**Affordable Learning Georgia Textbook Transformation Grants**

**Final Report for Mini-Grants**

# General Information

Date: 04/07/2020

Grant Round: Round 14

Grant Number: M-82

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)

Project Lead: Althea Moser

Course Name(s) and Course Numbers: Fitness Walking and Jogging, PHED 1130

Final Semester of Project: Spring 2020

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

Average Number of Students Per Course Section: 24

Number of Course Sections Affected by Implementation of Revised Resources: 3

Total Number of Students Affected by Implementation of Revised Resources: 72

# Project Narrative

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

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

**Purpose & Plan:**

The purpose of this mini-grant was to review and update the existing open source Fitness Walking and Jogging (PHED 1130) text book, and to create new ancillary materials to improve student engagement, understanding, and focus for greater learning outcomes.

Due to the time that had elapsed from the initial publication of the Fitness Walking and Jogging text, the content had to be reviewed and updated for accuracy. In addition, fundamental elements that are available in traditional textbooks, or could be purchased separately through an online key, were absent from the existing offering and were essential to support the course instruction.

It was identified that supporting components such as PowerPoint presentations, terminology checklists, and homework test questions for each chapter were required to enhance student engagement with the course. In addition, activity-based exercise labs needed visual demonstrations that students could reference to enhance their understanding of the requirements.

**Timeline:**

**May 1st-May 15th 2019**

Textbook was reviewed and updates were included by A. Moser and S. Flynn

**June 1st- July 15th 2019:**

PowerPoint slides, chapter terminology checklists, and homework test questions for the Technique: The Art of Walking and Jogging, Nutrition and Energy Requirements, and Injuries and Care chapters were created by S. Flynn

Mini lectures for all chapters and visual demonstrations for activity-based exercise Labs were recorded and edited by S. Flynn

**August 1st- December 1st 2019:**

PowerPoint slides, chapter terminology checklists, and homework test questions for the Benefits of Walking and Jogging as Exercise, Getting Started, and Adaptations to Stress chapters were created by A. Moser

Survey questions to assess the new ancillary materials were created, and all deliverables were reviewed by A. Moser

**January 11th – March 31st 2020:**

First and partial implementation of ancillary materials were available in one PHED 1130 ground class.

Access to an online survey for students to assess the new ancillary material was also available.

**April 2020:**

The results were shared with the Kinesiology and Wellness department faculty, and the ancillary materials to accompany the free updated textbook were made available to all parties who wished to adopt it under the Creative Commons Attribution License.

* *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 original chapter links are as follows:

**Course:** Fitness Walking and Jogging (PHED 1130):

<http://getlibraryhelp.highlands.edu/PHED1130>

**Chapters:**

1. Benefits of Walking and Jogging as Exercise:

<http://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714123>

2. Getting Started

<http://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714124>

3. Adaptations to Stress

<http://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714125>

4. Technique: The Art of Walking and Jogging

<http://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714126>

5. Nutrition and Energy Requirements

<http://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714127>

6. Injuries and Care

<http://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714129>

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

The carry-out plan was to review and update the existing textbook as a team, and then divide the responsibilities for the creation of the remaining ancillary materials. All of the updates and ancillary materials were produced from May to December of 2019, and piloted during the Spring 2020 semester. The student survey to assess the new materials was given after completion of the piloted course, and the results obtained were favorable. It was found that 93% of students surveyed found the PowerPoints supported their learning process, 80% of students found the mini-lectures helpful in focusing their efforts with the chapter content, 53% of students found the terminology checklists to be an informational foundation for content, and 87% 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.*

The execution of the textbook revisions and creation of ancillary materials went smoothly. It would have been beneficial to have had more classes piloting the new materials to get additional feedback.

# 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.*

The deliverables of the mini grant were:

1. Mini-lecture recordings to aid in focusing the efforts of students by offering an overview of the chapter content.

2. PowerPoint slides for all chapters which align with the textbook to augment the content and increase the learning experience for students.

3. Chapter terminology checklists to provide an informational foundation for content.

4. Homework test questions for all chapters so that students can test their knowledge and identify content gaps.

5. Recorded visual demonstrations for activity-based exercise Labs that can be accessed as many times as is necessary to increase the understanding of performance expectations, and serve as a clear reference point for students.

# 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.*

Materials are hosted at the following links:

**Course:** Fitness Walking and Jogging (PHED 1130):

<https://getlibraryhelp.highlands.edu/c.php?g=669997&p=5527027>

**Chapters:**

1. Benefits of Walking and Jogging as Exercise:

<https://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714123>

2. Getting Started

<https://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714124>

3. Adaptations to Stress

<https://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714125>

4. Technique: The Art of Walking and Jogging

<https://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714126>

5. Nutrition and Energy Requirements

<https://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714127>

6. Injuries and Care

<https://getlibraryhelp.highlands.edu/c.php?g=669997&p=4714129>

7. Labs

<https://getlibraryhelp.highlands.edu/c.php?g=669997&p=7307271>

# 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, revisions to the existing materials will be made on an as-needed basis to ensure that the information presented is current, relevant to the field, and the supplementary links provided are still active. Additional adjustments and modifications to the deliverables will be made based on feedback from faculty and students who will use the material in future classes.