

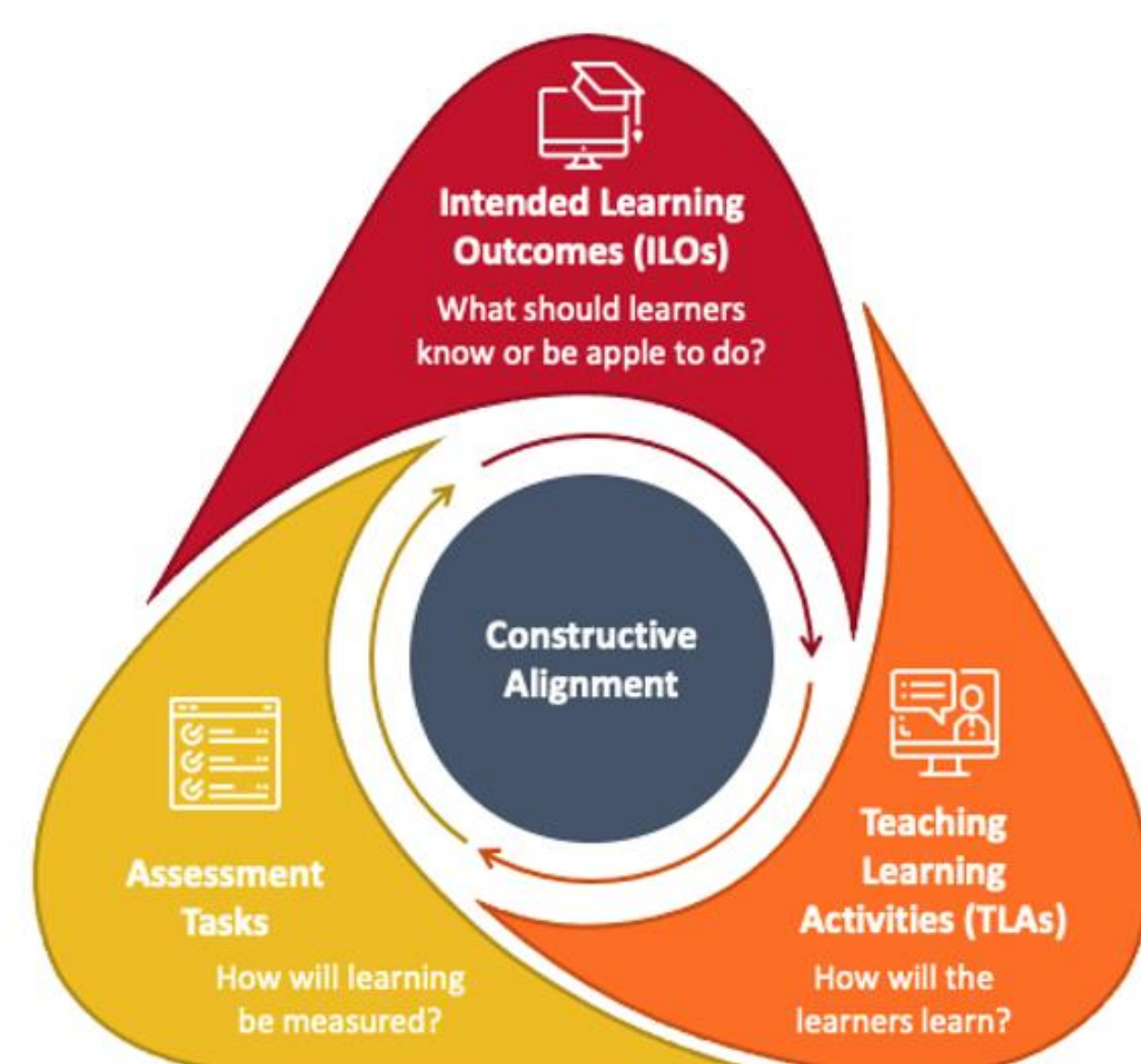
# Reading, Writing and Research:

## Creating Writing Courses That Provide Flexibility While Maintaining Academic Rigor

Kathryn Fritz, Ksenia Power, Sara J Kovacs

### INTRODUCTION

- Constructive Alignment (CA) supports meaningful learning within and across courses and creates connections from one course to the next <sup>1</sup>.
- CA encourages a deep approach to learning rather than a surface level approach where students are simply memorizing information<sup>1</sup>.



Source: J.B. Biggs, (2003)

### REFLECTION ON ALIGNMENT

- While CA is critical within academic programs, it is not the only approach for fostering student learning and does not address the in-class presentation of material.
- The Exercise and Sport Science program offered through the Department of Kinesiology at Temple University has created alignment across the writing intensive courses that are offered to provide flexible, yet engaging and rigorous learning opportunities.
- Integrating flexible learning formats and active learning opportunities can also enhance student performance, satisfaction and engagement <sup>2,3</sup> without reducing academic rigor.

### NEXT STEPS

- While this alignment is created within the Exercise and Sport Science program, the goal is to further the alignment of writing intensive pathways across our undergraduate degree programs.

## KINS 3196: Psychology of Physical Activity

Individual writing assignment

Focus on writing a literature review

Develop practical recommendations for practitioners in the field or the population of interest

Introduction to research in the field (primary vs. secondary research, observational study designs)

Sociodemographic factors associated with physical activity participation

In-class activities include group opportunities to apply motivational interviewing techniques to help participants develop a plan for physical activity adherence

## KINS 4396: Research and Writing in Exercise and Sport Science

Group writing assignment

Focus on grant writing and different sections of a grant proposal

Develop a grant application that focuses on physical activity/exercise and learn to design a study

Applied techniques in research (statistics, experimental study designs)

Ethical guidelines of research when working with human subjects

In-class activities include individual opportunities to brainstorm ideas for grant development

APA formatting & citation

Peer review sessions

Searching for scholarly sources

Blended and flipped classroom opportunities

Hybrid course set-up

Written & oral communication

Active & collaborative learning

### REFERENCES

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Kathryn.fritz@temple.edu  
Kpower@temple.edu  
Sara.Kovacs@temple.edu

