MOOCs promoting physical activity, dance and health
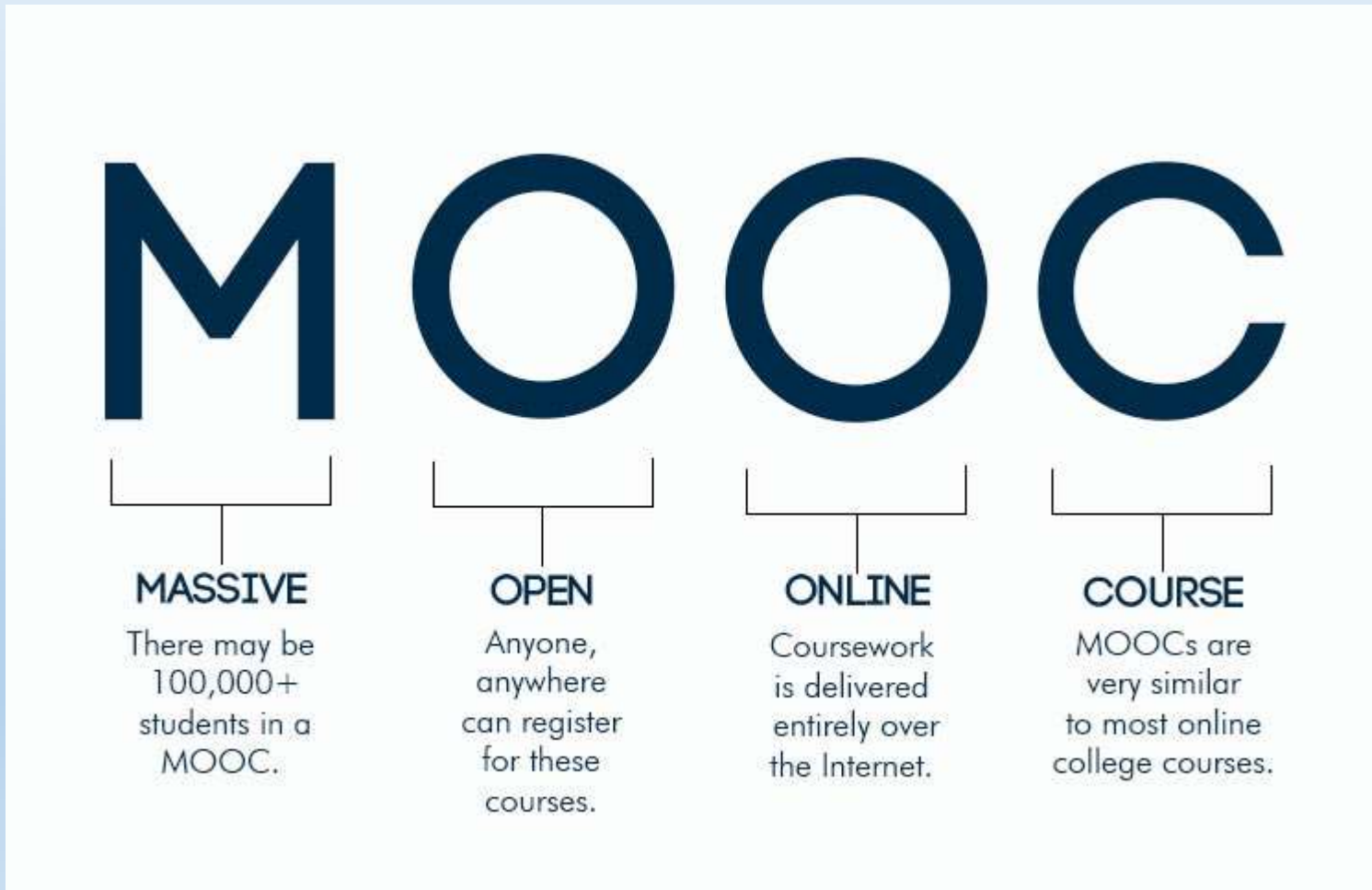
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Agenda

- What is a MOOC?

- Different MOOC platforms

- How to find MOOCs in the field of health and well-being?

- How to follow a MOOC?

- Practical demonstration: MOOC DANCESalsa

1. What is a MOOC?

- Massive Open Online Course

1. What is a MOOC?

- Origins :
  - First MOOCs were launched in the USA to engage students online
  - In 2012, the MOOC boom started with a course done by the Stanford University about Artificial Intelligence, 160 000 registered students, from 190 countries
- Main ideas:
  - Free of charge / Registration fee
  - Open courses proposed by Universities
  - Online learning – real-time exchange with the learners' community
  - Done remotely (at home, in library…) with a computer connected on internet + flexible participation hours
  - Qualifying: increased knowledge and skills about very varied topics
  - Opportunity to obtain a certificate for participation

2. Different MOOC platforms

Today, there are many different platforms proposing MOOCs in different languages and very varied topics:

- Coursera (USA): https://fr.coursera.org

- Udacity (USA) : https://eu.udacity.com

- eDX (USA) : www.edx.org

- FUN (France): www.fun-mooc.fr

- Futurelearn (UK): www.futurelearn.com

- Open2study (Australia): www.open2study.com

- Iversity (Germany): https://iversity.org/en

3. How to find MOOCs in the field of health and well-being?

- One most choose:
  - o The desired course language
  - o The preferred MOOC platform
  - o Then, browse the MOOCs by key words on a MOOC platform: Health, Sports, Wellbeing …

- Moreover, there are different MOOC research engines:
  - in English: www.mooc-list.com
 - In French: https://mooc-francophone.com

4. How to follow a MOOC?

- Create a user profile on the chosen MOOC Platform

- Choose the MOOC you are interested in

- Register yourself for a MOOC

- Once registered and the MOOC is launched:
  - Follow it on a continuous basis
  - Exchange with other learners in case of questions
  - Participate in the proposed exercises

5. Practical demonstration: DANCESalsa

- Course initiating seniors to Salsa dancing and culture
- Available in French and in English at www.fun-mooc.fr
- Goal: encourage seniors to physical activities, to stay healthy and fit
- Created by E-Seniors and the University of Grenoble-Alpes
- Running between 05/03 and 07/05/2018
- Check out **the teaser** and **the first contents** !
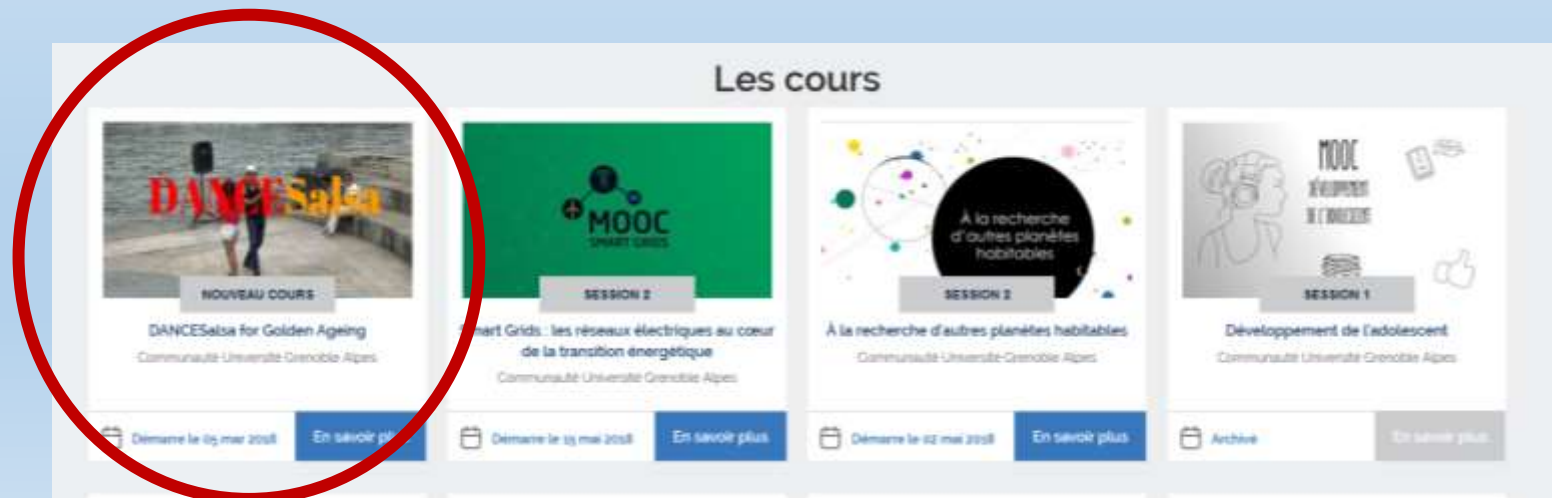
THANK YOU FOR YOUR ATTENTION!

More about MOOC DANCESalsa, connect yourself to:

https://www.fun-mooc.fr/courses/course-v1:grenoblealpes+92011+session01/about