

# “When Did We Cover That?” Which Method of Instruction Will Score Higher in Course Outcomes and Student Satisfaction in an Upper-Level Exercise Studies Course?

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## Abstract

While numerous studies have investigated the difference between online and in person instructors in several fields, variation in instructors, exclusive reliance on exam score data, and the absence of student satisfaction surveys characterize most of these investigations. Notably, none of these studies have explored the realms of health and exercise studies. This study compared all graded assignments, exams, oral presentations, optional resource data collection (time spent doing optional activities and scores on optional quizzes) and included a student satisfaction survey. Potential contributions to the literature include and are not limited to having more components included in data collection (exams, student outcomes survey, optional course software time spent on quizzes, other assignments, PowerPoint, and oral presentation) which can better indicate which mode of instruction is better suited for the students enrolling in this course or any other course. 1. Evaluate which method of learning and instruction scores higher in overall course outcomes. 2. Analyze which assignments, exams or "optional assignments" correlate to higher scores in overall course outcomes. 3. Formulate a plan for what items should be included and excluded to aid students in scoring higher in overall course outcomes. At the end of the course, all gradebook data was anonymized (any identifying information was removed), placed into a separate data sheet (google sheet or excel document) then analyzed. Both classes were correlated determining if there is a relationship between which mode the course was taught and with overall course totals.

**Keywords:** Exercise Physiology, Assignments, PowerPoint Presentation, Exams, Student Satisfaction Survey.