RUN LEARNING AND TEACHING AWARDS 2023

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Title: The development of simulated learning in exercise and sport science: From written case studies to the content-rich H5P framework for work-integrated learning

Application Category: Innovation and Learning

Abstract: In 2020, COVID-19 disrupted many industries, including exercise and sport science. With traditional onsite placements no longer viable for exercise and sport science students in Victoria, questions arose regarding how to consolidate theory into practice and how best to support students' critical thinking without the use of traditional, onsite placements.

Using my expertise as an accredited exercise scientist and academic, I engaged various stakeholders to create an innovative suite of simulated learning case studies that were authentic and met accreditation requirements. While initially effective, the written simulations lacked human interaction and soft skill development. To address this, I used reflective practice and transitioned the simulations to the interactive, online framework called H5P, incorporating dialogue, emotions and actions for actors to portray. Using H5P allowed students to observe best-practice interactions between exercise scientists and clients.

Positive feedback has been received from both students and industry. The H5P simulations are now strategically positioned within the curriculum to provide students with ongoing access to innovative, safe and engaging learning content. This innovation ensures students can meet accreditation needs, graduate confidently and contribute competently to the exercise and sport science industry.