

CREATION OF AN AUDIO-VISUAL LIBRARY OF MOTOR LEARNING

Educational innovation tool based on real contexts at the Sport Sciences degree

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Abstract

The lack of motivation became the biggest concern for teachers at the start of the 2020/21 school year due to online and distance learning (Trujillo-Sáez et al., 2020) .

The academic year circumstances have forced professors to adapt and develop new strategies to enable dual teaching and accomplish active involvement of students. In order to improve their learning by making them part of the process (Morales & Guzmán, 2015), an “*Audio-visual Library Of Motor Learning*” based on digital videos was created. The main objective of this multimedia tool is to provide material that complements the theoretical content, allowing student work autonomously and facilitating the development of more active methodologies during classes.

Our hypothesis is that the students’ satisfaction indexes will increase.



Methods

✓METHODS:

Different exercises were executed to explain the high and low variability and the global and analytic strategy in practice. For it, a total of 33 videos about technical gestures of basketball such as shooting and rebounding were recorded (Figure 1). Lately, they were edited and uploaded at the Virtual Campus of UMH.

GLOBAL PRACTICE

Practice through execution of all the phases of a technical gesture.

ANALYTICAL PRACTICE

Practice through execution of a isolated phase of a technical gesture.

HIGH VS. LOW VARIABILITY

“Motor variability refers to the natural variation in postures, movements and muscle activity observed to different extents in all tasks” (Srinivasan & Mathiassen, 2012).



Figure 1. Example of a video frame

Materials

✓SAMPLE:

- 16 basketball players from a local club.

✓AUDIOVISUAL LIBRARY OF MOTOR LEARNING:

- Hosted by the Virtual Campus of UMH and available for all the Sport Sciences degree students.



✓MATERIAL:

- A digital video camera
- A tripod
- Camtasia software for video editing

Results

We do not have results since, due to COVID-19, the video recordings could not be completed and, therefore, the library has not yet been made available to the students.

Conclusions

The benefits of this intervention will be related to a students’ greater understanding of the contents of the subject related to the project. As it is implemented in real contexts, it will enhance the development of a greater ability to transfer the contents. Furthermore, this more active methodology will arouse added interest among students in the subjects of study linked to Motor Learning.

References

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