Muscle Videos

By Tim Miller

Out of Class | **In Class (Instructor)** | **In Class (Students)**

Begin Here.

Students complete required reading, acquiring necessary preliminary knowledge for completion of the activity.

Instructor summarizes key points from assigned reading and answers any questions students may have.

Instructor assigns students to groups of 4-6.

01

Warm up: Groups complete the "Human Knot" exercise, employing only proper anatomical terminology to instruct one another (Alternatively, the entire class may observe a "mock patient", identifying muscular imbalances and drawing conclusions regarding potential pathologies associated with these imbalances).

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02

Instructor provides students with a link to a relevant video they are to watch and analyze (*e.g.*, baseball pitch, softball pitch, golf swing). Analysis instructions are also provided. At least two groups must obtain the same video, allowing for peer-review.

Groups watch and annotate screenshots for their assigned video clip.

★★★☆☆☆

03

Groups peer-review the analyses conducted by a second group assigned to the same video, inserting missing information and suggestions for improvement.

★★★★☆☆

04

The two groups join forces to discuss and debate the comments/ annotations each has made, The groups ultimately come to a consensus regarding the correct answer.

★★★★☆☆

05

Combined groups present a summary of their findings to the entire class.

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The instructor follows up with comments, highlighting key points and answering any questions students may have.

Individual Work

Work in Groups

Whole Class

Reading

Writing

Discussion

Debate

Peer-Review

Present

Instruction

Bloom's Taxonomy

★☆☆☆☆☆ Remember

★★☆☆☆☆ Understand

★★★☆☆☆ Apply

★★★★☆☆ Analyze

★★★★★☆ Evaluate

★★★★★★ Create