

HPE 302 – Physiology of Exercise (3 credit course) – M/W/F - 50-minute session – 24 students

Bb module will contain - Unit information and overview followed by chunked lecture information which could include:

- Several Micro-lectures (5-15 minutes) – Panopto with embedded quizzes or VoiceThread
- Additional materials such as article review using Actively
- Podcast or TedEd
- FlipGrid prompt and responses

Monday	Wednesday	Friday
Meeting location could be outdoors weather permitting	→	
8* students (Pod A) Within each pod – Two Base Teams will be created – Base Teams are comprised of 4 students**	8* students (Pod B) Within each pod -Two Base Teams will be created – Base Teams are comprised of 4 students**	8* students (Pod C) Within each pod – Two Base Teams will be created – Base Teams are comprised of 4 students**
Micro activities supporting the online learning materials could include: <ul style="list-style-type: none"> • Lab activity • Distanced group collaboration & worksheets • Partnered discussion and review of lectures generating Q&A • Micro-lecture to enhance on-line materials • Think-Pair-Share activities • Testing time 	→	

*assumes a limitation of 8 students in classroom per session based on room dimensions

** Base Teams are smaller groups within each class comprised of peers which serve as the first line of collaboration – base teams are a quick way to form consistent peer groups for in-class work. The Base Teams can also utilize Collaborate, Zoom or other tools to study together or review course materials during dedicated class time on non-F2F sessions days.