The Effectiveness of Instructional Video in the Acquisition of Cognitive, Affective and Psychomotor Skills in Practical Sports Therapy Rehabilitation

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Background

• Sports Therapy
• A non-traditional pedagogic subject area
Background

• Sports Therapy straddles all learning domains, akin to Medicine, Dentistry etc
Background

• Underlying principles: observational learning, from behaviourism to constructivism
Multimedia Videos

• Growing use within Higher Education
Multimedia Videos

• Developing from purely cognitive and knowledge based
Multimedia Videos

• Cognitive-Affective and Psychomotor emerging
Maximising Learning

• Instructional video design principles
• Cognitive Load Theory
• Mayer’s Multimedia Learning Theory
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(Mayer, 2014)
The Study

- Quasi-experimental, 2x2 crossover design (2x9 week collection phases)
- Control and Instructional Videos group
- Formative assessment
Recovering
Improvisation
Editing
Focus on Key Ideas
Without Notes

Early Rehabilitation
Crutch Walking
Doors

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Findings
Mean aggregate formative scores

- Group A - Control
- Group B - Video
- Group A - Video
- Group B - Control

Mean formative score

Weeks
Educational Implications

• Educationally significant impact (Hattie, 2008)
Educational Implications

• Discovered due to the crossover contamination
Educational Implications

• Demonstrates that videos are effective for knowledge and practical skills
Educational Implications

• Embracing the affective domain . . is the domain underutilised in higher education?
Any Questions?