

THE CHINESE UNIVERSITY OF HONG KONG

Micro-Module Courseware Development Grant

Scheme 1: Basic Scheme

Interim Report (2016-17)

Report due 31 October 2017.

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

PART I

Project title: **Flipped Micro-Module for Professional Sports Skills Courses**
Principal supervisor: **Mr. Lee Chi Wo Daniel**
Department / Unit: **Sports Science and Physical Education, Faculty of Education**
Project duration: **From May 2017 to April 2018**
Date report submitted:

1. Project objectives

In this project, we aimed to produce a series of Micro-Modules with short videos that would facilitate students' learning at particular sport skills and teaching methods. The videos are expected to enhance students learning and understanding in the skills required in the Professional Skill Courses offered by the Department of Sports Science and Physical Education. The project is expected to achieve its objectives. The objectives have not changed because of the experience working from previous Micro-Module project.

2. Progress on process, outcomes or deliverables

There are eight Micro-Modules have been produced so far. Each Micro-Modules contains major teaching points on particular sport skill and its assessments, followed by supplementary questions that support students learning before and after class. In addition, we are now editing and will include the Cantonese and English narration and description in each Micro-Module therefore to enhance students learning effectiveness. We did not encounter any major obstacles so far and we are confident that the remaining tasks can be completed on time.

1. SPED 2110: Individual Sports - Swimming ([Front Crawl](#))
2. SPED 2110: Individual Sports - Swimming ([Breaststroke](#))
3. SPED 2111: Teaching Swimming – Theory and Practice ([Butterfly](#))
4. SPED 2111: Teaching Swimming – Theory and Practice ([Backstroke](#))
5. SPED 2110: Individual Sports - Swimming ([Diving](#))
6. SPED 2110: Individual Sports - Swimming ([Treading Water](#))

7. SPED 2110: Individual Sports - Cycling ([Introduction](#))
8. SPED 2110: Individual Sports - Cycling ([Gear Shifting](#))

3. Evaluation Plan

As indicated in the application proposal, we will closely monitor and carry out the Micro-Modules evaluation with the Office of Sports Science and Physical Education regarding the teaching effectiveness on SSPE students, at the end of the 1st semester of 2017-18. Then evaluate the teaching effectiveness in the students at the Physical Education Unit (PEU), when the Micro-Modules that will adopted in the 2nd semester of 2017-18. In addition, we plan to adopt the following strategies to evaluate the effectiveness and usefulness of this project and report the results with the final report of the project.

- An online survey for all Micro-Modules;
- Access rate obtained through Blackboard (Blackboard download link will be released);
- Two or three open-ended questions will be included to the course evaluation form for collection of feedback.

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

1. SPED 2110: Individual Sports - Swimming ([Front Crawl](#))
2. SPED 2110: Individual Sports - Swimming ([Breaststroke](#))
3. SPED 2111: Teaching Swimming – Theory and Practice ([Butterfly](#))
4. SPED 2111: Teaching Swimming – Theory and Practice ([Backstroke](#))
5. SPED 2110: Individual Sports - Swimming ([Diving](#))
6. SPED 2110: Individual Sports - Swimming ([Treading Water](#))
7. SPED 2110: Individual Sports - Cycling ([Introduction](#))
8. SPED 2110: Individual Sports - Cycling ([Gear Shifting](#))