



San Bernardino

Valley College

DISTANCE **EMERGENCY** EDUCATION ADDENDUM

COURSE ID:	KINF 142 C
DEPARTMENT:	Kinesiology
SUBMITTED BY:	Joshua Brown
DATE SUBMITTED:	4/25/2020

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 access.

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 three times a week and cranium classroom.

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.)

Weekly announcements on Canvas, instructor prepared materials, posted videos and audio files, timely feedback on workouts, synchronous online hours and online meetings.

<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.)

Synchronous online meetings (Zoom) and peer to peer feedback.

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.

Students will log into Canvas to view a weekly workout focusing on strength, muscular endurance and fitness conditioning.
Each student will be given a weekly target to increase their fitness level, as well as their overall body conditioning which involves high energy, high impact workouts using a combination of aerobic and toning of the body.
Students will perform the workouts and record their results and input feedback on Canvas.
Every Wednesday, students will perform an active fitness session with the instructor via Zoom.
Students will respond to two discussion board forms.
A weekly quiz will be given to review the week's focus area i.e. anaerobic vs. aerobic exercise, how to measure your target heart rate.

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.

Announcements will be posted weekly in Canvas regarding future assignments, lessons and workouts. Instructor will provide feedback within 48 hours of student's submission through the comments option for their assignment.

Students may contact the instructor via email or text Monday through Thursday and I will respond within 24 hours. I am also available during the weekends and can set up a Zoom/Google meets meeting if needed.

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



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Regular and effective student-to-student interaction will be demonstrated in guided discussions posted on Canvas. Discussions will be posted at the beginning of each week. Each student will be responsible for submitting a personal response on the assigned work out by Wednesday evening. Additionally, each student is responsible for providing a minimum of 2 peer responses by Sunday evening.

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

Instructor-student interaction will occur in multiple ways; phone calls, text messages, email and Zoom meetings.



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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?

This course is an activity lab course. This course is designed to teach advanced level students muscular strength and endurance exercises, flexibility and core training skills and cardiovascular fitness. It is geared toward improving skills for participation in sports.
Weekly workouts will be posted and students will be required to submit time stamped videos as part of their participation in the Zoom workout sessions.

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

Students will complete a pre and post fitness test to document their growth in the class. Additionally, students will complete weekly workouts, assignments, quizzes and participate in posted discussions.

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