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Thursday Oct 5: Concordia Faculty Seminar with Dr. Darrin Smith

12:15-1:00pm in the Lake Shore Room (does not include lunch)

Utilizing Alternative Planes of Motion for Hamstring Stretching: Can it Reduce Pain, Improve Range of Motion, Increase Muscle Strength, and Facilitate Early Return to Performance in Recreational Athletes with Acute Exercise-Induced Muscular Damage?

Stretching treatments associated with muscle injury that re-creates pain or mechanism of injury is contraindicated. To date, no studies have explored the efficacy of treating a damaged muscle group utilizing flexibility protocols that are based on selectively single or combined planes of motion. The purpose of this randomized controlled trial was to determine if daily stretching, utilizing alternative planes of motion for exercised-induced hamstring muscle damage (EIMD), would result in pain reduction, improved range of motion, increased muscle strength, and facilitation of early return to performance over 96 hours.

Concordia Faculty Seminars are informal interactive presentations and conversations on faculty projects including grants, research, and service designed to promote scholarship, spark new ideas, provide opportunities for meaningful discussion, and increase collaboration. [Registration link.](#)

Thursday Oct 12: Choosing the Right Sample Size for My Study with Angela Walmsley

11:00-12:00 in R006 [Registration link](#)

The most common question I get at Concordia is “how big does my sample need to be?” Unfortunately this isn’t as easy of an answer as we would like; and various factors contribute to the appropriate sample size.

Participants will learn about the various components that go into choosing the correct sample size for a study (including a short description on terms such as margin of error, confidence level, power and Type I and II errors). In addition, I will show a few websites that can be used and the common program, GPower, that many researchers use to aid in sample size guidance.

Thursday Oct 12: Concordia Servant Leader Roundtable

7:30-8:30am in the Lakeshore Room.

October topic: More than Good Intentions: The Intention—Doing Gap



“The older I get, the less attention I pay to what people say and the more attention I pay to what people do. People talk a lot alike-but it’s often only lip service. It’s only in their actions that the differences show up. Intentions –Actions = Squat. Intentions + Actions = Will.” ~ James Hunter [Registration link](#)

Monday Oct 16: Concordia Faculty Seminar with Dr. Diane Ames

Design, Implementation, and Analysis of an Interactive Educational Hypertension Curriculum

12:15-1:00pm in the Lake Shore Room (does not include lunch). [Registration link](#)

Brought to you by the Office of Sponsored Programs.

This presentation will discuss how a team of multidisciplinary learners and faculty created four hypertension conversation maps with facilitator guides for an underserved population. Additional discussion topics will include securing external funding and developing a partnership between academia and a health care system. Tips and lessons learned from this interdisciplinary project will be explored.

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Watch the Recorded Webinar: Aligning Student and Faculty Perceptions of Rigor

Presenter: Lolita Paff, PhD.

This is a recording of the live webinar that was held on September 27 and brought to you by the CELT.

View the recording here: [link to recording](#)

This recording is available until October 27.

Seminar handouts:

You may download and print the following seminar materials:

[PowerPoint handouts](#)

[Supplemental material](#)

Did you know? You have access to four **Magna Publication** subscriptions, courtesy of Concordia! You can access <https://www.magnapubs.com/> from any campus computer. Directions for logging into your account off campus are on the CELT channel on the faculty tab of the portal.

October Blackboard Sessions

Monday, October 9, 10:00-11:00am

Getting Started with Blackboard Collaborate (Webinar only)

Learn how to navigate and set up Blackboard Collaborate, a web conferencing tool you can use to meet virtually and synchronously with your students, such as for online office hours. You’ll also see how to set up sessions for groups of students to meet without the instructor being present. [Registration link.](#)

Wednesday, October 11, 8:30-9:30 am in R006

Blackboard Basics (F2F and Webinar)

Log in and basic navigation, add course content, set up grade center, grade assignments, open course to students. [Registration link.](#)

Tuesday, October 17, 10:00-11:00 am in R006

Getting Started with Blackboard Collaborate (F2F only)

Learn how to navigate and set up Blackboard Collaborate, a web conferencing tool you can use to meet virtually and synchronously with your students, such as for online office hours. You’ll also see how to set up sessions for groups of students to meet without the instructor being present. [Registration link.](#)

CELST Updates and Tips



The CELST is on Facebook!

Get just-in-time program updates through the CELST Facebook page.

Blackboard Tip: Save space in your Blackboard course Some file types can become quite large, increasing the amount of time to upload and download the files. Blackboard Learn has space limitations so uploading smaller files uses the available space more efficiently. Click on the link for help in reducing the size of some common file types. [Link to resource.](#)

The **CELST blog has a new look!** Check out the new CELST blog at celt.cuw.edu. Many links have been redirected to this new location. If you find a broken link that should go to the CELST blog, contact [Susan Gallanis](#).

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“Gifted by Grace, Prepared for His Purpose”

“For by grace you have been saved through faith. And this is not your own doing;

it is the gift of God, not a result of works, so that no one may boast.

For we are his workmanship, created in Christ Jesus for good works,

which God prepared beforehand, that we should walk in them.”

(Ephesians 2:8-10 ESV)