# Minicourse Overview Screencast Transcript

## Welcome and Overview of the Instructional Design Document

Welcometo my Mastering Basic Human Nutrition minicourse overview. Let me begin with a quick overview of the instructional design document.

The instructional design for MBHN 101 addresses a critical knowledge gap in basic human nutrition and no-nonsense strategies by employing a hybrid approach, combining self-paced online learning with optional instructor interaction.

The target audience consists of motivated adult learners aged 25-65 who are seeking practical nutrition knowledge, with the design drawing heavily on principles of andragogy.

The course is structured into two modules with two lessons each, developed to focus on foundational concepts and progress to practical application. Each module contains clear, measurable learning objectives that align with Bloom's taxonomy, from basic comprehension to advanced application and evaluation, which are tested through practical assignments and end-of-module assessments, each module being worth 50% of the total grade.

The course employs diverse learning activities including interactive in-course exercises, real-world assignments, and collaborative discussions. I’ve integrated multiple digital media elements, including videos, audio files, and interactive components, all designed to support different learning styles. The assessment strategy includes both formative and summative evaluations, with clear rubrics aligned to learning objectives.

The design and development follows the ADDIE model while incorporating principles from cognitivism, constructivism, and behavior learning theories.

## Articulate Reach 360 LMS and Welcome Page Contents

Let me show you how the course is organized. The course was built in Articulate Rise 360 and is managed in Reach 360 LMS.

When you first enter, you'll notice a landing message that briefly describes the course. And provides:

* a resource library for the documents most important to students.
* A list of sequenced content beginning with a welcome page that provides
* An introduction video with transcripts that provides a welcome from the instructor and gives course instructions, navigation, and who this course is designed for.
* Course overview and terminal learning objectives for each module
* The syllabus – which can be opened in a new browser or downloaded
* Navigation instructions
* And an easy navigation bar on the left that appears throughout the course, providing straightforward navigation to each module and lesson.

## Bloom’s Taxonomy, Objectives, Assignments, Assessments, and Course Alignment

Each lesson within the modules contains learning objectives that align with Bloom's Taxonomy. Let's look at Module 1 as an example:

First Module Learning Objective: "Apply the fundamental nutrition principles to make informed dietary choices."

* This targets the "Apply" level of Bloom's Taxonomy
* Measured through practical assignments and assessments

Second Module Learning Objective: "Design personalized meal-planning strategies that align with health goals"

* This targets the "Create" level of Bloom's Taxonomy
* Assessed through meal planning activities and shopping strategy development

In addition, I provide students with a comprehensive matrix at the start of each module that maps these objectives to specific activities and assessments. This transparency helps learners understand how each component contributes to their mastery of the content.

## Student Engagement, Summary, and End of Course Survey

**The course incorporates multiple engagement methods:**

* Interactive discussions using Padlet and Miro boards
* Collaborative learning through weekly Zoom sessions
* Hands-on activities like meal planning and shopping list creation
* Social constructivist elements through peer feedback and group discussions

The students are provided with an end of course summary followed by a course survey to allow for the instructor to improve the course based on student feedback.

## Media Integration, Accessibility, Attribution and Copyright

**Media integration includes:**

* Over 30 optimized images throughout the course
* Embedded video with YouTube which includes closed captions and additional transcripts and copyright
* My Narrated presentations explain key concepts and
* Screen recordings demonstrating digital tool usage where appropriate and
* All hyperlinks are configured to open in new windows

**Articulate Rise 360 provides our learners with:**

* In addition to Intuitive menu navigation the course provides,
* Clear content organization with distinct sections between headers, sub headers, activities, and assessments
* The Rise and Reach have Mobile-responsive design and
* Follow Accessible formatting following UDL principles like color scheme and keyboard tab-through and the
* Interactive elements that maintain engagement

**Copyright and Attribution**

All course materials have been carefully vetted for copyright compliance:

* All Images properly attributed to creators
* Licensed content is appropriately cited
* There is Clear documentation of permissions where needed and
* Creative Commons materials are properly acknowledged

## Course Evaluation

The evaluation of this course I used Quality Matters standards as a guide and the evaluation revealed the following:

**Strengths**

* The learning objectives are clearly stated at the beginning of each module and lesson, using action verbs that align with Bloom's taxonomy
* The content is well-structured with a logical progression
* The course incorporates multiple learning modalities through videos, interactive activities, discussions, and hands-on assignments like the shopping list exercise and meal planning activities.
* The inclusion of digital tools encourages collaborative learning which enhances student engagement and provides opportunities for peer learning.

**Weaknesses**

* The assessments, particularly in Module 2, appeared underdeveloped compared to Module 1. The reason for that was because I used the Articulate AI assessment builder, which proved to be an example where using AI is helpful and we should only use it as a tool that needs human intervention in the end.
* While the course includes collaborative elements, some of the discussion prompts needed to be more specific to encourage deeper critical thinking and analysis.
* The time allocations for modules (1 hour each) seem optimistic given the depth of content and number of activities included, which could lead to rushed learning experiences.
* Some of the interactive elements, such as the drag-and-drop activities, might benefit from more immediate feedback mechanisms to reinforce learning. This is something I want to expand on in the future. I opted to not build this out for this iteration because the course is already long for a mini-course and I ended up removing text to stay within what I believe is considered a mini-course.

## Thank you

**Thank you** for allowing me to walk you through this minicourse.

The attention to detail in both pedagogical approach and technical implementation I was required to use ensures that students receive a high-quality learning experience that's both engaging and effective.

I have immensely enjoyed learning thorough this micromasters. I appreciate all of the work that has gone into this experience from the developers to the instructors, which may be one and the same. I will certainly be applying what I have learned to my future professional projects.