**EPIK Teaching and Learning Resource**

Use this template to enter the contents of your manuscript (then delete instructions under each header). All submissions should be in English, single spaced, and a maximum of 5,000 words (not including abstract, tables, figures, and references). Please prepare a single file including the following sections in the order shown:

**Title**

Concisely describe the resource with a title that will allow for sensitive and specific electronic retrieval of the article.

**Abstract and Keywords**

The abstract is limited to 250 words. Include a statement of the purpose and/or objective of the resource, topic, intended audience (academic level and/or pre-requisites), intended method of instruction (online, in-person, or hybrid), estimated time commitment, uniqueness, and benefits of the resource. On a separate line, include 3-5 keywords or short phrases not in the title or abstract to assist in cross-indexing the article.

**Introduction**

Provide a justification for the implementation of the resource which is grounded in existing literature. Enough detail must be provided for readers to understand the theoretical basis of the resource, citing supporting literature. Identify the purpose in 1 to 2 sentences. List specific and measurable learning objectives for the activity. Describe the intended audience (e.g.- upper division exercise physiology course, lower division Intro to Exercise Science course, etc.) and any pre-requisite knowledge, background, or specific coursework the students should have before attempting the activity. Identify the size class/group the activity for which the resource is best suited.

**Methods**

This section must include the subheadings *Classroom Management, Equipment,* and *Student Instructions.* The *Post Activity* subheading is optional. Please see below for a description of each.

*Classroom Management*

Include information needed by faculty in order to conduct this activity and/or use this resource. Identify the time required and specifics relative to preparation and class management.

*Equipment (If there is no equipment, this subheading can be removed)*

List the equipment/supplies/cost (if applicable) for the activity.

*Student Instructions*

Provide the directions/instructions for the students.

*Assessment*

Address how the learning objectives are assessed (post-activity questions, activity or lab report, presentation, quizzes/exams).

**Discussion**

Describe the benefits and any challenges of using this resource. Discuss the level of student engagement (if low, suggestions for increasing engagement). Describe how the aforementioned learning objectives were assessed in your class. Describe any suggested modifications for this activity (different sized classes, remote learning etc.) Describe any accessibility considerations related to this activity. If appropriate, include additional relevant citations.

**References**

In-text citations and references should follow the most recent APA guidelines. Please start this section on a new page.

**Resources**

If relevant, this part of the submission would include resources used in the classroom for the activity (e.g.- worksheets, activity pictures, post-activity questions, activity or lab report, presentation, quizzes/exams). In addition, please include answers to any pre- or post-activity questions. If there is not a single correct answer, please provide an example or general notes to what the question is trying to accomplish and guidelines to help another instructor evaluate a reasonable response. Please start this section on a new page.