

# Implementation of OER in PE 224 Enhancing Health and Well-being

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## Project Goals

- By August 2021, 100% of the students (N=60) enrolled in the course will have access to all the course learning materials at no cost to them as a result of implementing Open Education Resource materials. Students will no longer have to delay engaging in course material due to financial reasons. This will save students approximately \$147.50.
- By December 2021, 100% of the students who complete student ratings of instruction will rate “course content was related to graded assignments” as Agree or Strongly Agree as a result of implementing Open Education Resource materials.
- By December 2021, 95% of the students who complete student ratings of instruction will rate “course content was thought-provoking” as Agree or Strongly Agree as a result of implementing Open Education Resource materials.
- By December 2021, 95% of the students who complete student ratings of instruction will rate “course materials were useful to course objectives” as Agree or Strongly Agree as a result of implementing Open Education Resource materials.
- By December 2021, 95% of the students who complete student ratings of instruction will rate “my learning in this course as Good or Excellent” as a result of implementing Open Education Resource materials.

## OER And Other Materials Used

- [Concepts of Fitness and Wellness, 2nd Edition Open Textbook Library](#)
- Open Access Materials for other sources such as
  1. Center for Disease Control and Prevention
  2. Positive Psychology
  3. National Wellness Institute
- Ted Talks
- West Virginia University Office of Student Success
  1. [Student Lingo Workshops](#)

## How OER/Materials Were Implemented

- In this course students explore the Eight Dimesons of Wellness and how they contribute to one’s healthy living.
- Students complete several low-stakes in-class activities, module activities and personalized wellness plan activities.
- The personalized wellness plan activities include writing wellness SMART goals related to two different dimensions of wellness, eight weekly wellness logs and write a final reflection.
- The two main goals of the wellness plan is for the students analyze the interconnectedness of the eight dimensions of wellness and to identify factors that enhance or impede the process of health and well-being in their own lives.
- [Concepts of Fitness and Wellness, 2nd Edition Open Textbook Library](#) textbook along with other materials listed in the previous section are used to deliver the key concepts of lesson objectives.
- The low-stakes in-class activities and module assignments are intended for the students to implement/apply the concepts of the course into their every day lives.
- Please see below for examples of the module assignments. If you click on the image, it will take you to a PDF file.

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### Module 2 Assignment

Please follow the instructions to complete the Module 2 Assignment. You will have 4 weeks to complete the assignment, but it is important that you manage your time wisely because there are several small tasks to complete to fulfill the entire assignment.

#### Module Assignment Tasks Physical Dimension of Wellness-Physical Activity

1. **Challenge By Choice**
  - a. Students will schedule a free Fitness Assessment with a Personal Trainer at WVU's Campus Recreation Center. Please click on the link to schedule your appointment [Free Personal Fitness Assessment](#). It's the Blue Fitness Assessment that is Free, but if you want the Gold Fitness Assessment that is your choice (it's not mandatory for the course). Please complete the chart below with your results from the assessment. In order for you to receive credit you will need to show proof of your visit with the Personal Trainer. (25pts)

Basic Body Composition Information	Results
Total Body Weight	
Body Fat Percentage	
Body Mass Index (BMI)	
Basal Metabolic Rate	
Fat Free Mass (FFM)	
Total Body Water Levels	

Briefly explain your results as they were explained to you by the Personal Trainer.

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### Module 3 Assignment

Please follow the instructions to complete the Module 3 Assignment. You will have 3 weeks to complete the assignment, but it is important that you manage your time wisely because there are several small tasks to complete to fulfill the entire assignment.

#### Module Assignment Tasks Mental Dimension of Wellness

1. Please go to the [WVU Student Success link](#). Find the student lingo portal and log in with your WVU credentials. Find the [Stress Management Techniques \(Length 18:50\)](#) workshop and complete it. After you have completed the workshop you will need to upload two items to verify you completed the workshop.
  - a. Copy of the [Stress Management Techniques Certificate](#)
  - b. Completed [Stress Management Techniques: How to Minimize Stress in College-Action Plan](#)
2. **Challenge by choice** Please go to the [WVU Student Success link](#). Find the student lingo portal and log in with your WVU credentials. Select one of the following workshops to complete: [Time Management Strategies for Success \(28:12\)](#), [Overcoming Procrastination: Causes & Cures \(21:46\)](#) or [Mental Health & Suicide Helping Yourself & Others \(23:29\)](#).
  - a. After you have completed the workshop you will need to upload two items to verify you completed the workshop.
    - i. Copy of the [Certificate](#)
    - ii. Completed [Action Plan for the workshop](#)

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### Gratitude Journal Module 3 Assignment

Gratitude journal prompts for days 1-5. Select a different prompt to write about each day:

- List a person in your life you are grateful for and in 1-2 sentences explain why
- The best part of today was.....
- A challenge I overcame today was.....
- Name two things you love about yourself
- Describe a random activity that brings you joy
- Share a time when you were brave, how did that make you feel
- Describe a sound that always makes you smile and why
- When was the last time you laughed so hard you cried or peed yourself (no judgment)
- What everyday object are you grateful for

Day #1 Date  
Day #2 Date  
Day #3 Date  
Day #4 Date  
Day #5 Date

Gratitude journal prompts for days 6-10. Select a different prompt to write about

## Results

	Fall 2020	Spring 2021	Fall 2021
Course content related to graded assignments	M = 4.61	M = 4.58	M = 4.46
Course material is useful to course objectives	M = 4.39	M = 4.56	M = 4.52
I would rate my learning in this course as	M = 3.96	M = 4.12	M = 4.02
Overall class average	88.8	92.6	88.6

Survey Questions	Answer	Frequency	Percent
Have you ever delayed or avoided purchasing textbooks in the past?	Yes	111	94.1%
	No	7	5.9%
Did you find it easy to access the materials for this course?	Yes	115	97.5%
	No	3	2.5%
Compared to other textbooks, how would you rate quality of materials	Higher Qual	63	53.4%
	About Same	54	45.8%
	Lower	1	.8%
Compared to other courses, how frequently did you use the course materials	More Freq	45	38.1%
	About Same	59	50%
	Less	14	11.9%
Did you use the course materials for this course in a different way than traditional textbook	Yes	43	36.4%
	No	60	50.8%

## Conclusions

- Day one of class all students had access to course material
- Over 99% of students rated the quality of course materials as higher or about the same when compared to other textbooks.
- Over 88% of students used course materials more frequently or about the same when compared to other courses.