

Practical report of "Jogging & Walking Class", a course offered in the first half of 2020, during the pandemic of COVID-19

Abstract

This report is a practical record of the first semester course "Jogging and Walking Class" in 2020 (Reiwa 2), which was held at Nagasaki International University. The purpose of this report is to contribute to the creation of better lecture methods for practical subjects in the future, as part of a new post-COVID-19 lifestyle. This report shows the details of the lesson method and the results of analyzing the impressions of the students. The analysis methods uses text mining by KH Coder.

It is thought that the motivation of the students to work was promoted by utilizing the exercise practice record on the smartphone app and the function to edit the record as a photo and post it on SNS. Most students own smartphones, and most students also use SNS, so using familiar things as teaching materials was the key to developing this distance lecture. Through the practice of "Jogging and Walking Class", which became an online lecture due to the pandemic of COVID-19, three characteristics that enhance the learning effect emerged: immediate feedback, mutual interaction, and sharing. Compensating for them is thought to lead to promotion of students' motivation to learn and improvement of satisfaction in online lectures.