



San Bernardino

Valley College

DISTANCE EDUCATION ADDENDUM

COURSE ID:	KINF 108A, 108B, 108C
DEPARTMENT:	Kinesiology
SUBMITTED BY:	Daniel Algattas
DATE SUBMITTED:	4/30/2020

For additional resources on completing this form, please visit the DE Website:

www.valleycollege.edu/onlinefacultyresources

1. Please select the distance education method that describe how the course content will be delivered in an emergency situation. Check ALL methods that will be used for offering this course, even if previously approved.

- FO – Fully Online
- PO – Partially Online
- OPA – Online with In-Person Proctored Assessments
- FOMA – Fully Online with Mutual Agreement

2. In what way will this course, being offered in distance education format for emergency purposes only, meet the needs of the campus? (Ex: Student Access, Campus Strategic Plan, Campus Mission Statement, Online Education Initiative (OEI), Student Equity, Student Needs). Please be specific.

Student access, Campus Strategic Plan, Campus Mission Statement, OEI, Student Equity, and Student Needs.

3. Will this course require proctored exams?

- No
- Yes - If yes, how?

4. How will the design of this course address student accessibility? Are you including any of the following?

- Captioned Videos
- Transcripts for Audio Files
- Alternative Text for Graphics
- Formatted Headings
- Other – If other, please explain.



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5. Provide a specific example of how the instructor will provide synchronous office hours for distance education students? (Ex: Online Conference Tool, Cranium Classroom, Zoom, Pisces, Skype, etc.)

Zoom meetings four times a week.

6. Provide a specific example of how this course's design ensures regular and effective instructor-student contact? (Ex: Threaded discussion forums, weekly announcements, instructor prepared materials, posting video and audio files, timely feedback on exams and projects, synchronous online office hours, synchronous online meetings, synchronous online lectures, etc.)

Live/synchronous (and recorded) instructor-led lecture/lab instruction, weekly announcements on Canvas, timely feedback on assignments, exams, and workouts, Instructor prepared materials, posting interactive slideshow files, video, and audio files.

<https://www.valleycollege.edu/online-classes/faculty-resources/reg-effective-contact.php>

7. Provide a specific example of how this course will ensure regular and effective student-student contact? (Ex: Threaded discussion forums, assigned group projects, threaded discussions, Notebowl, peer-to-peer feedback, synchronous online meetings, etc.)

- Full class synchronous online meetings (via Zoom 3-4 times per week).
 - Recorded synchronous online meetings will be posted immediately after they conclude to give an asynchronous option.
- Small group synchronous online meetings (Zoom)
- 1-on-1 synchronous online meetings (Zoom) to be scheduled at a time convenient to student and instructor.
- Peer-to-peer feedback via synchronous Zoom (3-4 times per week).
- Peer-to-peer feedback via weekly Canvas threaded discussions.

8. Describe what students in this online version of the course will do in a typical week on this class. Include the process starting after initial log in.

After logging into Canvas Students will:

1. Monday (posted Sunday): View the weekly overview/announcement video (with closed captions and transcript).
2. Monday-Thursday: View instructor video lesson, introduction to new exercises, and technique corrections for previous exercises.
3. Monday-Thursday: Download/view Excel document or PDF of their individualized workout plan. Students must have their workout plan with them during the entirety of their workout.
4. Monday-Thursday: Download/view PowerPoint file. PowerPoint file will have a timer for each slide. Each slide will have a short description and GIF/video example of each exercise.
5. Monday-Thursday: Complete workout by doing one of the following: A. Attend the daily synchronous online meeting where live instruction will be given, B. Watch the recording of the synchronous online class meeting. Record your workout and upload the video to Canvas for instructor review, C. Complete workout and upload GPS and body monitoring data via the instructor's chosen app.



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9. Provide a sample statement that could be included in the syllabus for this course that communicates to students the frequency and timeliness of instructor-initiated contact and student feedback.

Instructor will post video and written announcements via Canvas every Monday. Synchronous online meetings will be held 3-4 days per week (Monday-Thursday). Daily assignments not completed via synchronous online meeting sessions must be completed and uploaded via Canvas. Students may contact the instructor through the course page in Canvas, via email or text Monday through Friday with an expected 24 hour response time.

10. Provide a specific example of how regular and effective student-student interaction may occur in this online course.

- Students will be able to attend synchronous online meetings 3-4 times weekly. However, students that cannot attend at that time will be able to watch the recording of the class instruction/meeting immediately after the conclusion of class via Canvas.
 - Weekly group meetings, and work with other students to complete group assignments will be instructor facilitated via Zoom, but students can collaborate via Office 365 or Google Docs.
 - Utilizing a threaded discussion via Canvas, students will be asked to post their findings and results weekly.

11. Provide a specific example of how regular and effective instructor-student interaction may occur in this online course.

Instructor-student interaction will occur via:

- Email: Instructor will return student emails within 24 hours (Monday – Friday).
 - The instructor will also send a copy of weekly Canvas Announcements via email.
 - Zoom meetings: Instruction will be done synchronously via Zoom 3-4 times a week.
 - Pre-recorded instructor lectures/lessons
 - Recorded Zoom instruction/meetings will be posted 3-4 times a week.
 - Supplemental instructional videos will be posted to Canvas 1-2 times weekly.
 - Online office hour availability via synchronous online meeting software solution twice per week.
 - The instructor may submit direct feedback on individual responses to weekly threaded discussions. Feedback will be returned to students within 48 hours of the due date or activity date.
 - Announcements: Will be posted to the class Canvas page every week. Weekly announcements will be posted 1-2 days prior to the beginning of the week.
 - Frequent whole-class feedback, distance education experience improvement tips, and encouragement can also be expected multiple times per week via Canvas.
 - Direct feedback to the student regarding the assigned work via synchronous online meetings and written feedback via Canvas on a weekly basis, but could be more frequent where appropriate.

12. Does this course include lab hours? No Yes – If yes, how are you going to accommodate the typical face to face activities in an online environment?

Through the use of video, interactive software solutions, and visual guides (that can be consumed via computer or mobile devices) student will be able to learn safe and proper weight lifting techniques, complete warm-up



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exercise, and execute muscular development exercises. These activities can be recorded and uploaded for instructor to view, and respond with timely feedback for improvement. Group activities/instruction may also be completed via synchronous online where face-to-face instruction finds its greatest parallel.

13. How will you accommodate the SLO and Course Objectives in an online environment?

The SLO and Course Objectives will be accommodated with Zoom meetings, personal feedback (email and text messages) and videos of students performing the SLO's and class objectives. Some workout performances will be tracked by GPS devices/apps and/or video upload.

14. Are modifications needed to SLOs or Course Objectives in order to teach this course in the online modality?

No Yes – If yes, please explain the changes needed.

(It is advised that if you are changing course content or objectives that you speak with the Curriculum Co-Chair or Articulation Officer for guidance moving forward.)

To be completed by a member of the Curriculum Committee Review Team:

CURRICULUM CHAIR REVIEWED:		<input type="checkbox"/> YES <input type="checkbox"/> NO
DE REVIEW:		<input type="checkbox"/> YES <input type="checkbox"/> NO
CURRICULUM COMMITTEE DIVISION REPRESENTATIVE REVIEWED:		<input type="checkbox"/> YES <input type="checkbox"/> NO