

The use of flipped classroom and micro-module courseware is getting more popular in the educational setting. This project aimed at producing 9 MMCD videos for supporting the teaching of SPED 4560. It was a 39 hours course that included half and half lecture time and laboratory practical experience, respectively, about the subject matter of physical fitness appraisal and exercise prescription. Over the past two decades of teaching the instructor found it difficult to cover all essential lecture materials and laboratory experience within such a limited time, hence the lecturing quality was hindered and has to be compromised in order to fit into the limited time. This project aimed to develop an e-learning platform in which selected key lectures and laboratory demonstrations can be filmed and uploaded into the e-learning classroom platform.

At the end of the course, all 9 MMCD videos were uploaded and students were encouraged to adopt flipped learning using this e-learning platform. End of the course evaluation indicated that the majority of the students did not have strong views and comments, nor any specific suggestions for this kind of e-learning approach. Having said that, most students opined that the MMCD videos were useful and would recommend the course to adopt these MMCD videos and the flipped learning approach. About one-third of students were still not willing to adopt new learning format and did not see MMCD and flipped learning any useful.