

Progression and Comparison

In this type of project, students complete the same project twice but with two different scenarios. The first time through the project should be a bit more basic, where perhaps students are working on a topic where they already have personal knowledge. The second time through, give them a more complex scenario that will require several adaptations from their first version. Use Canvas rubrics and comments to give students feedback about where they were successful as well as where they may need to make changes – such as providing more detail or clarifying course concepts.

Be sure to include a guided reflection assignment where students discuss the differences between Project 1 and Project 2 and why they had to change their approach based on these differences.

Example Project Set-Up

In project 1, students are tasked with creating an exercise program for themselves. They summarize their current exercise habits, any pertinent medical concerns, goals, and practical considerations for the program before writing individual sections about cardiovascular training, muscular training, and flexibility and body composition.

In project 2, students repeat this process, but the client is now someone else. You may allow students to select a friend or family member or you may provide a case study client.

After creating both programs, students reflect on what changes were made from Project 1 to Project 2 and why these changes were appropriate for their new client.

Instructor Options

- Consider breaking Project 1 – the first time through the project – into small segments that are submitted throughout the semester, perhaps every two to three weeks.
- You can choose to have students turn in Project 2 as a final project, or to submit the segments of Project 2 in sequence with Project one, perhaps one or two weeks following each Project 1 segment.

Example Reflection Prompts:

- What changes did you make from Assignment/Version 1 as you worked on this new adaptation?
- What changes in the scenario/client/case prompted you to make these changes?
- Explain why these changes are appropriate for this new scenario/client/case but were not appropriate for Assignment/Version 1.