

MIT 515

Context and Conditions

Marathon Training Program was completed as partial fulfillment of MIT 515: Web Teaching: Design and Development. The project was completed during the Spring 2007 semester under the guidance of Dr. Jennifer Summerville. The web course was developed using the Blackboard Vista learning management system and was designed for individuals who did not have a running group in their area but who wanted a “team” to train with for a marathon.

Scope

The purpose of the Marathon Training Program project was to provide an interactive online team environment for individuals who wanted to train for the marathon and who could already comfortably run three miles at a time. The course included learning topics with attached discussions each week, as well as a marathon training schedule. Participants were given incentive to post in the discussions each week with running-related prizes given away in exchange for participation. Additionally, a team training log was established at running-log.com, effectively enabling the participants to track their own progress, their teammates’ progress, and the team’s progress as a whole. This gave the participants the opportunity to give or receive praise or encouragement when needed via email or the discussions. Likewise, another tool at the participants’ disposal was a running route planner at usatf.org, as well as a printable training schedule to post anywhere in their home or office to provide motivation.

Role

I acted as the sole designer and developer of the Marathon Training Program online course. I referenced Jeff Galloway and Hal Higdon plus numerous websites for content. I not only designed the instruction but also acted as the web developer in order to ensure the course was easy to navigate and had an appealing look and feel.

Reflection

MIT 515 was an extremely gratifying course and I felt very good about the project I developed. The format of MIT 515 was excellent, as was the book we used. I found the weekly discussions to be invaluable, and the course project was a wonderful way to put everything we learned from the textbook into practice.