

THE CHINESE UNIVERSITY OF HONG KONG

Micro-Module Courseware Development Grant

Scheme 1: Basic Scheme

Final Report (2015-16)

Report due 30 May 2017.

Please return by email to mmcd@cuhk.edu.hk

Project title: Develop the Professional Sports Teaching Courses Channel

Principal supervisor: Chan Wan Ka

Department / Unit: Sports Science and Physical Education

Project duration: From January 2016 to May 2017

Date report submitted: 20 July, 2017

1. Project objectives

This project aims to restructure the course content in the Blackboard for some of my profession sport skills teaching courses and develop a YouTube "Professional Sports Skill Teaching Channel". The courses are SPED 3220 (Teaching Alternative sports), SPED 2211 (Teaching Gymnastics) and the course of SPED 3250 (Teaching Social Dance and Folk Dance).

There are over 133 videos/micro-modules have been uploaded and used by our students/or public.

The number of the teaching videos are as follows:

Course	SPED 3220 Teaching Alternative sports	SPED 2211 Teaching Gymnastics	SPED 3250 Teaching Social Dance and Folk Dance
No. of videos	Over 16	Over 69	Over 48

2. Progress on process, outcomes or deliverables

This project has produced over 133 videos/micro-modules. During the process, I and some of the helpers have performed the teaching demonstration and made the videos.

There are three sport skills professional courses included in this project. The schedule of the micro-modules/ course content development are as follows.

The schedule of the micro-modules for my teaching courses:

	SPED 2211 Teaching Gymnastics: Theory and Practice	SPED 3250 Teaching Social Dance and Folk Dance: Theory and Practice	SPED 3220 Alternative sports: Teaching Sports Climbing
	Was finished in April, 2017	Was finished in December, 2016	Was finished in December, 2016

The duration of this project has been extended from January 2017 to May 2017, the end of 2016-17 second term. Because our department did not provide some of the elective teaching courses during the original project schedule. After the extension of the project, I am happy to say that the implementation of the use of teaching materials/videos for the Rock climbing course (SPED 3220A) as well as the Teaching gymnastics (SPED 2211) course have been evaluated. The results show that the number of visits for those teaching videos are over thousands. With regards to the teaching and learning process during classes, students can make use of the teaching videos which provided in the Youtube Channel before classes, during class as well as and after classes. I have recorded students learning process about the use of those teaching materials. Please see the following links.

Case 1: Teaching Sports Climbing

<https://www.youtube.com/watch?v=Wjy6Zd9Ytsw&lc=z13hvj3hwnqfvbbh104chjo5uuijd5mougk>

Case 2: Teaching Gymnastics

<https://www.youtube.com/watch?v=zIOvSR1gVjM>

3. Evaluation Plan

The micro-modules/ teaching content will be mainly used by the related course students in the original design of the project. Students have encouraged to review the related teaching videos before and after the course. Moreover, they also can review the teaching videos during the group activities and practices in the teaching course. Our department has offered the course of "SPED 3220, Alternative sports: Teaching Sports Climbing" and the course of "SPED 2211 Teaching Gymnastics: Theory and Practice" in the first and second semester 2016-2017, respectively. Students' learning process have been recorded.

However, our department did not offer the elective course of SPED 3250 (Teaching Social Dance and Folk Dance: Theory and Practice) during the project schedule, the use of those teaching videos can only be showed by the number of visits. For example, the figure 1 shows that some of the Folk Dance teaching videos have over thousands of visits.

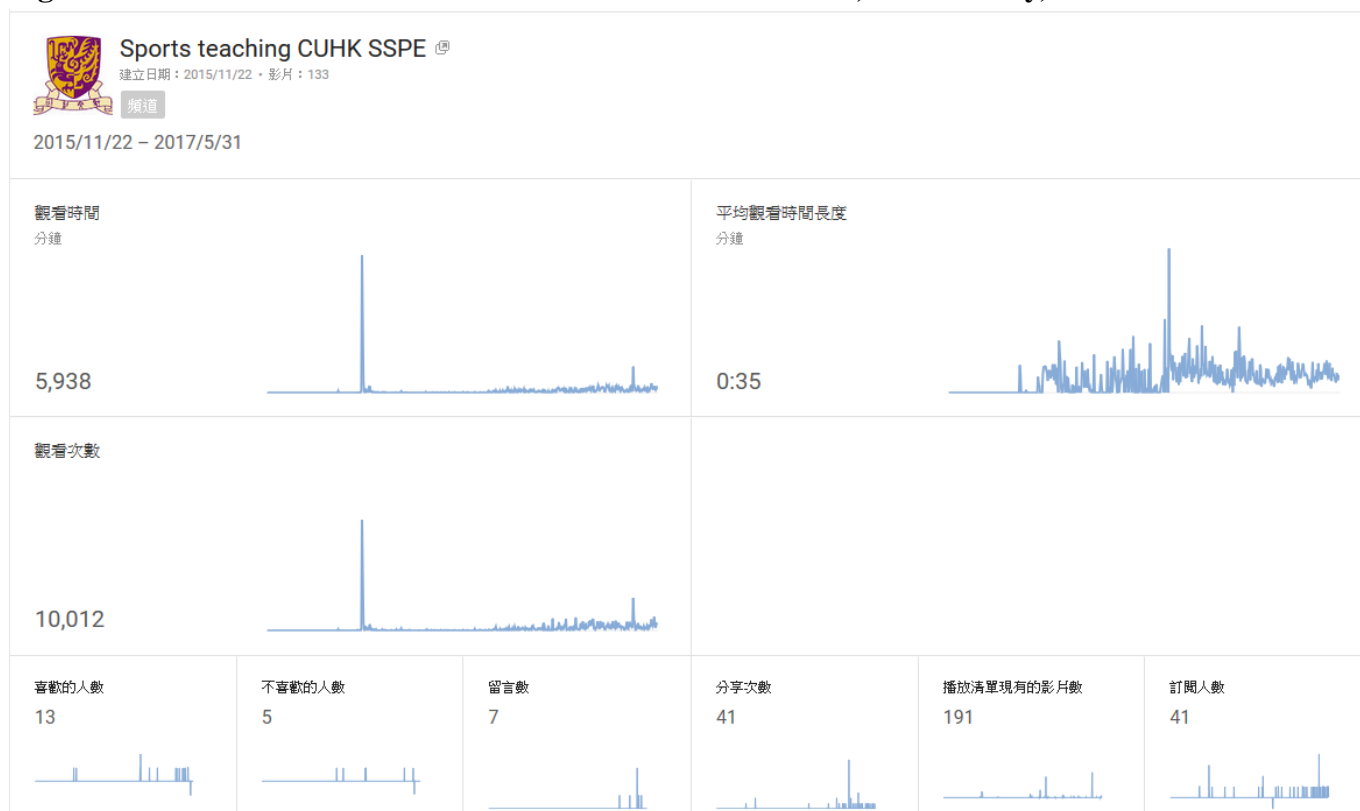
Figure 1. The top ten lists of the teaching videos

前 10 名熱門影片 瀏覽所有內容

影片	↓ 觀看時間 (分鐘)	↓ 觀看次數	↓ 喜歡的人數	↓ 留言數
GYM son SIR BB_basic skills_Flexed arm hang	1,558 26%	1,672 17%	3	0
10 可愛的蘇珊娜	1,358 23%	1,072 11%	2	0
7 鞋匠舞	667 11%	850 8.5%	1	0
1.茂林清歌	153 2.6%	203 2.0%	1	0
GYM son SIR BB_basic skills_Flexed arm han...	125 2.1%	243 2.4%	1	0
4 十美女	116 1.9%	105 1.0%	1	1
6 蹦蹦跳	89 1.5%	115 1.1%	0	0
3 販子舞	87 1.5%	110 1.1%	0	0
8 聖誕鈴聲	74 1.2%	88 0.9%	0	0
2.所羅門王的光輝	69 1.2%	88 0.9%	0	0

The figure 2 shows that the total number of visits is 10,012. The average visit time length is 35 seconds.

Figure 2. The number of visits for the channel from November, 2015 to May, 2017



4. Dissemination Activities (reports, websites, video links, products, etc.)

There are over 133 teaching videos have been uploaded and used by our students and public users. The number of visits is already over ten thousand.

The links of the channel are as follows:

Sports teaching CUHK SSPE
https://www.youtube.com/channel/UCQXk78febNg_4tTKkB1tGlg
Course: SPED 3220 Teaching Alternative sports
https://www.youtube.com/playlist?list=PLBiak6sZ_1cDL7SgToaC2eRk-2REXtns9
Course: SPED 2211 Teaching Gymnastics
https://www.youtube.com/playlist?list=PLBiak6sZ_1cBtCpRAAabEUQJ6qogjvNzs
https://www.youtube.com/playlist?list=PLBiak6sZ_1cDfm_7LbxZ-Ltsy_nC-JHXX
Course: SPED 3250 Teaching Social Dance and Folk Dance
https://www.youtube.com/playlist?list=PLBiak6sZ_1cA53H6UWsmYXBaBhWM4mEDL
https://www.youtube.com/playlist?list=PLBiak6sZ_1cCCTpDRPEPUqMs-hHfg5mH6

Finally, I have tried to extend the implication of this project to other teaching courses such as the SPED 2720 (Foundation of Physical Education) and SPED 2810 (Psychomotor learning). I believe that the implication of this project can bring many benefits to students learning.

PART II

Financial data

Funds available:

Funds awarded from MMCDG	\$ 93,500
Funds secured from other sources (please specify _____)	\$ 0
Total:	\$ 93,500

Expenditure:

Item	Expenditure	Budget as per application	Balance
Fixed Assets	\$22,000	Teaching equipment	\$33,000
Stationary and Supplies	\$9,765		
Other expenses	\$55,365	Project assistants fee	\$60,500
Total:	\$87,130		\$93,500
			\$6,370

PART III

Lessons learnt from the project

I found that it is not easy to motivate students to study the teaching videos before classes. I have tried to design some tasks or class works to encourage students to study the teaching videos before classes. In addition, the teaching videos should be made around 35 seconds and interesting.

PART IV

Information for public access

This project develops a YouTube "Professional Sports Skill Teaching Channel". The contents are related to profession sport skills teaching course of SPED 3220 (Teaching Alternative sports), SPED 2211 (Teaching Gymnastics) and the course of SPED 3250 (Teaching Social Dance and Folk Dance).

There are over 133 videos/micro-modules have been uploaded and used by our students/or public. The products can be assessed by the following links.

Sports teaching CUHK SSPE
https://www.youtube.com/channel/UCQXk78febNg_4tTKkB1tGlg
Course: SPED 3220 Teaching Alternative sports
https://www.youtube.com/playlist?list=PLBiak6sZ_1cDL7SgToaC2eRk-2REXtns9
Course: SPED 2211 Teaching Gymnastics
https://www.youtube.com/playlist?list=PLBiak6sZ_1cBtCpRAAabEUQJ6qogjvNzs
https://www.youtube.com/playlist?list=PLBiak6sZ_1cDfm_7LbxZ-Ltsy_nC-JHXH
Course: SPED 3250 Teaching Social Dance and Folk Dance
https://www.youtube.com/playlist?list=PLBiak6sZ_1cA53H6UWsmYXBaBhWM4mEDL
https://www.youtube.com/playlist?list=PLBiak6sZ_1cCCTpDRPEPUqMs-hHfg5mH6

1. Keywords

- (Most relevant) Keyword 1: Teaching Sports Climbing
- Keyword 2: Teaching Folk Dance
- Keyword 3: Teaching Gymnastics
- Keyword 4: Professional Sports Skill Teaching

2. Summary

Table 1: Publicly accessible online resources (if any)
(a) Project website:
Sports teaching CUHK SSPE
https://www.youtube.com/channel/UCQXk78febNg_4tTKkB1tGlg
Course: SPED 3220 Teaching Alternative sports
https://www.youtube.com/playlist?list=PLBiak6sZ_1cDL7SgToaC2eRk-2REXtns9
Course: SPED 2211 Teaching Gymnastics
https://www.youtube.com/playlist?list=PLBiak6sZ_1cBtCpRAAabEUQJ6qogjvNzs
https://www.youtube.com/playlist?list=PLBiak6sZ_1cDfm_7LbxZ-Ltsy_nC-JHXH
Course: SPED 3250 Teaching Social Dance and Folk Dance
https://www.youtube.com/playlist?list=PLBiak6sZ_1cA53H6UWsmYXBaBhWM4mEDL
https://www.youtube.com/playlist?list=PLBiak6sZ_1cCCTpDRPEPUqMs-hHfg5mH6

(b) Tools / Services:

I use the program of “PowerDirector” to edit the videos.

(c) Pedagogical Uses:

Examples of classroom activities:

Case 1: Teaching Sports Climbing

<https://www.youtube.com/watch?v=Wjy6Zd9Ytsw&lc=z13hvj3hwnqfvbbh104chjo5uuijd5mougk>

Case 2: Teaching Gymnastics

<https://www.youtube.com/watch?v=zIOvSR1gVjM>

3. A one-page brief write up

This project has developed a YouTube channel related to professional sports skill teaching. This channel includes the professional skill courses of SPED 3220 (Teaching Alternative sports), SPED 2211 (Teaching Gymnastics) and the course of SPED 3250 (Teaching Social Dance and Folk Dance) in the department of Sports Science of Physical Education.

There are over 133 videos/micro-modules have been uploaded and used by our students/ or public. The name of the channel is Sports teaching CUHK SSPE (https://www.youtube.com/channel/UCQXk78febNg_4tTKkB1tGlg).

The examples of the use of the teaching videos during the learning process are showed as following videos.

Case 1: Teaching Sports Climbing

<https://www.youtube.com/watch?v=Wjy6Zd9Ytsw&lc=z13hvj3hwnqfvbbh104chjo5uuijd5mougk>

Case 2: Teaching Gymnastics

<https://www.youtube.com/watch?v=zIOvSR1gVjM>