

Round	14
Grant #	M82
Applicant Name	Althea Moser
Applicant Position	Assistant Professor of Kinesiology & Wellness
Applicant Institution	Georgia Highlands College
Applicant Email Address	amoser@highlands.edu
Other Team Members	Scott Flynn, sflynn@highlands.edu
Type of Project	Both revision of pre-existing OER and Creation of Ancillaries for pre-existing OER
Course Number(s) and Title(s)	PHED 1130, Fitness Walking and Jogging
Final Semester of the Project	Spring 2020
Proposed Grant Funding Amount:	\$4,800.00
Currently-Existing Resource(s) to be Revised / Ancillaries Created	<p>Course: Fitness Walking and Jogging (PHED 1130): http://getlibraryhelp.highlands.edu/PHED1130</p> <p>Chapters:</p> <ol style="list-style-type: none"> 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
Project Description	The Georgia Highlands College Kinesiology and Wellness department produced an open source text book for the Fitness Walking and Jogging course (PHED 1130) through the award of a prior ALG Transformation Grant. Due to the time that has elapsed from the initial publication of the text, the content has to be reviewed and

	<p>updated for accuracy as is necessary. In addition, fundamental elements that are available in traditional textbooks, or can be purchased separately through an online key, are absent from the existing offering and are essential to support the course instruction.</p> <p>It has been identified that supporting components such as PowerPoint presentations, terminology checklists, and homework test questions for each chapter are required to enhance student engagement with the course. In addition, activity-based exercise labs need visual demonstrations that students can reference to enhance their understanding of the requirements.</p> <p>In response, the goal of this mini-grant is to review and update the existing text book, and create new ancillary materials to improve student engagement, understanding, and focus for greater learning outcomes.</p> <p>The deliverables of the mini grant will be:</p> <ol style="list-style-type: none"> 1. Mini-lecture recordings that will 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.
<p>Timeline and Personnel</p>	<p>May 1st-May 15th Textbook review and inclusion of updates by A. Moser and S. Flynn</p> <p>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 will be created by S. Flynn</p> <p>Mini lectures for all chapters and visual demonstrations for activity-based exercise Labs will be recorded and edited by S. Flynn</p> <p>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 will be created by A. Moser</p>

	<p>Survey questions to assess the new ancillary materials will be created, and all deliverables will be reviewed by A. Moser</p> <p>January 11th – March 31st 2020: First and partial implementation of ancillary materials will be available in one PHED 1130 ground class.</p> <p>Access to an online survey for students to assess the new ancillary material will also be available. Adjustments and modifications to the deliverables will be made based on the survey results and feedback from the faculty who have used the materials.</p> <p>April 2020: The results will be shared with the rest of the department, and the ancillary materials to accompany the free updated textbook will be available to all parties who wish to adopt it under the Creative Commons Attribution License.</p>
<p>Budget</p>	<p>\$4800.00 which includes \$2000.00 for each team member to compensate for the increased workload, and \$800.00 to be allocated towards the purchase of two HERO7 GoPro devices and SanDisk Extreme 32GB microSDHC cards which will be used to build content, record mini lectures, record Lab visual demonstrations, and will later be made available to departmental faculty to support the PHED 1130 course instruction over multiple sites.</p>
<p>Creative Commons Terms</p>	<p>I understand that any new materials or revisions created with ALG funding will, by default, be made available to the public under a Creative Commons Attribution License (CC-BY), with exceptions for modifications of pre-existing resources with a more restrictive license.</p>