

13 - Flipped Classroom for Physical Fitness Appraisal & Exercise Prescription – Courseware Development for SPED4560

Tools / Services	Pedagogical Uses
	<p>This project produced 9 MMCD e-learning videos for supporting the flipped classroom activities. The videos production using the instructor-led instruction plus key contents displayed on screen format, which is similar to the classroom powerpoint presentation format in a traditional classroom, was adopted. Students were encouraged to watch the videos (with checking questions online) before attending classes, so as to accelerate teaching progress and to save teaching time. The outcomes from this MMCD project were: about two-third of students did watch the MMCD videos, and most students appreciate and recommend the use of this e-learning flipped classroom teaching.</p>