



Video in the learning proces

Observations from student interviews

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Small qualitative interview investigation

- A pair of 1. year students interviewed after 5 weeks at the university
- A pair of 1. year students interviewed after 10 weeks at the university
- 1 pair and 1 individual second years students after 10 weeks of their second year.

Aim: To describe how the students experience and evaluate the use of video in the academic study of sport and exercises



Technical aspects

- According to the students

- The system of recording and distributing videos in swimming is very good according to all the students.
"It's very convenient to have the videos on the internet, so that you can see them at home"
- But even though they have online access to the recordings, some of the students had never used the facility from outside the university.
- All the student had been introduced to the system through practical exercises in the first weeks of the course. They have learned how to find their videos, analyse, copy pictures into a file, at send their essay to the teacher.



Video as a tool for learning and reflection

- Most of the students are immediately fascinated by seeing themselves on video. "Good tool for learning", "The right way to do it, it would be great to use it in other subjects as well" are some of the general comments.
- *"I haven't swummed that much before. But as it has been recorded I have been able to work and improve because you can see what you do wrong. You might have a picture of what you are doing and what you focus on. On the video you see if that picture is correct. I have learned a lot from it."*



Video - connections of theory and practise

- Several students mention that they find it hard to read theoretical articles about eg. swimming.
- *"You cant learn how to move your hands by reading a book, you'll have to do it yourself."*
- For most of the students using video gave them a way of combining the theoretical and practical aspects of swimming.
- The essay in the end of the first course gave a good opportunity to train and demonstrate those kind of connections. The students found that kind of exam very appropriate and relevant.



Video - connections of theory and practise

- For some of the students it is natural trying to establishing such kinds of connection between practical and theoretical issues. The video recordings is just the tool they need to improve in their learning processes.
- Other students find it much more difficult to make adequate reflections on their practise and to add meaning to the theoretic texts. They asks for more guidance of what to look after in the videos. What is good and what is bad?
- For those students the videos hopefully can be a mean for them to discover that they need the theory as well as the practise, which might not be obvious from the beginning



Video in the learning process

- It seems like the process of using an analysing videos becomes easier an more natural for the students after they have completed the first course. But it is neccessary to use af proper effort on introducing theese strategies of studying.
- *"I've used videos before (in Norway) and i find it a great tool. Both for evaluation and documentation. And in respect to deal with the theoretical issues at the exam it was great to have the recordings, and so making the proper connections".*