credibility*: Citation recorded	Pushed back since I toke this time to finish my script and gather visuals.
January 18 – February 3, 2025	Editing Video	Assemble a polished video with all elements.	- Use cup cut to stitch narration, put all the footages, visuals, and voice recordings together, along with the use of effects. - Research to obtain relevant visuals. - Complete all the jocks, and connect them to the video.	*Visual Relevance*: Relevant visuals would be gathered using online sources, aiming for 7-8 achievement level. *Narration Clarity*: Ensure that the background music is	Not fully complete/pushed back since I had to complete the voice recordings and film other demonstration

			- Layer subtle background music (such as but not limited to instrumental beat) under narration, keeping it crisp.	played in suitable volume so that it won't affect the clarity of the audio.	visuals with Friend D.
February 3 - February 10, 2025	Fact-Check and Source List	Verify accuracy and compile references.	- Cross-check stats (such as but not limited to "90% titles," "since 2018") with WAC records and YouTube clip dates. - Format 5 sources in APA (such as but not limited to "Saginashvili, L. (2023). Car Pull") and list 5 extras (such as but not limited to the "Qingdao event page") in a Google Doc. - Add source credits as end-screen text (about 10 seconds) in video.	*Content Accuracy*: Locks 7-8 level ensuring accuracy of all the stats in the video. *Source credibility*: Nails 7-8 level formatting the sources in APA format and including it in the video.	Complete after finish up with Editing.
February 10- February 23, 2025	Review and Refine	Polish video based on feedback.	- Share draft with supervisor and 3 classmates via Google Drive link, asking for improvements/feedback. - Finalize the video according to the feedbacks I obtained. - Watch the video for 5 times and polish the video. - Export the video at 1080p or higher.	*Narration Clarity*: Asking for feedback regardingly for improvements, ensuring the clarity of video content. *Visual Relevance*: Asking for feedback regardingly for improvements, and ensuring that the video is exported at high quality.	Complete
February 23 2025	Social Media Upload	Publish and promote the video online.	- Add subtitles in both English and Chinese to the video using AI. - Upload to YouTube with title "Everything you have to know about arm-wrestling" (to attack viewers) and 5 tags (such as but not limited to "arm-wrestling," "Levan," "techniques"). - Upload the video on Chinese TikTok and bilibili as well with the title of "(长视频警告)关于腕力的一切"(with Chinese subtitles) - Post the video on Instagram as well with the same title with YouTube.	*Social Media Reach*: Targets 7-8 level by adding attractive titles/tags, multi-language subtitles, and posting them on multiple social media platforms that I think will be suitable.	Incomplete/pushed back since I thought it would be better to polish the video after displaying it on the exhibition and obtain further feedback.
February 23 – Exhibition	Monitor and Adjust	Track performance and tweak for max impact.	- Check the views 48hours after posting to obtain information for assessing the product basing on criteria of 'social media reach'. - Reply to 5-10 comments with extra facts to boost engagement. - Show the video on exhibition and do the survey on entertainment value.	*Social Media Reach*: Secures 7-8 level by hitting metrics, refining promotion, and doing the survey during exhibition.	Pushed back due to reason explained in the previous section.

Applying Skills

Achieving Learning Goal – ATL Skill: Research

The Approaches to Learning (ATL) skill of Research, which contains collecting, analyzing, and evaluating information from diverse sources, was the most criterial tool in achieving my learning goal. When I began this project, my Research skills were very rudimentary. I relied heavily on unverified YouTube/TikTok shorts, along with casual competitions with my friend D, which only gave me a superficial insight of the sport. Recognizing these limitations, I applied and developed the ATL skill of Research systematically,

transforming my method of approach to ensure my video is accurate, engaging, and evidence-based. Initially, I used the Research skill to build credible knowledge foundation for my video by sourcing official rule books from arm-wrestling federations online. This was critical because it corrected misconceptions from social media proves the legitimacy of the sport. To understand and present the biomechanics of movements like cupping and pronation, I accessed fact checked articles on sources like Google Scholar. This is a shift from my earlier reliance on unfiltered videos.

A pivital application of the skill of Research was my engagement with primary sources through first hand interviews. During the time period of this project, I continued my love towards arm-wrestling. I actively attended several arm-wrestling matches in China, and carried out interviews with division champions of those matches, asking targeted questions such as: “What are the key strengths for success in arm-wrestling?” “How have you managed injuries?” and “What advice do you offer beginners?”, etc. Their responses, such as one champion’s emphasis on wrist flexion (cupping) over bicep strength, addressed practical understandings that online sources couldn’t fill. These firsthand insight deepened my personal understanding while brining real-world expertise to my video, making it more understandable and valuable to beginners (a core aim of my goal).



2025 Henan Jiaozuo National Arm-Wrestling Championship:
78 kg category champion.

2024 Qingdao International Arm-wrestling Championship:
63 kg category Runner-up.



2025 Henan Jiaozuo National Arm-Wrestling Championship:
86 kg category champion.

My Research skill also shaped how my video is presented to the audience. I analyzed popular sports-related informative videos online, noting their often use of humor/jokes and concise pacing to retain viewers. I adopted these strategies in my video which ensured that the way I communicate the information is appropriate for most social media audiences, fulfilling and supporting the communication aspect of my learning goal. My application of the Research skill extended significantly during the preparation for my exhibition. I gathered a lot of resources, including articles drawn from sports science journals, charts illustrating training data, graphs analyzing injury trends, identified safe practices, and in school investigation. For instance, my hypothesis that grip strength is directly proportional to arm-wrestling performances was confirmed through a small experiment of peers, adding original data to my findings. I

also explored nutritional studies on supplements including creatine, beta-alanine, and glutamine used by arm-wrestlers (included in my video), drawing from investigations by sports scientists to enhance my overall understanding of the sport, while also carrying out an in school investigation to confirm my hypothesis. This process deepened my understanding and polished my research abilities. These elements, displayed on my exhibition board [see Photo attached below], showcased how Research fueled both my personal growth and the project's success.



Throughout this process, my Research skill evolved significantly. Early on, I struggled to find relevant materials, particularly credible academic articles due to arm-wrestling's limited scholarly presence. However, with the guidance of my supervisor and library teacher, I refined my approach, by searching using precise keywords on data bases like Google Scholar and exploring the YouTube channels of champions for experiential data. I also adopted the OPVL method to evaluate source reliability (I learnt this in my humanity class), a practice that strengthened my ability to discern credible information. For instance:

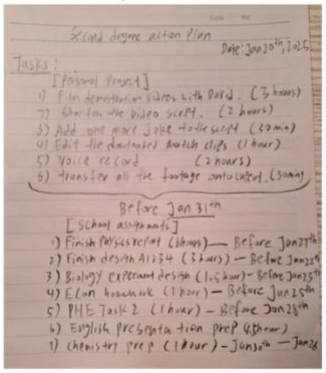
Source (APA 7)	**Source title:** International society of sports nutrition position stand: Beta-Alanine Trexler, E. T., Smith-Ryan, A. E., Stout, J. R., Hoffman, J. R., Wilborn, C. D., Sale, C., Kreider, R. B., Jäger, R., Earnest, C. P., Bannock, L., Campbell, B., Kalman, D., Ziegenfuss, T. N., & Antonio, J. (2015). International society of sports nutrition position stand: Beta-Alanine. Journal of the International Society of Sports Nutrition, 12(1). https://doi.org/10.1186/s12970-015-0090-y
Origin (O)	The article was produced by a group of experts in sports nutrition, including Eric T. Trexler, Abbie E. Smith-Ryan, Jeffrey R. Stout, Jay R. Hoffman, Colin D. Wilborn, Richard B. Kreider, Tim N. Ziegenfuss, and others. The article was published in 2015, in the Journal of the International Society of Sports Nutrition (ISSN) which is a professional organization that provides evidence-based information on sports nutrition. The article is a position stand, representing the society's official stance on beta-alanine as a sport supplement, based on current scientific evidence.
Purpose (P)	As far as I'm concerned, the intention of this is to provide an objective and critical review on beta-alanine supplementation and to make recommendations based on that review. The targeted audiences are Sports nutritionists, athletes, coaches, content perducers, and researchers interested in the effects of beta-alanine on exercise performance.
Value (V)	The article emphasizes the importance of evidence-based practice and scientific research in sports nutrition. It provides valuable insights on effects of bata-analine suplimentation and how its enhances athletic performance while also offering views on how athlatic performance and overall health could be improved through proper supplementation in general. The disclosures of potential conflicts of interest also reflect a commitment to transparency and ethical conduct in research.

Limitations (L)	Firstly, the article is published in 2015, so the article may not include the latest research on beta-alanine. Secondly, the interpretation of literature and the formulation of recommendations can possibliy be subject to the authors' biases. Thirdly, some authors can possibliy received funding or have affiliations with companies that produce or market beta-alanine supplements, which could influence their recommendations (Although the posiblity is low since it is published by an authoratative organisation). Lastly, the position stand focuses solely on beta-alanine and may not offer a comprehensive perspective on other supplements or their potential interactions and effects when taken with beta-alanine.

By appling this structured evaluation process to all sources, I ensured that my research was strong and reliable. Ultimately, the Research skill was indispensable because it transformed my understanding from shallow and superficial, into deep, evidence-based. Each step whether if it is sourcing rules, interviewing pros, or analyzing video trends, all directly supported my learning goal by providing me with accurate knowledge to share to the public. I believe the enhancement of this skill will benefit my future of both academic and competitive arm-wrestling matches.

Applying Skill to Create a Product – Self-Management

The Approaches to Learning (ATL) skill of Self-Management, which includes time management, organization, and resilience in handling tasks, was the most critical skill that I have applied in creating my product. Initially, my Self-Management was weak, shaped by a history of procrastination and rushing all my tasks at the last minute across schoolwork and sports. With almost no video-making experience and a tight timeline, mastering this skill was essential to ensure that the video is completed successfully. I have applied Self-Management during the process of this personal project by developing a detailed action plan from November 25, 2024, to February 23, 2025, assigning deadlines for each specific stage, ensuring that I meet my product goal and success criteria. Recognizing the complexity of scriptwriting, I allocated extra time during early December, anticipating and considering my limited experience and concurrent schoolwork, including summative assessments, outside school events, and sports competitions. This proactive planning helped me to organize all the tasks and set realistic deadlines to meet. This organization was vital because it ensured a well-researched/written script which is the key to correcting misconceptions, by giving me time to refine content. However, keeping up to this plan proved difficult initially. Early on, I wasn’t able to keep up with the schedule due to sports events and procrastination, as progress notes show, reflecting my poor Self-Management ability initially. Yet, the detailed action plan still prevented total derailment, keeping me from pushing everything to the last moment, a habit I’ve got used to within the past. approach, creating a secondary action plan [as shown blow] from Jan 20th to 31th, listing down all the tasks As my delays became apparent, realizing the risk of an incomplete/unsuccessful product, I reassessed my in order to catch up with my initial action plan and get back on the right track.


Second degree action plan
Date: Jan 20th, 2025
TASKS:
[Personal Project]
1) Film demonstration videos with David. (3 hours)
2) Shorten the video script. (2 hours)
3) Add one more joke to the script (20 min)
4) Edit the downloaded match clips (1 hour)
5) Voice record (2 hours)
6) transfer all the footage onto Capcut. (30min)
Before Jan 31th
[School assignments]
1) Finish Physics report (3hours) — Before Jan27th
2) Finish design A1234 (3 hours) — Before Jan25th
3) Biology experiment design (1.5 hour) - Before Jan25th
4) Econ homework (1 hour) — Before Jan 26th
5) PHE Task 2 (1 hour) — Before Jan 26th
6) English presentation prep (1 hour)
7) Chemistry prep (1 hour) - Jan 30th — Jan 26

All tasks that need to be done before January 31th

Date	Task	Estimated time	Category	Progress note
Jan 21th	1. Design: Finish A1234 2. Biology: Outline experiment design 3. Badminton training	2 hours 30 minutes 1 hour	School School Sports	Complete. Design toke more time than I expected.
Jan 22th	1. Biology: Finish experiment design 2. Transfer footages onto Capcut 3. Football training	30-40minutes 30 minutes 1.5 hours	School PP Sports	Complete.
Jan 23th	1. Economy: Finish homework on tourism 2. Add one more joke to the video script 3. Gym	1 hour 30min 1.5 hour	School PP Sports	Complete. Broke my bench PR in the gym ☺
Jan 24th	1. Physics: Outline the report and research 2. Edit the match clips downloaded earlier 3. Football training	2 hours 1 hour 1.5 hour	School PP Sports	Complete. Slept late. Physics research toke more time than I expected.
Jan 25th	1. Film demonstration videos with David 2. Physics: Finish at least 50% of the report 3. Badminton training	3 hours 2 hours 1.5 hour	PP School Sports	Complete. Trained badminton for 2.5 hours.
Jan 26th	1. Shorten the video script 2. Finish up Physics 3. Gym	2 hours 2 hours 1.5 hours	PP School Sports	Complete. Only went gym for 1 hour because there is too much work.
Jan 27th	1. Physics: Read over and refine the report 2. PHE: Finish Task 2 3. Football training	1 hour 1 hour 1.5 hours	School School Sports	Complete. There was a football match instead of training.
Jan 28th	1. Voice records the video script 2. English: Prepare for presentation 3. Badminton training	2 hours 1 hour 1 hour	PP School Sports	Complete.
Jan 29th	1. Chemistry: exam preparation 2. Transfer footages onto Capcut 3. Football training	2 hours 30 minutes 1.5 hour	School PP Sports	Complete.
Jan 30th	1. Edit demonstration videos. 2. Chemistry: exam preparation 3. Gym	1 hour 1 hour 1.5 hour	PP School Sports	Complete. Arm-wrestled with all the coaches in the gym and won.

Secondary Action plan for completing those the tasks

I prioritized hard and time consuming tasks during periods of relatively lighter schoolwork, spending additional hours to make adjustments beyond the original plan. These adjustments, as recorded in progress notes, explain how the skill of Self-Management turned setbacks into a focused recovery, allowing me to catch up with the action plan's timeline by February and eventually producing a high quality product. The progress notes on the action plan table document this process of recovery, highlighting my ability to identify current situation, adapt and maintain focus. For instance, I managed to complete filming the demonstration videos with friend D despite challenge I faced by rescheduling sessions and seeking assistance from friend D demonstrating my resilience to make a good product. During the process of this project, my Self-Management grew from chaotic to strategic. The action plan served as an alarm for me, enabling me to monitor my progress and adjust approaches based on situation, a skill I previously lacked. This development was critical to producing a successful video that meets my high levels in my success criteria. The process taught me the importance of regular self-assessment and flexibility in managing a long-term project anticipate while also teaching me how to overcome obstacles I faces on the way, and implement contingency plans to put things back on the track. Without this growth, rushed work would've led to a disjointed video undermining the informativeness of the video. The use of Self-Management ensured a polished final product that is both clear and captivating to the viewers. I believe this enhanced self-management will greatly support both my academic and personal goals in the future.

Reflecting

Reflection: The Impact of My Project on My Learning

The journey of creating my product has profoundly influenced my personally development, especially through the lens of Self-Management in the process of producing this product. This is the longest duration project that I have ever done in my life, and reflecting on this whole experience, I recognize that it has not only improved/refined my ability to manage complex tasks but also reshaped my understanding of myself

as a learner and also as who I am, aligning with the IB learner profile attributes of inquiry, balance, and caring, and positioning my self as a lifelong learner with a deeper sense of purpose, and a fate towards the future. One of the most significant impacts that this project has brought to me, was the brining my mindset and habit toward discipline and perseverance, driven by the need of the ATL skill: Self-Management. The process of producing the video required me to dive in to a area that haven't looked into previously, as I had no prior experience with such a multifaceted project. The pressure to product a product with the purpose of education and engagement to social media audiences across the glob, while addressing misconceptions, often felt overwhelming to me due to the strong sense of social responsibility behind it. There were moments of self-doubt, I was questioning myself, particularly when I realized the huge scale of the task, and how unrealistic it felt, compared with the products that other classmates are making. Yet, these challenges forced me to develop a resilience. I learned to push through setbacks with my determination and strategy of balancing my others work (sports and school assignments`) with personal project, brining a sense of pride in my ability to see the project through. This reflects the IB learner profile trait of being *balanced*, as I grew to appreciate the importance of maintaining focus and balancing one work with the other, a skill that will undoubtedly support both my academic and personal interests moving forward. The project also deepened my commitment to the IB learner profile of *inquiry*, though in a way that extended beyond the research stage. While creating the video, I became increasingly curious about how to make complex arm-wrestling concepts accessible to a general audience. This curiosity led me to explore creative ways to present information, such as using humor and jokes to maintain viewer engagement, this is a decision led by my goal to achieve a high entertainment rating in my exhibition survey. Experimenting with different tones and structures during the editing process and showing them to my supervisor to obtain adjustment feedback is the use of communication as a tool for education. I found myself asking, "How can I make this sport resonate with someone who's never heard of it?" This reflective inquiry not only enhanced the video's quality but also brought a passion for exploring new methods of knowledge sharing to the public, a practice that will help me greatly with future projects. Producing the video has also solidified my identity and fate of being a *lifelong learner*, showing the potential to integrate my unacademic related personal passions with meaningful learning experiences. Arm-wrestling, initially a hobby brought by my casual plays with friend D, became a tool for developing skills I never anticipated, such as writing video narratives and designing an informative video in a humorous style. This aligns with my global context 'Identities and Relationships', as it deepened my understanding of how personal growth in arm-wrestling shaped my personal identity and built connections with a community through educating others. The process of transforming ideas on the paper and raw footage into a polished product taught me the value of learning: each editing session in the video revealed a new techniques, and each viewer reaction at my exhibition offered insights into the effectiveness of my communication. This practical approaches made me to realize that learning is not

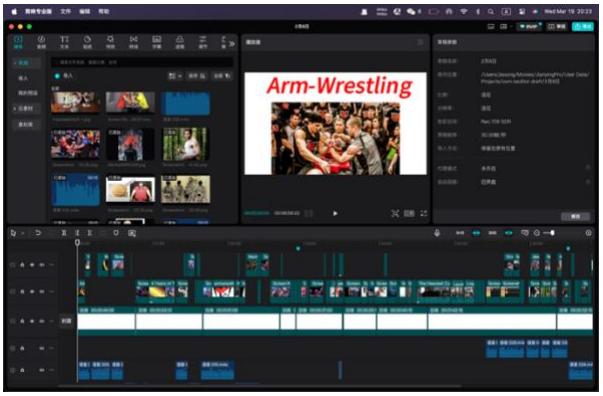
limited to traditional academic settings taking place in classrooms; it can be a dynamic, passion-driven thing as well. This realization has inspired me to approach future challenges (whether academic or athletic) with a mindset of expectation and determination, visualizing the IB's key concept of *lifelong learning*. One of the other the most profound impact of this project was the awakening of my sense of *caring* and *social responsibility*. The purpose of the my product (to raise awareness about arm-wrestling and prevent injuries through education) really gave me a sense of purpose that got into a broader level, extending beyond just personal achievement. Knowing that my work could influence even a single viewer around, where many of them are people who misunderstood the sport, filled me with a determination to contribute positively to the arm-wrestling community. This responsibility gave me a very deep emotional response; I felt a connection to a broader audience, and a desire to protect others from the injuries I had experience (like my forearm ligament injury). This project has transformed me into a more *socially conscious individual*, committed to using my own knowledge and my approach for the greater goods, a value that aligns with the IB learner profile of *caring*, guiding my actions as a student and as a global citizen. In essence, this project has really been a transformative experience, changing my approach to Self-Management and providing me the power to create a product to inspire people and bring changes to the world. A *balanced* resilience, a passion for *inquiry* driven communication, and a *caring* commitment, all of which have prepared me to face and embrace all the future challenges both as a *lifelong learner* and as a *responsible individual*.

Product Evaluation:

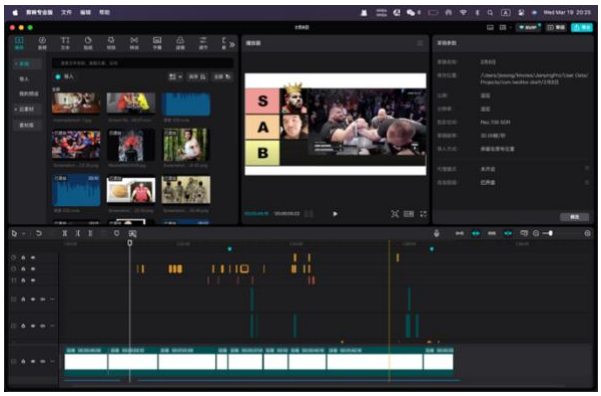
My Product:

My final product is a 15-minute video crafted to introduce arm-wrestling, addressing misconceptions and elevate global awareness of the sport, utilizing over 350 media sources, including match clips, charts, graphs, online footages and demonstration videos (me and My friend D), to create a dynamic and understandable visual narrative. The video also features 58 audio recordings with subtitles in Chinese, Korean, and English, ensuring accessibility for an international audience, alongside 7 major humorous/joke segments and 18 sound effects to enhance engagement and maintain attraction. A calming and relaxing background music of "Love Encounter," plays at a low volume to preserve the clarity of the narration, which uses casual language to explain all five intended topics: rules, techniques, famous athletes, biomechanics, and injury prevention, in an very approachable manner. The video is eventually posted onto social media platforms including Chinese TikTok, YouTube, and BiliBili reaching a total of ~17,000 views in 48 hours. The video is structured to guide viewers relaxingly and seamlessly through each topic discussed, with many humor jokes strategically placed within the video to maintain interest and watch time, reflecting my personal journey from a novice defeated by my friend D to an advocate for the sport. A 10 second reference list of

all the major sources I used to product this my video ends it, ensuring source credibility. Five resource links are provided/attached to the video: the World Armwrestling Federation's official website for authoritative insights, Devon Larratt's YouTube channel (legendary arm-wrestler) for practical training tips and insight to the life style of arm-wrestlers, the WAF official rules for more comprehensive and standardized guidelines about the rules, Levan Saginashvili's channel (the current world No.1) for expert techniques and training insights, and my email address seeking for viewer questions and private feedback, promoting direct engagement. These features all support the video's purpose by making arm-wrestling accessible, engaging, and educational for a global audience, encouraging a deeper respectfulness and understanding of the sport.







Product success criteria:

Achievement level	Product Success Criteria Evaluation	Area of strength	Areas for Development
8/8	Criteria: Content Accuracy **i.** I ensured all information was fact-checked and sourced from credible references, meeting the requirement of **level 7-8** "fully accurate information". **ii.** I covered rules, techniques, athletes, biomechanics, and injuries, fulfilling the descriptor, meeting the requirements for **level 7-8.**	My dedication to fact-checking and sourcing from credible references ensures a high standard of content accuracy, which is fundamental for achieving my product goal. The inclusion of all five topics: rules, techniques, athletes, biomechanics, and injuries, demonstrates my thorough understanding of the sport.	
7/8	Criteria: Narration Clarity **i.** I achieved a pace of 180 words per minute with a clear recording environment, good pronunciation, and no noticeable noise, exceeding the **7-8 level** requirement of "above 140 below 200 words per minute without noise". **ii**. I established a logical sequence I lack of strong logical connections between all topics, which aligns with the **5-6 level** descriptor of "establishes a logical sequence throughout the video" but falls short of the 7-8 level's "seamless sequence with logical connections and transitions between all topics."	The clarity of my narration are exceptional strengths, with a pace of 180 words per minute, clear pronunciation, and a recording environment with no noise, meeting the 7-8 level expectations. This ensures that viewers can easily follow and remain engaged with the content throughout the whole video. Additionally, my use of precise, professional arm-wrestling terminology, with clear definitions, enhances the video's educational value, making those complex concepts accessible to beginner audience	I could improve the logical sequence of the video by strengthening the connections and transitions between topics. The absence of seamless transitions may occasionally disrupt the video flow for viewers, potentially affecting their engagement. Incorporating clearer transitions, such as brief summaries or linking statements between topics, would ensure a more cohesive narrative that suites better for the viewers, fully meeting the 7-8 level descriptor.

	iii. I employed and defined professional arm-wrestling terminology throughout the video, meeting the **7-8 level** requirement of "employs exact terminology throughout the video."	and reinforcing the video's purpose of raising awareness globally.	
8/8	<u>Criteria: Visual Relevance</u> **i**. I effectively and masterfully presented visuals throughout the video, completely aligned with narration, and ingeniously incorporated edited visuals for extra entertainment, meeting the **7-8 level** requirement of "Masterfully presents impactful visuals throughout the video". **ii.** I included 29 demonstrations clearly suiting the purpose and aiding viewer understanding of techniques, meeting and exceeding the **7-8 level** requirement of "Incorporates 25 or more polished clips throughout the video." **iii.** I delivered professional and multi-angled demonstrations film with my friend D, throughout the video, meeting the requirements for **7-8 level** "Delivers polished and professional demonstration videos throughout the video" **iv.** I ensured all visuals were at 1080P quality, even investing in a Pro video downloader to achieve this, meeting the **7-8 level** requirement of "Maintains top-tier, professional-grade visuals throughout the video (1080P or above)."	The continuous alignment of visuals with narration, enhanced by my creative editing for entertainment, reflects a sophisticated and masterful approach to visual storytelling, making the video both informative and engaging for audience. My inclusion of 29 demonstrations, which clearly illustrate techniques, significantly aids viewer comprehension, particularly for those arm-wrestling beginners. My commitment to professional-quality visuals at 1080P, supported by my investment in a Pro video downloader, ensures a clear and visually appealing product that enhances the overall viewing experience for the viewers.	
8/8	<u>Criteria: Source Credibility</u> **i.** I included a reference list in APA format, lasting 10 seconds in the video, meeting the **7-8 level** requirement of "provides a reference list containing all the sources used in the video with proper format (APA)." **ii.** I cited 9 credible sources with no irrelevant ones, exceeding the **7-8 level** requirement of "includes and cites 5 or more credible sources with no irrelevant sources in the reference list." **iii.** I provided five additional resources: World Armwrestling Federation's website, Devon Larratt's YouTube channel, WAF official rules, Levan Saginashvili's channel, and my email address, meeting the **7-8 level** requirement of "offers five or more additional resources/attachments to the video."	My inclusion of a comprehensive APA-formatted reference list, displayed for 10 seconds, ensures transparency and credibility, reinforcing the video's reliability as an educational resource. Citing 9 credible sources with no irrelevant ones demonstrates my the well-evaluated research approach (using the OPVL method), enhancing the video's reliability. The five additional resources provide viewers with valuable opportunities for further learning, while my email promotes direct engagement, aligning with my goal of raising global awareness.	
8/8	<u>Criteria: Social Media Reach</u> **i:** I published the video with five tags including "arm-wrestling," "Levan," "Devon," "informative," and "humorous," meeting the 7-8 level requirement of "publishes with five tags, such as but not limited to 'arm-wrestling,' 'techniques,' and 'Levan.'" **ii.** I achieved a total of around 17,000 views (TikTok, Bilibili, YouTube combined) within 48 hours, exceeding the 7-8 level requirement of "achieves	My strategic use of five targeted and popular tags and posting the product on multi-platforms including TikTok, Bilibili, and YouTube eventually drove 17,000 views in 48 hours, exceeding the 10,000 view requirement for level 7-8. This broad reach effectively increases the impact of my product, and the amount of	

	significant engagement, such as but not limited to 10,000 or more views (all platforms combined) within 48 hours." **iii.**: I posted the video on three platforms: TikTok, Bilibili, and YouTube, meeting the 7-8 level requirement of "posts the video on 3 or above social media platforms."	global awareness it raises, aligning perfectly with the aim/goal of my product.	
6/8	<u>Criteria: Entertainment Value</u> **i:** I demonstrated an excellent sense of humor throughout the video, achieving an entertainment rating of 8.4/10 in the exhibition survey, exceeding the **7-8 level** requirement of "achieving an entertainment rating of 8/10 or above in the exhibition survey." **ii:** I included 7 humorous elements evenly distributed within the runtime, exceeding the **7-8 level** requirement of "includes at least six humorous elements evenly distributed within the runtime." **iii.** I achieved an average watch time of 5% on social media analytics, which falls significantly below the 7-8 level requirement of "achieves an average watch time above 45%," aligning instead with the **1-2 level** descriptor of "achieves poor viewer retention, with an average watch time below 10%."	My inclusion of 7 evenly distributed humorous elements and an 8.4/10 entertainment rating from the exhibition survey demonstrated an impressing ability to engage viewers through humor elements, meeting 7-8 level expectations. This strength ensures that the video remains entertaining and memorable for all the viewers, fulfilling my goal of making arm-wrestling knowledge appealing and accessible, particularly for those new to the sport.	The average watch time of 5% is a significant weakness, as it falls way below my expectation of 45% and only aligning with the 1-2 level. Reflecting on this, I surely overestimated the patience of social media users in modern society, who prefers fast-paced, short content and often scroll away from longer videos like mine directly. I could improve this by adding a compelling hook at the beginning, such as an exciting match clip or a bold statement, instead of starting directly with explanations about arm-wrestling, to grab attention and increase viewer retention.

Inclusive Evaluation:

My goal of raising global awareness about arm-wrestling through an educational video was largely achieved, as my product met the 7-8 level in *Content Accuracy*, *Narration Clarity*, *Visual Relevance, Social Media Reach* and *Source Credibility*. This reflects the video's accuracy, engaging visuals, credible sources, clear narration, reached a ton of people, and kept viewers entertained aligning with my initial goal. The video delivered accurate content on rules, techniques, athletes, biomechanics, and injury prevention, backed by nine major credible sources and an APA reference list, meeting the 7-8 standard for accuracy and credibility. Narration was clear at 180 words per minute with precise terms, although transitions between topics were weaker (5-6 level), this criteria is overall well met. The visuals of the video stood out with 29 demos and all visuals in 1080P, perfectly synced with narration, meeting the highest level. Online, it reached around 17,000 views in 48 hours across TikTok, Bilibili, and YouTube with 5 additional attachments and related tags. The entertainment oof the video is scored an 8.4/10 in my exhibition survey with seven jokes, indicating a exelence sense of humor, but the 5% watch time was a disaster only meeting the reqiurments for level 1-2 due to the misjudgement of social media attention spans in the modern society (my criteria requirements was over ambitious). Overall, I consider the video as well as this whole project **successful** ☺, although refining transitions and expediting **online** posting could have made it better. But anyways this outcome is already way beyond my initial expectation, and I'm extremely proud of what I have achieved.