YouTube Video Critique

**Student Name:** Victoria Vollmershausen

**Case # + Diagnosis:** Low Back Pain (7) – Practice Scheduling Component

**Video Link:** https://www.youtube.com/watch?v=m\_5nWKyRzKM

**Data for Video**

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| Title of the Video | “Motor Learning: Block vs. Random Practice”  |
| Duration of the Video | 15 minutes and 55 seconds |
| Number of Days on YouTube | 511 days (initial upload occurred on October 29, 2014) |
| Total Number of Views | 25 684 views  |
| Any Links to the Video | Links out to website - <http://trainugly.com/portfolio/block-random-practice/>  |
| Comments of the Viewers | 29 comments“I have an exam tomorrow and this video has helped me a lot, it was very informative and entertaining” “As a new gymnastics coach this is fascinating” “Wonderful video essay and explanation of motor learning. Thanks Trevor!” “Awesome video and well researched – thank you!” “Are there any studies that take this idea and apply it to the classroom?” |

**Criterion for utility in the site.**

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| **Technical Aspects** |  |
| Images are clear | Yes – High quality  |
| Sounds are clear and background is free from noise | Yes – Background is not distracting and speakers are easy to understand |
| Time to download is reasonable (about 10-15 minutes at the maximum) | Yes – Instantaneous download  |
| **Author/creator** |  |
| The creator and/or organization providing the video are mentioned | YesTrevor Ragan Promoted by Train Ugly (Fitness Organization) |
| The information about the creator is up-to date | Yes |
| **Provide further support for the use of this YouTube video on your case site.** -Evidence of an extensive understanding of the topic and well rounded research in the area -Good combination of practical and scholarly application of knowledge -Clear description of basic motor learning concepts to introduce the video-John Kessel as a guest speaker demonstrates credibility, as he is a well known and recognized director of sport development, with a thorough understanding of motor learning principles and practice scheduling concepts -Good discussion of the link between practice and performance, as I believe that it would be useless to discuss good practice techniques without emphasizing how they effect the outcome performance -There was limited information regarding the credentials of the creator on the Youtube site, but a more extensive search provided proof of educational credentials, employment history, organizations he has worked with and individuals who have inspired his work -Author works on student and athlete development, believing that there is a disconnect between the ways we teach and the ways we coach – I believe that this disconnect can be transferred to the health care setting in the ways we teach and the ways we practice-However, must be conscious when utilizing information gained from this site of the fact that this videos intended use was originally for athlete skill development. As a practicing occupational therapist, the user would need to consider generalizability and how certain concepts may differ with use in an alternative setting -Video is broken down into various topics, making it easy to follow and understand (blocked versus random practice, motor learning principles and read, plan do) -Individuals commenting on the video are asking questions to further their knowledge base and increase their knowledge of the topic. Questions show an intimate knowledge of the subject area.  |