

TEACHING WITH TRANSPARENT OBJECTIVES

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**Purposeful, measurable objectives
are important for an overall course,
each lesson plan, and assessments.**



***When students understand the
purposes of activities and
assignments, they are more likely
to engage.***

Student Engagement

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BACKGROUND

Examples from:

Nutrition in Exercise and Sport
(NFS 360)



One of the most challenging aspects of teaching, both in-person and online, is student engagement.

Students were not engaging during class, or doing well, in aspects of my Sports Nutrition course related to nutrient metabolism under various exercise conditions.

The “So What” Factor

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COURSE CHANGE

Sharing the purposes of objectives with students can be very valuable for enhancing student engagement.



Sample activity:

Before introducing gluconeogenesis, students break into small groups to discuss why understanding how muscles stay fueled during activities is important for making nutrient recommendations. Then regroup and summarize.

What Did I Do?

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IMPACT

Purposeful, Transparent
Objectives



Thought like a scientist – In research, objectives & specific aims must have purposes. A study's start to finish comes back to those. Applies to teaching too.

Worked with ATL – We discussed the *purposes* for each objective in lesson plans & assessments. Why is it important for students to understand?

Shared it with students – In class activities and assessments, I explained the meaning of objectives for their professional development and careers.

ASSESSMENTS

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PURPOSEFUL & TRANSPARENT

Weaving objectives and their purposes throughout all course activities and assessments...

Projects & Assignments

- Why am I including them in this course?
- Are they optimally addressing a purposeful objective for students?
- Do students understand why they are doing it?

Quizzes & Exams

- Are students assessed on understanding the purposes for their learning?

Purpose & Transparency in Assessments

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Examples

WRITING

In students' careers, if they are more likely to be writing concise pieces for lay audiences, then assignments that require length and advanced scientific language may not be preparing them for that. If assigning lengthy specialized writing, consider the purpose, and share that purpose with students so that they get more out of it. Also share purpose for concise writing if that is included in a course.

Projects & Assignments

"An important skill for people working in the area of Sports Nutrition is to read the scientific literature, understand it, appropriately apply it, and explain it in comprehensible terms to people who are not in the field. This assignment provides you practice in doing so."

Quizzes & Exams

Why should sports nutritionists understand each of the energy systems?

- a. Because different energy systems use different fuels, so this impacts dietary recommendations for different athletes under different circumstances.**
- b. Because sports nutritionists need to have enough understanding of fuel metabolism to read scientific literature and explain metabolism to coaches and athletes when needed.**
- c. Because metabolic explanations are often used in marketing sports supplements, so sports nutritionists need to decipher them, to be able to discern fact from fiction.**
- d. All of the above.**
- e. None of the above.**

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THANK YOU!

I appreciate you taking the time to view this presentation and letting me share my experiences with you. I look forward to discussing ideas!



Special thanks to ATL and to my supportive colleagues in NFS and CHS!