Grant # | M82  
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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  
Course: Fitness Walking and Jogging (PHED 1130): [http://getlibraryhelp.highlands.edu/PHED1130](http://getlibraryhelp.highlands.edu/PHED1130)  
Chapters:  

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
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.

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.

In response, the goal of this mini-grant is to review and update the existing textbook, and create new ancillary materials to improve student engagement, understanding, and focus for greater learning outcomes.

The deliverables of the mini-grant will be:

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.

Timeline and Personnel

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<tr>
<td>May 1st-May 15th</td>
<td>Textbook review and inclusion of updates by A. Moser and S. Flynn</td>
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<td>June 1st- July 15th 2019:</td>
<td>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</td>
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<td>August 1st- December 1st 2019:</td>
<td>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</td>
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Mini lectures for all chapters and visual demonstrations for activity-based exercise Labs will be recorded and edited by S. Flynn
Survey questions to assess the new ancillary materials will be created, and all deliverables will be reviewed by A. Moser

January 11th – March 31st 2020:
First and partial implementation of ancillary materials will be available in one PHED 1130 ground class.

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.

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.

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$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.

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