

**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 Classroom for Physical Fitness Appraisal & Exercise Prescription –  
Courseware Development for SPED4560

Principal supervisor: HUI, Sai-chuen Stanley

Department / Unit: Sports Science and Physical Education

Project duration: From May 2017 to April 2018

Date report submitted: 31 Oct 2017

**1. Project objectives:**

To develop at least six micro-module coursewares for use in flipped classroom learning of the course SPED 4560 entitled “Physical Fitness Appraisal & Exercise Prescription”.

**2. Progress on process, outcomes or deliverables**

For the production of the micro-module courseware, two major lecture series were completed and being uploaded to the course blackboard. For another four laboratory-based micro-module courseware, two were completed and uploaded to the courseware as at today (26 Oct 2017). The rest of the two laboratory-based modules, it should be completed within two weeks' time. Although the production of the micro-module courseware was able to complete within the grant approval period, the course SPED4560 is run within 1<sup>st</sup> term of 2017-18, and the first module was not completed until 3 weeks after the commencement of the course, and the rests will be gradually completed by November, which was not ideal for assisting the course teaching in this term.

The micro-modules completed are:

Lecture series 1: Physical Activity and Health

Lecture series 2: a). Metabolic Calculation – VO<sub>2</sub>max Test & Vo<sub>2</sub>max Protocols

b). Metabolic Calculation – Submaximal Ex Test and Bicycle  
Ergometer Tests

c). Metabolic Calculation – Submaximal VO<sub>2</sub> Calculation: Walking

& Running  
d). Metabolic Calculation –Submaximal VO<sub>2</sub> Calculation: Bike &  
Bench Stepping

Laboratory 1: Treadmill Lab tests

Laboratory 2: Bike Lab Tests (Double Stage and Single Stage)

There are two more Laboratory micro-modules and will be completed by early November.

### **3. Evaluation Plan**

- After the micro-modules are uploaded to the blackboard system, statistics on viewing report would be available. The statistics report will be generated at the end of this course (i.e. mid-December).
- Two more micro-modules will be completed by mid-November 2017, an evaluation questionnaire to students in the course will be conducted in early December 2018.

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

All the micro-modules described above are provided in the course blackboard SPED 4560.