# Let's teach differently: No More Exams!



Dr. Mathijs Hofmijster, m.hofmijster@vu.nl Coordinator of "Training&Performance" (2<sup>nd</sup> year BSc, 150-200 students) Department of Human Movement Sciences

# Why change?

# Full redesign of the course

# Resulted in:

## Lessons learnt

#### Old situation

Student evaluations were consistently very good

#### But...

The main aim of the course\* was not aligned with the means of assessment (central examination in exam-week)

Knowledge did not stick

Students spent waaaay to little time on the course

Teaching became a trick

## Flip the Classroom

Practicals to obtain data, info-clips for knowledge

Use data for assignments, discuss assignments in weekly "Expert Meetings"

Supplement with guest lectures from Human Movement Scientists working in the field

#### Assessment

6 weekly assignments (65%)

3 bi-weekly knowledge quizzes (25%)

Participation in Expert Meetings (10%)

# Student Engagement $\uparrow \uparrow \uparrow$

About 15-25 hrs a week (6 ECTS: norm = 20)

Vivid discussions

Although not all students enjoyed the new format

#### Course results

82% passed at first attempt (74% including 8% drop-outs)

#### Students

...can be trusted to educate each other ...are intrinsically motivated to learn

BUT

many need and extrinsic push (knowledge quiz/assignment)

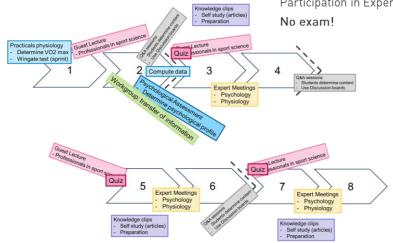
mind the balance: do not over-assess!

## Teachers

Enable learning vs. be the center of wisdom

### \*course aim:

"Students are able to convert scientific knowledge to the needs of sports practice and have insight in both the associated possibilities and the complications".



course layout

