

HLC - Hybrid Learning Communities - Item1

Phisycal education – “Video delay”

Program called “VLC media player” is free to use and has a good feature that is useful in P.E. class. It is time delay which provides students with instant visual feedback after an exercise.

Set up your laptop and external web camera and point it to an area were student are going to do an exercise.

Instructions on how to set up your laptop:

1. Get VLC media player application on your laptop
2. Open “Media”
3. Select “Capture device”
4. Select your preferred video capturing device that is connected to your laptop (for better angles use external camera)
5. Adjust “Caching” for video delay in ms (video delay time)
6. Select “Play”

This type of feedback is very beneficial for students because they can see their own movement from other perspective. They can adjust and correct on the next go. Verbal feedback is also very important but for student to see themselves performing is even more. Teacher can add verbal feedback after or during the video.

VLC media player is a good tool for this job because videos are not saved on computer. This saves computer storage, can work for a long time and there are no privacy issues. Teacher is just streaming content and not recording.