**Affordable Learning Georgia Textbook Transformation Grants**

**Final Report for Mini-Grants**

# General Information

Date: 12/01/2018

Grant Round: Round 11

Grant Number: M-25

Institution Name(s): Georgia Highlands College

Team Members (Name, Title, Department, Institutions if different, and email address for each):

Althea Moser: Assistant Professor, Physical Education, [amoser@highlands.edu](mailto:amoser@highlands.edu)

Scott Flynn: Associate Professor, Physical Education, [sflynn@highlands.edu](mailto:sflynn@highlands.edu)

Lisa Jellum: Assistant Professor, Physical Education, [ljellum@highlands.edu](mailto:ljellum@highlands.edu)

Jonathan Howard: Instructor, Physical Education, [jhoward@highlands.edu](mailto:jhoward@highlands.edu)

Project Lead: Althea Moser [amoser@highlands.edu](mailto:amoser@highlands.edu)

Course Name(s) and Course Numbers: PHED 1010

Final Semester of Project: Fall 2018

***If applicable to your project:***

Average Number of Students per Course Section: 23

Number of Course Sections Affected by Implementation of Revised Resources: 54

Total Number of Students Affected by Implementation of Revised Resources: 1242

# 1. Project Narrative

*Describe the course of your revision or ancillary creation project, including*

* *A summary of your project’s purpose, plan, and timeline.*

**Purpose and Plan:**

The purpose of the project was to create ancillary materials to improve student focus and engagement with the previously developed open source textbook for the Concepts of Fitness and Health Course (PHED 1010).

It was found that although the free textbook had been well received by students, there were integral elements found in traditional textbooks that were absent from the free offering and were necessary to support the instruction of the course. Accordingly, supporting components such as chapter overview mini-lectures, terminology checklists, homework test questions, and PowerPoint presentations were developed.

**Timeline:**

March 1st - April 15th 2018:

1. Each team member created PowerPoint slides, chapter terminology checklists, and homework test questions for the chapters in the current text.

2. The existing text was reviewed for any necessary content updates.

April 15th - May 1st 2018:

1. Survey questions to assess the new ancillary materials were developed.

2. Mini lectures and visual demonstrations for Labs were recorded and edited.

May 14th - August 1st 2018:

1. First and partial implementation of ancillary materials in two PHED 1010 ground classes, and two PHED 1010 online classes was initiated.

2. Access to an online survey to assess the new ancillary material was made available to students.

3. Modifications and adjustments were made based on the survey results, student feedback, and feedback from faculty who used the materials. The results were then shared with the rest of the department.

August 18th 2018:

1. All sections of PHED 1010 were given free access to the materials to accompany the pre-existing free textbook.

* *The original works which were revised or added to, with links.*
  + *For example, if you revised an open textbook, give the title, author, and link.*

The open textbook for Concepts of Fitness and Health written by Scott Flynn, Jonathan Howard, Lisa Jellum, and Althea Moser was revised and supplemented with the ancillary materials.

The original chapter links are as follows:

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>

* *A narrative description of how the project’s plan was carried out.*

The carry-out plan was to create all of the ancillary materials as a team to improve student learning outcomes with the updated PHED 1010 content. In order to do so, all of the ancillary materials were developed in the Spring of 2018, piloted in the Summer 2018 semester, and fully implemented in all PHED 1010 sections during the Fall 2018 semester. Due to increased facility involvement we were able to double the classes for the project survey sample, and the results obtained were favorable. It was found that 99% of students surveyed found the PowerPoints supported their learning process, 97% of students found the mini-lectures helpful in focusing their efforts with the chapter content, 85% of students found the terminology checklists to be an informational foundation for content, and 100% of the students surveyed found the visual lab demonstrations to be helpful in giving them an understanding of the lab expectations.

* *Lessons learned, including anything you would do differently next time.*

It was discovered after the piloted courses in the Summer 2018 semester that the way that some of the PDF chapter files were saved in the LibGuide did not allow the resource links to be opened, which led to the files having to be resaved in a Word format so that they could be properly utilized in the Fall 2018 semester.

# 2. Materials Description

* *Describe all the materials you have created or revised as part of this project. These descriptions may be used in the* [*GALILEO Open Learning Materials*](https://oer.galileo.usg.edu/) *repository in the official description field.*

Ancillary materials created for this project include:

1. The creation of recorded mini-lectures offering an overview of the chapter content.

2. The creation of PowerPoint slides for each chapter.

3. The creation of visual demonstrations for labs.

4. The creation of chapter terminology checklists.

5. The creation of homework test questions for each chapter.

# 3. Materials Links

* *If you are hosting your materials in places other than GALILEO Open Learning Materials, please provide these links in this section. Otherwise, leave blank.*

The ancillary materials are hosted at <http://getlibraryhelp.highlands.edu/PHED1010> for open access. All materials were also available to students via the D2L platform starting in the summer 2018 semester. Additionally, ancillary material is also available via YouTube at the following links:

1. Cardiorespiratory chapter mini-lecture, Fitness Principles chapter mini-lecture, Flexibility chapter mini-lecture, Body Composition chapter mini-lecture, Substance Use and Abuse chapter mini-lecture, STIs chapter mini-lecture, Cancer Development chapter mini-lecture, and Lab 6.2 Visual Demonstration:

<https://www.youtube.com/channel/UC3vH9Hv7HVAJjn5yAr9YuFg>

2. Muscular Strength and Endurance chapter mini-lecture, Wellness and Health chapter mini-lecture, and Stress chapter mini-lecture:

<https://www.youtube.com/channel/UCjaSLr-wvmJCOPMVpPHsdCA>

3. Weight Management chapter mini-lecture, Nutrition chapter mini-lecture, Cardiovascular Disease chapter mini-lecture, Lab 4.1 and Lab 4.2 Visual Demonstrations:

<https://www.youtube.com/channel/UCRcGr9EXHsurZ13nUzytPzg>

4. Lab 3.2 Visual Demonstration:

<https://youtu.be/PqvL9OIf71c>

# 4. Future Plans

* *Describe any planned or actual papers, presentations, publications, or other professional activities that you expect to produce that reflect your work on this project.*
* *Describe any plans to revise or add to these materials in the future.*

In the future we expect to revise the existing materials on an as-needed basis to ensure that the information offered is current, relevant to the field, and the supplementary links provided are still active. There is no plan to add to the PHED 1010 materials at present, but we would like to extend the Affordable Learning concept into other course offerings.