

Application Number	M25
Grant Amount	\$4,800
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Team Members	Scott Flynn sflynn@highlands.edu Lisa Jellum ljellum@highlands.edu Jonathan Howard jhoward@highlands.edu
Works Being Revised	<p>Course: Concepts of Fitness and Health (PHED 1010): http://getlibraryhelp.highlands.edu/PHED1010</p> <p>Chapters:</p> <ol style="list-style-type: none"> 1. Healthy Behaviors: http://getlibraryhelp.highlands.edu/ld.php?content_id=38496220 2. Fitness Principles: http://getlibraryhelp.highlands.edu/ld.php?content_id=38496087 3. Cardiorespiratory Fitness: http://getlibraryhelp.highlands.edu/ld.php?content_id=38496007 4. Muscular Fitness: http://getlibraryhelp.highlands.edu/ld.php?content_id=38496107 5. Flexibility: http://getlibraryhelp.highlands.edu/c.php?g=577032&p=4224840 6. Body Composition: http://getlibraryhelp.highlands.edu/ld.php?content_id=38496178 7. Nutrition: http://getlibraryhelp.highlands.edu/PHED1010 8. Weight Management: http://getlibraryhelp.highlands.edu/ld.php?content_id=38496205 9. Stress: http://getlibraryhelp.highlands.edu/ld.php?content_id=38496160 10. Cardiovascular Disease: http://getlibraryhelp.highlands.edu/ld.php?content_id=38496021 11. Cancer: http://getlibraryhelp.highlands.edu/ld.php?content_id=38495983 12. Substance Use and Abuse: http://getlibraryhelp.highlands.edu/ld.php?content_id=38495969 13. Sexually Transmitted Infections (STI's): http://getlibraryhelp.highlands.edu/ld.php?content_id=38495930
Final Semester	Fall 2018
Grant Amount	\$4,800

Description

Through a previous ALG Transformation Grant, the Georgia Highlands College Physical Education department created an open source text book for the Concepts of Fitness and Health Course (PHED 1010). The free textbook has been well received by students, but there are integral elements found in traditional textbooks, or can be accessed through the purchase of an online key, that are absent from the current free offering and are necessary to support the instruction of the course.

After implementation of the free text book and preliminary student feedback had been collected, it was noticed that supporting components such as terminology checklists, homework test questions, and PowerPoint presentations for each chapter were required. In addition, some of the supplementary material was overwhelming for students to navigate through, and activity-based Lab instructions were not clearly understood. In response, the goal of this mini-grant is to create new ancillary materials to improve student focus and engagement with the materials for greater learning outcomes.

The deliverables of the mini grant will be:

1. The creation of recorded mini-lectures offering an overview of the chapter content so that students can focus their efforts.
2. The creation of PowerPoint slides for each chapter to support the textbook and enhance the learning experience for students.
3. The creation of screencasts for chapter labs & visual demonstrations for labs that are activity based so that students have a clear reference point & and greater understanding of performance expectations.
4. The creation of chapter terminology checklists to serve as an informational foundation for content.
5. The creation of homework test questions for each chapter so that students can test their content knowledge.

<p>Timeline</p>	<p>March 1st - April 15th 2018: Each team member will create the PowerPoint slides, chapter terminology checklists, and homework test questions, for the following chapters: Cancer Development, Substance Use and Abuse, and STI's – A. Moser Wellness, Fitness Principles, Cardiorespiratory Fitness, and Body Composition – S. Flynn Nutrition, Cardiovascular Disease, and Weight Management – L. Jellum Muscular Fitness, Healthy Behaviors, and Stress – J. Howard</p> <p>April 15th - May 1st 2018: Survey questions to assess the new ancillary materials will be submitted – A, Moser, S. Flynn, L. Jellum, and J. Howard. Mini lectures, Screencasts, and visual demonstrations for Labs will be recorded and edited - A, Moser, S. Flynn, L. Jellum, and J. Howard.</p> <p>May 14th - August 1st 2018: First and partial implementation of ancillary materials in one PHED 1010 ground class, and one PHED 1010 online class. Access to an online survey to assess the new ancillary material will also be available. Modifications and adjustments will be made based on the survey results, student feedback, and feedback from faculty who have used the materials. The results will be shared with the rest of the department.</p> <p>August 18th 2018: Full implementation of all ancillary materials. All sections of PHED 1010 will have free access to the materials to accompany the pre-existing free textbook.</p>
<p>Budget</p>	<p>\$4800.00 which includes \$1000.00 for each team member to compensate for the increased workload, and \$800.00 to be allocated towards the purchase of an iPad Pro which will be used to build content, record mini lectures, and record Lab visual demonstrations.</p>