

Instructional Plan

Getting the Most Out of Your BackChecker™

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This document describes the activities and resources required to create *Getting the Most Out of Your BackChecker™*.

The course content is provided in basic storyboard format with frames detailing the following:

1. pre-instructional activities
2. course opening
3. course introduction
4. topic lessons: introduction, learning activities, and quiz or connecting activity
5. course summary
6. learner assessment (course quiz)
7. post-course learner and follow-up activities (*Training Course Evaluation Survey* and *Training Effectiveness Survey*)

The primary course development tools will be the Articulate® Rapid E-Learning Studio Pro '09 as integrated with Microsoft® PowerPoint® 2010.

Some guiding concepts in this course:

- Activity types and forms are those described by Horton (2006).
- Design principles are derived from Horton (2000 and 2006), Piskurich (2006), and Clark and Mayer (2011).
- The viewer will provide the standard navigations features along with a Notes panel for a full-text version of the narration.
- Narration is a major learning tool and is present with the exception of quizzes and surveys.
- Narration is first person, active, and casual with contractions (except were describing safety or legal issues).
- On-screen text is condensed from the narration.
- On-screen text is synchronized with the narration with the exception learning activities and the Help screen (where the text and narration are the same).
- Full text of the narration is available (with the exception of the Help screen) in the Notes panel for learners who prefer to turn off the audio.

The new time estimate for completing the course is approximately 1 hour (high estimate) minutes plus 5 minutes to view the entire Help screen (viewed as required) and another 5 minutes to complete the *Training Effectiveness Survey* after initial training. No single training activity is expected to exceed 10 minutes duration and the activities will be well-paced. This new total estimated time projects a development time in the range of approximately 120 hours (Piskurich) including the time to develop the planning documents, but excluding pilot and beta tester time.

The basic graphical guidelines are as follows:

- General: keep all areas simple and uncluttered with relevant graphics only.
- Main display area color: light background and high-contrast content.
- Viewer color: dark background with high contrast with labels and controls. Outline, Search, and Notes panels will have a light background and high-contrast content.

Pre-instructional activities

On receipt of their BackChecker™, the learners shall

1. Unpack their BackChecker™, maintenance kit, and supplied USB flash drive.
2. Read *Starting Getting the Most Out of Your BackChecker™* and configure their computers to run the course either online or from the USB flash drive.

If a learner cannot handle small objects or put on and take off their BackChecker™, the learner should have someone assist them as required during this course and whenever they use their BackChecker™. It may be helpful for even a well new learner to have assistance while learning how to wear the harness.

Course opening

The course opening will provide the course welcome and basic navigational instructions.

Topic number: CO	Topic name: Title
Objectives: N/A	
Enabling objectives: N/A	
Estimated time: .5 minutes	
Equipment and supplies: <i>Standard:</i> the BackChecker™, maintenance kit, this course program, and a configured computer.	
Special issues: None	
Pre-topic activities: Prepare the computer for the training course as described in <i>Starting Getting the Most Out of Your BackChecker™</i> .	

Slide: 1	Activity: CO-1	Title: Title
Activity type: Absorb		Activity form: Presentation
Content: Course welcome and basic navigation.		
Graphics: <ul style="list-style-type: none"> • Main image: slumping to correct standing posture (wearing BackChecker™). • Supporting image: Audio-on icon. Text: <ol style="list-style-type: none"> 1. Getting the Most out of Your BackChecker (title). 2. To navigate, use the controls below or the Outline tab at left. 3. To display the full text, click the Notes tab at left. 		Narration: <ol style="list-style-type: none"> 1. Welcome to Getting the Most Out of Your BackChecker™. The training course for your BackChecker™ posture trainer. 2. To navigate, use the controls below or the Outline tab at left. 3. To display the full text of the narration, click the Notes tab at left. 4. Audio is running for all slides except quizzes and surveys.
Test: None		
Navigation: Standard navigation controls. Auto advance. Note: this is the <i>first</i> slide.		
Other:		

Course introduction (About the course)

The course introduction provides an orientation to the course including

- instructions on how to access the Help screen
- course map
- course objective (*what*) and motivation (*why*)
- relevance (*where*)
- learner assessment
- course evaluation
- course topical organization (*what*)

Part number: CI	Topic name: Course introduction
Objectives: N/A	
Enabling objectives: N/A	
Estimated time: 2 minutes plus 3 minutes for Help screen (as required)	
Equipment and supplies: Standard.	
Special issues: None	
Pre-topic activities: As per topic CO.	

Slide: 2	Activity: CI-1	Title: About the course: What this course is about and how to use it
Activity type: Absorb		Activity form: Presentation
Content: Basic course orientation.		
Graphics: <ul style="list-style-type: none"> Standard course introduction icon (from Horton template) Text: <ol style="list-style-type: none"> About the course (title). What this course is about and how to use it (subtitle). If you are new to the course, click Help above right. <i>Course map</i> provides the general course layout. 		Narration: <ol style="list-style-type: none"> Before we begin, let's talk about what this course is about and how to use it. If you are new to the course, click Help above right to learn about how navigate this course and use its features. The Course map in the next slide provides the general course layout.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 3	Activity: CI-2	Title: Course map
Activity type: Absorb		Activity form: Presentation
Content: How to use the course map to major course content areas.		
Graphics: <ul style="list-style-type: none"> Course map (modify map from Horton template)—links to lessons. Next slide button Text: <ul style="list-style-type: none"> Course map (title) If Course map does not appear, refresh your browser. 		Narration: <ol style="list-style-type: none"> If you are new to the course, it's best to follow the lessons in sequence. If you are returning to the course, skip to your desired topic by clicking its icon. To access this map at any time, click Course map above right. If the Course map tab does not appear, refresh your browser.
Test: None		
Navigation: Standard navigation controls. Links to major course contents. Manual advance. Special: Next slide button.		
Other: Due to a bug in Presenter, the Course map tab may not appear when the course loads. Refreshing the browser reloads the page and Course map tab.		

Slide: 4	Activity: CI-3	Title: Introduction
Activity type: Absorb		Activity form: Presentation
Content: Course objective, motivation, relevance, assessment, and course evaluation information.		
Images: 1. Person standing with optimal posture while wearing BackChecker™. Text: 2. This course enables you to gain the knowledge and skills you need to use your BackChecker™. 3. Use this course during initial and refresher training. 4. Complete the activities, lesson quizzes, and self-checking exercises. 5. Have someone assist you as required. 6. Complete the course quiz. 7. Complete the surveys.		Narration: 1. This course enables you to gain the knowledge and skills you need to effectively and safely use your BackChecker™ to help correct your slumping posture. 2. Use this course during your initial and refresher training periods. 3. To get the most out of this course, complete the activities, non-scored lesson quizzes, self-checking exercises as they appear. 4. If you can't handle small objects or put on and take off your BackChecker™, have someone assist you as required during this course and whenever you use your BackChecker™. 5. To confirm that you understand how to use your BackChecker™, complete the course quiz. 6. To help us to improve the course, please complete the surveys at the end of the course.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 5	Activity: CI-4	Title: What you will learn
Activity type: Absorb		Activity form: Presentation
Content: Outline of lessons topics.		
Images: <ul style="list-style-type: none"> • Goals or target. Text: <ol style="list-style-type: none"> 1. What slumping posture is and its effects. 2. What your BackChecker™ does and how it works. 3. How to identify the components. 4. How to use it safely. 5. How to prepare it. 6. How to wear it. 7. How to train. 8. How to perform the postural exercises. 9. How to care for it. 10. How to troubleshoot problems. 		Narration: <ol style="list-style-type: none"> 1. In this course, you will learn how to use your BackChecker™ to help correct your slumping posture. 2. You will learn <ol style="list-style-type: none"> a. What slumping posture is and its effects on your body. b. What your BackChecker™ does and how it works. c. How to identify the components of your BackChecker™ and your maintenance kit. d. How to use your BackChecker™ safely. e. How to prepare it for use. f. How to wear it. g. How to train with it. h. How to perform the associated postural relief exercises. i. How to care for your BackChecker™. j. How to troubleshoot problems with it.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Help screen

The course Help screen will appear in a pop-up window and will consist of a labeled interaction showing a complete window with the viewer and an example interaction activity. The example will show the main navigation features and concepts.

The Help screen will be accessible from all slides.

Slide: N/A	Activity: Help	Title: Help
Type: Absorb		Form: Presentation (Engage labelled graphic interaction)
<p>Content: Course navigation and interaction help. Enabling objective behaviours: N/A</p> <p>Note: All text must be same between interaction and narration because there is no Notes facility available for this pop-up interaction.</p> <p>Interaction graphic: Screen capture of the viewer displaying a procedure.</p>		
<p>Label title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. • Label position: Top center <p>Text:</p> <ol style="list-style-type: none"> 1. To learn the navigation and display features, click the green icons. 2. If you have additional questions about how to use this course, contact Customer Support at Active Posture Devices™: <ol style="list-style-type: none"> a. (613) 269-4663 b. www.activeposturedevices.com 		<p>Narration:</p> <ol style="list-style-type: none"> 1. To learn the navigation and display features, click the green icons. 2. If you have additional questions about how to use this course, contact Customer Support at Active Posture Devices™: <ol style="list-style-type: none"> a. (613) 269-4663 b. www.activeposturedevices.com.
<p>Label title: Outline tab</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. • Label position: above tab. <p>Text:</p> <ol style="list-style-type: none"> 1. The Outline tab displays course contents links. 2. Click the tab to access it. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. The Outline tab displays course contents links. 2. Click the tab to access it.

<p>Label title: Search tab</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Screen capture of a completed search, positioned bottom. • Label position: above tab. <p>Text:</p> <ol style="list-style-type: none"> 1. The Search tab displays the Search panel. 2. Click the tab to access it. 3. The Search panel enables you to search the text of the course. 4. Enter your search word(s) and click the Start button. 5. When your search is complete, your results links appear. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Search tab displays the Search panel. 2. Click the tab to access it. 3. The Search panel enables you to search the text of the course. 4. Enter your search words and click the Start button. 5. When your search is complete, your results links appear.
<p>Panel title: Notes tab</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Screen capture of a slide note, positioned bottom. • Label position: above tab. <p>Text:</p> <ol style="list-style-type: none"> 1. The Notes tab displays the detailed slide narration. 2. Click the tab to access it. 3. Notes are helpful if you want to turn off your audio or if you want to review the text. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Notes tab displays the detailed slide narration. 2. Click the tab to access it. 3. Notes are helpful if you want to turn off your audio or if you want to review the text.
<p>Label title: Course map tab</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Screen capture of course map, positioned bottom. • Label position: left of tab. <p>Text:</p> <ol style="list-style-type: none"> 1. The Course map tab provides quick access to the Course map slide. 2. Click the tab to access it. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Course map tab provides quick access to the Course map slide. 2. Click the tab to access it.

<p>Label title: Volume control button</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Screen capture of volume control button, positioned bottom. • Label position: above tab. <p>Text:</p> <ol style="list-style-type: none"> 1. The Volume control button provides access to the audio volume slider. 2. Click the button to access it. 3. To set your desired audio volume, drag the slider. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Volume control button provides access to the audio volume slider. 2. Click the button to access it. 3. To set your desired audio volume, drag the slider.
<p>Label title: Seekbar</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. • Label position: above tab. <p>Text:</p> <ol style="list-style-type: none"> 1. The Seekbar displays <ol style="list-style-type: none"> a. Slide number b. Seek slider c. Elapsed and total time for slide 2. To move within the slide, drag the seek slider. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Seekbar displays <ol style="list-style-type: none"> a. Slide number b. Seek slider c. Elapsed and total time for slide 2. To move within the slide, drag the seek slider.
<p>Label title: Navigation buttons</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Screen capture of volume control button, positioned bottom. • Label position: above tab. <p>Text:</p> <ol style="list-style-type: none"> 1. The Navigation buttons enable you to pause and resume play and quickly move between slides: <ol style="list-style-type: none"> a. To play or pause the current slide, click the Play/Pause button. The icon changes depending on the state. At the end of a slide requiring you to advance to the next slide manually, this button acts as a Forward button. b. To go back one slide, click the Back button. c. To go forward one slide, click the Forward button. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Navigation buttons enable you to pause and resume play and quickly move between slides: <ol style="list-style-type: none"> a. To play or pause the current slide, click the Play/Pause button. The icon changes depending on the state. At the end of a slide requiring you to advance to the next slide manually, this button acts as a Forward button. b. To go back one slide, click the Back button. c. To go forward one slide, click the Forward button.

<p>Label title: Change view mode button</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. • Label position: above tab. <p>Text:</p> <ol style="list-style-type: none"> 1. The Change view mode button enables you to toggle among views of the main display area and viewer panels. <ol style="list-style-type: none"> a. To hide the left panel and expand the main display area, click once. b. To hide the top and bottom panels and expand again, click again. A Play/Pause button also appears. c. To return to the standard view, click once more. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Change view mode button enables you to toggle among views of the main display area and viewer panels. <ol style="list-style-type: none"> a. To hide the left panel and expand the main display area, click once. b. To hide the top and bottom panels and expand again, click again. A Play/Pause button also appears. c. To return to the standard view, click once more.
<p>Label title: Next slide button</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. • Label position: left of button. <p>Text:</p> <ol style="list-style-type: none"> 1. The Next slide button appears in only in the Course map and interactive activities. 2. To move to next slide, click the button. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Next slide button appears in only in the Course map and interactive activities. 2. To move to next slide, click the button.
<p>Label title: Next and Previous buttons</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. • Label position: left of buttons. <p>Text:</p> <ol style="list-style-type: none"> 1. The Next and Previous buttons in the interactive activities enable you to move sequentially between the steps, tabs, or labels. 2. To move to the next or previous element, click the button. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Next and Previous buttons in the interactive activities enable you to move sequentially between the steps, tabs, or labels. 2. To move to the next or previous element, click the button.

<p>Label title: Activity buttons</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. • Label position: above buttons. <p>Text:</p> <ol style="list-style-type: none"> 1. The Activity buttons in the interactive activities enable you to move among the steps, tabs, or labels. 2. To move to an element, click the button. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Activity buttons in the interactive activities enable you to move among the steps, tabs, or labels. 2. To move to an element, click the button.
<p>Label title: Magnify buttons</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. • Label position: below or right of button. <p>Text:</p> <ol style="list-style-type: none"> 1. The Magnify buttons in the interactive activities enable you to display expanded views of selected images. 2. To expand an image, click the button. 3. To contract the image, click the image. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The Magnify buttons in the interactive activities enable you to display expanded views of selected images. 2. To expand an image, click the button. 3. To contract the image, click the image.
<p>Test: None</p>	
<p>Navigation: Manual advance within activity window. Click Close to dismiss the pop-up window.</p>	
<p>Other: No Notes text facility for this interaction.</p>	

Lesson topical content

The course lessons will include the content and activities necessary to fulfill the defined objectives. They will also include the self-assessment quizzes and the pause-and-think connecting activities.

The specific lesson progression is as follows:

1. Introducing your BackChecker™
 - a. Slumping posture
 - b. Slumping posture and your BackChecker™
 - c. Major components
 - d. Components of the harness
 - e. Components of the switch unit
 - f. Components of the maintenance kit
 - g. Using your BackChecker™ safely
2. Preparing your BackChecker™
 - a. Installing the battery and checking and reattaching the elastic spring
 - b. Testing the switch
 - c. Checking the harness
3. Wearing your BackChecker™
 - a. Putting on your BackChecker™
 - b. Setting the switch sensitivity
 - c. Applying the mounting tape to secure the shoulder straps
4. Training with your BackChecker™
 - a. Training tips
5. Performing the postural relief exercises
 - a. Performing Brügger's postural relief exercises
6. Caring for your BackChecker™
 - a. Cleaning your BackChecker™
 - b. Maintaining the battery
 - c. Maintaining the elastic spring
 - d. Maintaining the harness
7. Troubleshooting your BackChecker™
 - a. Troubleshooting

These topics will be developed in the following storyboard frames.

Topic number: 1	Topic name: Introducing your BackChecker™
<p>Objectives: Given the BackChecker™ and the maintenance kit (<i>Conditions</i>), the learner (<i>Audience</i>) will (<i>Behaviour</i>) so that the learner will pass a combined course quiz with a score of at least 75% (<i>Standard/criterion</i>).</p>	
<p>Major objective behaviours:</p>	
<ol style="list-style-type: none"> 1. Identify slumping posture. 2. Describe the effects of slumping posture. 3. Describe how training with the BackChecker™ can help reduce slumping posture. 4. Identify the components of the BackChecker™ and the maintenance kit. 5. Describe the safety issues and potential adverse effects involved in using the BackChecker™. 	
<p>Enabling objective behaviours:</p>	
<ol style="list-style-type: none"> 1. Identify slumping posture: <ol style="list-style-type: none"> a. Identify the alignment of the body during slumping. b. Analyze the learner's own posture. 2. Describe the effects of slumping posture <ol style="list-style-type: none"> a. Describe the symptoms associated with slumping posture. b. Describe the effects of slumping on body tissues. 3. Describe how training with the BackChecker™ can help reduce slumping posture: <ol style="list-style-type: none"> a. Describe the operating principle of the BackChecker™. b. Describe how the posture exercises work. c. Identify optimal posture. d. Compare learners own posture to optimal posture. 4. Identify the components of the BackChecker™ <ol style="list-style-type: none"> a. Identify the major components of the BackChecker™. b. Identify the components of the harness. c. Identify the components of the switch unit. 5. Identify the components of the maintenance kit. 6. Describe the safety issues and potential adverse effects involved in using the BackChecker™: <ol style="list-style-type: none"> a. Describe the major dangers of handling the BackChecker™. b. Identify the intended users. c. Decide when to contact health professionals. d. Describe the medical claims for the BackChecker™. e. Describe the training time approach. f. Decide when not to wear the BackChecker™. g. Describe the general cautions for the BackChecker™. 	
<p>Estimated time: 12 minutes</p>	
<p>Equipment and supplies: Standard plus mirror and assistant for postural assessment and other help as required.</p>	

Special issues: None
Pre-topic activities: None

Slide: 6	Activity: 1-1	Title: Introducing your BackChecker™: Slumping posture, your BackChecker™, its components, and how to use it safely
Activity type: Absorb		Activity form: Presentation
Content: Basic course orientation.		
Graphics: <ul style="list-style-type: none"> Standard course lesson icon (from Horton template) Text: <ol style="list-style-type: none"> Introducing your BackChecker™: (title). Slumping posture, your BackChecker™, its components, and how to use it safely (subtitle). 		Narration: <ol style="list-style-type: none"> Let's talk about slumping posture, how your BackChecker™ can help, its components, and how to use it safely.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 7	Activity: 1-2	Title: Introducing your BackChecker™: Introduction
Type: Absorb		Form: Presentation
Content: Topic objectives, motivation, and relevance of lesson.		
Graphics: <ul style="list-style-type: none"> • Pyramid graphic from Slide 9. Text: <ol style="list-style-type: none"> 1. Learn: <ol style="list-style-type: none"> a. What slumping posture is. b. What your BackChecker™ does and how it works. c. Components of your BackChecker™. d. Components of your maintenance kit. e. Safety issues. 2. You must understand this in order to safely and effectively wear your BackChecker™. 3. Apply this whenever you use your BackChecker™. 		Narration: <ol style="list-style-type: none"> 1. In this lesson will learn <ol style="list-style-type: none"> a. What slumping posture is and its effects on your body. b. What your BackChecker™ does and how it works. c. The components of your BackChecker™. d. The components of your maintenance kit. e. The safety issues involved in using your BackChecker™. 2. You must fully understand this in order to safely and effectively wear your BackChecker™. 3. You will apply this basic knowledge whenever you use your BackChecker™.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 8	Activity: 1-3	Title: Slumping posture
Type: Absorb and Do		Form: Presentation (Engage labelled graphic interaction)
<p>Content: What slumping posture is and its effects on the body.</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Identify slumping posture: <ol style="list-style-type: none"> a. Identify the alignment of the body during slumping. b. Analyze the learner’s own posture. 2. Describe the effects of slumping posture <ol style="list-style-type: none"> a. Describe the symptoms associated with slumping posture. b. Describe the effects of slumping on body tissues. 		
<p>Label title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Person standing with slumped posture. • Label position: Top center <p>Text:</p> <ol style="list-style-type: none"> 1. Slumping is an abnormal body position: <ol style="list-style-type: none"> a. Head sits forward b. Shoulders round forward c. Upper back rounds forward 2. This can cause <ol style="list-style-type: none"> a. Headaches b. Neck and upper back problems c. Shoulder and arm problems 3. Other health problems 4. Slumping also creates a negative body image. 5. Check your posture. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Slumping posture is an abnormal body position where your <ol style="list-style-type: none"> a. head sits forward b. shoulders round forward c. upper back rounds forward 2. Slumping places excess stress on your body, particularly in your neck and upper back. 3. This can cause <ol style="list-style-type: none"> a. headaches b. neck and upper back problems c. shoulder and arm problems d. other health problems involving your breathing, digestion, circulation, and even your ability to think 4. Slumping also creates a negative body image. 5. Let’s discuss how slumping posture is accompanied by anatomical changes, but first, check your posture in the mirror or have someone else look.

<p>Label title: Forward head</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: At head <p>Text:</p> <ol style="list-style-type: none"> 1. <i>No lead-in</i> <ol style="list-style-type: none"> a. Head sits too far forward. b. Chin pokes. c. Skull tilts rearward. 2. Causes face and neck muscle changes. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Your head sits too far forward, your chin pokes, and your skull tilts rearward. 2. This causes face and neck muscle changes: <ol style="list-style-type: none"> a. Shortened, tight, or overactive muscles in your jaw and the front and back of your neck. b. Elongated, weak, or underactive muscles deep in the front of your neck.
<p>Label title: Reduced neck curve</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: At neck <p>Text:</p> <ol style="list-style-type: none"> 1. Neck curve flattens. 2. Causes neck muscle changes. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Your neck curve flattens. 2. This causes neck muscle changes: <ol style="list-style-type: none"> a. Shortened, tight, or overactive muscles in the front and back of your neck. b. Elongated, weak, or underactive muscles deep in the front of your neck.
<p>Label title: Rounded shoulders</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: At shoulders <p>Text:</p> <ol style="list-style-type: none"> 1. Shoulders sit too far forward, causing them to round. 2. Causes chest and shoulder blade muscle changes. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Your shoulders sit too far forward, causing them to round. 2. This causes chest and shoulder blade muscle changes: <ol style="list-style-type: none"> a. Shortened, tight, or overactive muscles in your upper shoulder blades and chest. b. Elongated, weak, or underactive muscles in your middle and lower shoulder blades.
<p>Label title: Increased mid-back curve</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: At mid-back <p>Text:</p> <ol style="list-style-type: none"> 1. Mid-back rounds forward excessively. 2. Causes chest, shoulder blade, back, and abdominal muscle changes. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Your mid-back rounds forward excessively. 2. This causes chest, shoulder blade, back, and abdominal muscle changes: <ol style="list-style-type: none"> a. Shortened, tight, or overactive muscles in your chest and upper shoulder blades abdominals. b. Elongated, weak, or underactive muscles in your mid-back and middle and lower shoulder blades.

<p>Label title: Reduced low back curve</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: At mid-back <p>Text:</p> <ol style="list-style-type: none"> 1. Your low back curve flattens and reverses, especially when you sit. 2. Causes back, abdominal, hip, and thigh muscle changes. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Your low back curve flattens and reverses, especially when you sit. 2. This causes back, abdominal, hip, and thigh muscle changes: <ol style="list-style-type: none"> a. Shortened, tight, or overactive muscles in the back of your hips and thighs. b. Elongated, weak, or underactive muscles in your low back, lower mid-back, lower abdominals, and the front of your hips.
<p>Test: Self-assessment of posture in Introduction, question in lesson quiz in Slide 16.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other: Learner examines own posture as Do activity.</p>	

Slide: 9	Activity: 1-4	Title: Slumping posture and your BackChecker™
Type: Absorb and Do		Form: Presentation (Engage pyramid interaction)
<p>Content: What slumping posture is and its effects on the body. Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Describe the effects of slumping posture <ol style="list-style-type: none"> a. Describe the symptoms associated with slumping posture. 2. Describe how training with the BackChecker™ can help reduce slumping posture: <ol style="list-style-type: none"> a. Describe the operating principle of the BackChecker™. b. Describe how the posture exercises work. c. Identify optimal posture. d. Compare learners own posture to optimal posture. 		
<p>Block title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Pyramid generated by Engage. • Label position: auto. <p>Text:</p> <ol style="list-style-type: none"> 1. How training with your BackChecker™ can help correct your slumping posture. 2. Climb the pyramid. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Let's discuss how training with your BackChecker™ can help correct your slumping posture. 2. Climb the pyramid to see how it works.
<p>Block title: Slumping posture</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Base block. • Personal standing with slumping posture. <p>Text:</p> <ol style="list-style-type: none"> 1. Slumping is a frequent cause of back, neck, head, and shoulder problems. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Slumping without moving for long periods while sitting or standing is a frequent cause of back, neck, head, and shoulder problems.

<p>Block title: Your BackChecker™</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Middle level, left block • Person standing with optimal posture wearing BackChecker™ <p>Text:</p> <ol style="list-style-type: none"> 1. When you slump, your BackChecker™ vibrates to remind you to stand or sit up straight. 2. Repeated reminders help you relearn proper posture. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. When you slump or let your shoulders roll forward, your BackChecker™ gently vibrates to remind you to sit or stand up straight. 2. Repeated reminders help you relearn and maintain proper posture.
<p>Block title: Postural relief exercises</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Middle level, right block. • Person performing Brügger's exercise. <p>Text:</p> <ol style="list-style-type: none"> 1. Performing the postural relief exercises will enhance your postural retraining. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Performing the postural relief exercises taught in this course will greatly enhance your postural retraining by balancing your muscle groups.
<p>Block title: Optimal posture</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Pinnacle block. • Person standing with optimal posture without BackChecker™. <p>Text:</p> <ol style="list-style-type: none"> 1. <i>Optimal posture</i> is the state of muscular and skeletal balance that protects your body. 2. Optimal posture occurs when your ears, neck, shoulders, and trunk are in line, and you are equal and level on both sides. 3. Your goal is optimal posture. 4. Compare your posture. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Optimal posture is the state of muscular and skeletal balance that protects your body against injury or progressive deformity. 2. Optimal upper body posture occurs when your ears, neck, shoulders, and trunk are in line when viewed from the side, and you are equal and level on both sides when viewed from the front and back. 3. Your goal in training with your BackChecker™ is to replace your slumping posture with optimal posture. 4. Before you move on, compare your posture to optimal posture.
<p>Test: Compare own posture to optimal posture; question in lesson quiz in Slide 16.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other: Learner examines own posture as Do activity.</p>	

Slide: 10	Activity: 1-5	Title: Major components
Type: Absorb and Do		Form: Presentation (Engage labelled graphic interaction)
Content: Major component of the BackChecker™. Enabling objective behaviours: Identify the major components of the BackChecker™.		
Panel title: Introduction Graphics: <ul style="list-style-type: none"> • Harness spread out with cover screw up. • Label position: top center. Text: <ol style="list-style-type: none"> 1. Your BackChecker™ has two major components. 		Narration: <ol style="list-style-type: none"> 1. Before we get into the details of your BackChecker™, you need to know that it has two major components. 2. Pick up your BackChecker™ and touch each component as you go.
Label title: Harness Graphics: <ul style="list-style-type: none"> • Label position: adjacent to harness. Text: <ol style="list-style-type: none"> 1. None. 		Narration: <ol style="list-style-type: none"> 1. The harness consists of the straps that attach your BackChecker™ to your body.
Label title: Switch unit Graphics: <ul style="list-style-type: none"> • Label position: adjacent to switch unit. Text: <ol style="list-style-type: none"> 1. None. 		Narration: <ol style="list-style-type: none"> 1. The switch unit consists of the sensing and signaling components.
Test: Question in lesson quiz in Slide 16.		
Navigation: Standard navigation controls. Manual advance.		
Other: Learner handles the harness and identifies parts as Do activities.		

Slide: 11	Activity: 1-6	Title: Components of the harness
Type: Absorb and Do		Form: Presentation (Engage labelled graphic interaction)
Content: Components of the harness. Enabling objective behaviours: Identify the components of the harness.		
Label title: Introduction Graphics: <ul style="list-style-type: none"> • Harness spread out with cover screw up. • Label position: top center. Text: <ol style="list-style-type: none"> 1. The harness has two halves. 		Narration: <ol style="list-style-type: none"> 1. The harness has two halves joined together at the switch unit. Let's discuss the components of the harness. 2. Pick up your BackChecker™ and touch each component as you go.
Label title: Shoulder strap Graphics: <ul style="list-style-type: none"> • Label position: adjacent to component. Text: <ol style="list-style-type: none"> 1. None. 		Narration: <ol style="list-style-type: none"> 1. The shoulder strap is adjustable to accommodate different shoulder sizes.
Label title: Strap slider Graphics: <ul style="list-style-type: none"> • Label position: adjacent to component. Text: <ol style="list-style-type: none"> 1. None. 		Narration: <ol style="list-style-type: none"> 1. Move the strap slider to increase or decrease the size of the shoulder strap.
Label title: Strap loop Graphics: <ul style="list-style-type: none"> • Label position: adjacent to component. Text: <ol style="list-style-type: none"> 1. None. 		Narration: <ol style="list-style-type: none"> 1. The strap loop prevents buckling of the strap and makes the harness more comfortable.

<p>Label title: D-ring</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: adjacent to component. <p>Text:</p> <ol style="list-style-type: none"> 1. <i>None.</i> 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The D-ring connects the strap to the central portion of the harness.
<p>Label title: Sensitivity adjustment tab</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: adjacent to component. <p>Text:</p> <ol style="list-style-type: none"> 1. <i>None.</i> 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Move the sensitivity adjustment tab to increase or decrease the tension in the harness at which the switch is triggered.
<p>Test: Question in lesson quiz in Slide 16.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other: Learner handles the harness and identifies parts as Do activities.</p>	

Slide: 12	Activity: 1-7	Title: Components of the switch unit
Type: Absorb		Form: Presentation (Engage labelled graphic interaction)
<p>Content: Components of the switch unit. Enabling objective behaviours: Identify the components of the switch unit.</p>		
<p>Panel title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Switch unit open displaying entire workings. • Label position: top center. <p>Text:</p> <ol style="list-style-type: none"> 1. The switch unit contains the components that make your BackChecker™ vibrate when you slump. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. The switch unit contains the components that make your BackChecker™ vibrate when you slump. 2. Let's discuss these components in detail. 3. Do not open the switch unit at this time. <p>In the slide notes, add the word <i>Note</i> in front of the text in point 3 above.</p>
<p>Label title: Battery holder</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: adjacent to the component. <p>Text:</p> <ol style="list-style-type: none"> 1. <i>None.</i> 		<p>Narration:</p> <ol style="list-style-type: none"> 1. The battery holder retains the 1.5 volt button cell battery.
<p>Label title: Magnetic switch</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: adjacent to the component. <p>Text:</p> <ol style="list-style-type: none"> 1. <i>None.</i> 		<p>Narration:</p> <ol style="list-style-type: none"> 1. The magnetic switch controls the vibration motor.
<p>Label title: Wiring</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: adjacent to the component. <p>Text:</p> <ol style="list-style-type: none"> 1. <i>None.</i> 		<p>Narration:</p> <ol style="list-style-type: none"> 1. The wiring connects the electrical components of the switch unit.

<p>Label title: Vibration motor</p> <p>Graphics: Label position: adjacent to the component.</p> <p>Text: 1. <i>None.</i></p>	<p>Narration: 1. The vibration motor, when activated, signals that you are slumping.</p>
<p>Label title: Switch box</p> <p>Graphics: • Label position: adjacent to the component.</p> <p>Text: 1. <i>None.</i></p>	<p>Narration: 1. The switch box consists of the top cover and cover screw, and the back cover.</p>
<p>Label title: Harness tab</p> <p>Graphics: • Label position: adjacent to the component.</p> <p>Text: 1. <i>None.</i></p>	<p>Narration: 1. The harness tab connects the switch unit to the right half of the harness.</p>
<p>Label title: Center post</p> <p>Graphics: • Label position: adjacent to the component.</p> <p>Text: 1. <i>None.</i></p>	<p>Narration: 1. The center post provides the attachment point for the cover screw and elastic spring.</p>
<p>Label title: Elastic spring</p> <p>Graphics: • Label position: adjacent to the component..</p> <p>Text: 1. <i>None.</i></p>	<p>Narration: 1. The elastic spring provides the tension for the spring tab.</p>

<p>Label title: Spring tab</p> <p>Graphics:</p> <ul style="list-style-type: none">• Label position: adjacent to the component. <p>Text:</p> <ol style="list-style-type: none">1. <i>None.</i>	<p>Narration:</p> <ol style="list-style-type: none">1. The spring tab carries the magnet. When the magnet passes over the switch, the switch triggers to activate the vibration motor.
<p>Test: Question in lesson quiz in Slide 16.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 13	Activity: 1-8	Title: Components of the maintenance kit
Type: Absorb and Do		Form: Presentation (Engage labelled graphic interaction)
<p>Content: Components of the maintenance kit. Enabling objective behaviours: Identify the components of the maintenance kit.</p>		
<p>Label title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> Maintenance kit component set out. Label position: top center. <p>Text:</p> <ol style="list-style-type: none"> Your BackChecker™ comes with a maintenance kit. 		<p>Narration:</p> <ol style="list-style-type: none"> Your BackChecker™ comes with a maintenance kit for making basic repairs. Let's identify the components. Pick up each component as you go.
<p>Label title: Screwdriver</p> <p>Graphics:</p> <ul style="list-style-type: none"> Label position: adjacent to the component. <p>Text:</p> <ol style="list-style-type: none"> None. 		<p>Narration:</p> <ol style="list-style-type: none"> Use the screwdriver to remove and install the cover screw.
<p>Label title: Battery</p> <p>Graphics:</p> <ul style="list-style-type: none"> Label position: adjacent to the component. <p>Text:</p> <ol style="list-style-type: none"> None. 		<p>Narration:</p> <ol style="list-style-type: none"> Your kit comes with one 1.5 volt button cell battery. Resupply with a quality 1.5 volt, 10 to 12 mm battery such as the long-life DURACELL® 303/357 cell. This battery is not rechargeable. <p>In the slide notes, add the word <i>Warning</i> in front of the text in point 2 above.</p>

<p>Label title: Elastic springs</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Label position: adjacent to the component. <p>Text:</p> <ol style="list-style-type: none"> 1. <i>None.</i> 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Your kit comes with two replacement elastic springs. Resupply with quality elastics of approximately the same size. Alternatively, contact Active Posture Devices™ to purchase additional elastic springs.
<p>Label title: Mounting tape</p> <p>Graphics:</p> <p>Label position: adjacent to the component.</p> <p>Text:</p> <ol style="list-style-type: none"> 1. <i>None.</i> 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Your kit comes with several pieces of mounting tape to use if the straps do not stay on your shoulders. Resupply with quality double-sided mounting tape.
<p>Test: Question in lesson quiz in Slide 16.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other: Learner handles the components and identifies them as Do activities.</p>	

Slide: 14	Activity: 1-9	Title: Using your BackChecker™ safely
Type: Absorb		Form: Presentation (Engage tabs interaction)
<p>Content: Safety issues involved in using the BackChecker™: dos and don'ts.</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Describe the major dangers of handling the BackChecker™. 2. Identify the intended users. 3. Decide when to contact health professionals. 4. Describe the medical claims for the BackChecker™. 5. Describe the training time approach. 6. Decide when not to wear the BackChecker™. 7. Describe the general cautions for the BackChecker™. 		
<p>Tab title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tabs generated by Engage, label position: left. • Tab graphic: “correct action” type graphic, positioned right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to use your BackChecker™ safely and effectively. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Let's talk about how to use your BackChecker™ safely and effectively.
<p>Tab title: Your BackChecker™ is not a toy</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “not a toy” type graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. The straps can choke. 2. Parts may be harmful if swallowed. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Your BackChecker™ is not a toy: <ol style="list-style-type: none"> a. The straps can choke if placed around your neck. b. Your BackChecker™ contains small parts that may be harmful if swallowed.
<p>Tab title: Intended users</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: standing adult, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Adults 2. Those with slumping not caused by disease or medical condition. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Your BackChecker™ is intended for <ol style="list-style-type: none"> a. Adults or those under adult supervision. b. It's specifically intended for those with slumping posture not caused by disease or medical condition.

<p>Tab title: Consulting a health professional</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: doctor, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. You may wish to consult a health care professional before using your BackChecker™. 2. Warning: If training with your BackChecker™ does not help, see your health care professional. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Some postural problems may be due to medical conditions. You may wish to consult a health care professional before using your BackChecker™ or any other piece of health equipment. 2. If training with your BackChecker™ as taught in this course does not help correct your slumping posture, see your health care professional for a thorough evaluation. <p>In the slide notes, add the word <i>Warning</i> in front of the text in point 2 above.</p>
<p>Tab title: No medical claims for your BackChecker™</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “no guarantee” graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Active Posture Devices™ neither makes nor implies any medical claims of diagnosis or treatment. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Active Posture Devices™ neither makes nor implies any medical claims of diagnosis or treatment with the BackChecker™.
<p>Tab title: Correct your posture gradually</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: month calendar, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Correct your posture gradually and over short exposures. 2. Warning: If training with your BackChecker™ does not help, see your health care professional. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Correct your posture gradually and over short exposures. If you attempt to correct habitually poor posture too quickly, you may experience frustration and discomfort. 2. If training with your BackChecker™ as taught in this course does not help correct your slumping posture, see your health care professional for a thorough evaluation. <p>In the slide notes, add the word <i>Warning</i> in front of the text in point 2 above.</p>

<p>Tab title: When not to wear your BackChecker™</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: no magnet, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. If you cannot be exposed to strong magnets or electric motors. 2. In any situation where the vibration would cause a dangerous distraction. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Do not wear your BackChecker™ if you cannot be exposed to strong magnets or electric motors; for example, you use a pacemaker or other medical device. 2. Do not wear your BackChecker™ in any situation where the vibration would cause a dangerous distraction.
<p>Tab title: General cautions</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “not/no” graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Do not <ol style="list-style-type: none"> a. Drop the switch unit, heat it, or immerse it. b. Clean it with any volatile substance. c. Operate when it is disassembled or damaged. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Do not <ol style="list-style-type: none"> a. Drop the switch unit, heat it, or immerse it in any liquid. b. Clean your BackChecker™ with any volatile substance. c. Attempt to operate your BackChecker™ when it is disassembled or damaged.
<p>Test: Questions in lesson quiz in Slide 16.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 15	Activity: 1-10	Title: Introducing your BackChecker™: Quiz instructions
Activity type: Absorb		Activity form: Presentation
Content: Quiz instructions.		
Graphics: <ul style="list-style-type: none"> Standard quiz icon (from Horton template) Text: <ol style="list-style-type: none"> Introducing your BackChecker™ (title). Quiz instructions (subtitle). To confirm that you understand the basic concepts, <u>take a short quiz</u>. To check your answers, click SUBMIT after each question. <u>Skip quiz</u> 		Narration: <ol style="list-style-type: none"> To confirm that you understand the basic concepts of your BackChecker™, take a short quiz. To check your answers, click SUBMIT after each question. If you are confident that you understand these concepts, skip the quiz.
Test: None		
Navigation: Standard navigation controls. Manual advance. Link from “take a short quiz” to quiz in Slide 16. Link from “Skip quiz” to next lesson in Slide 17.		
Other:		

Slide: 16	Activity: 1-11	Title: Quiz
Test type: Non-scored summative lesson quiz		Form: Quiz (Quizmaker)
Content: Lesson quiz for lesson “Introducing your BackChecker™.”		
<p>Question: 1 Major objective behaviour: Identify slumping posture. Enabling objective behaviour: Identify the alignment of the body during slumping.</p> <p>Question type: Multiple response</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Upper body of person standing with severely slumped posture, positioned right. <p>Question: What characteristics of slumping posture does this person have? <i>(choose all of the correct answers)</i></p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Forward head <i>(Correct answer)</i> 2. Rounded shoulders <i>(Correct answer)</i> 3. Rounded upper back <i>(Correct answer)</i> 4. Rearward head 5. Straight back 		<p>Feedback:</p> <p><i>Correct:</i></p> <p>All correct.</p> <p><i>Incorrect:</i></p> <p>The correct answers are</p> <ol style="list-style-type: none"> 1. Forward head 2. Rounded shoulders 3. Rounded upper back <p>Points for correct answer: None.</p>
<p>Question: 2 Major objective behaviour: Describe the effects of slumping posture. Enabling objective behaviour: Describe the symptoms associated with slumping posture.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Person standing with slumped posture, positioned right. <p>Question: Slumping posture can cause <i>(choose the best answer)</i></p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Headaches. 		<p>Feedback:</p> <p>Slumping postures place excess stress on your body, particularly in your upper back and neck. This can cause</p> <ul style="list-style-type: none"> • Headaches • Neck and upper back problems • Shoulder and arm problems <p>Points for correct answer: None.</p>

<ol style="list-style-type: none"> 2. Neck and upper back problems. 3. Shoulder and arm problems. 4. All of the above. <i>(Correct answer)</i> 	
<p>Question: 3 Major objective behaviour: Describe how training with the BackChecker™ can help reduce slumping posture. Enabling objective behaviour: Describe the operating principle of the BackChecker™.</p> <p>Question type: Word bank</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: Your BackChecker™ reminds you when you slump by <i>(choose one answer)</i></p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Vibrating <i>(Correct answer)</i> 2. Beeping 3. Flashing 	<p>Feedback:</p> <p>Your BackChecker™ vibrates gently to remind you to stand or sit up straight when you slump or let your shoulders roll forward.</p> <p>Points for correct answer: None.</p>
<p>Question: 4 Major objective behaviour: Describe how training with the BackChecker™ can help reduce slumping posture. Enabling objective behaviour: Identify optimal posture.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Upper body optimal alignment with vertical line. <p>Question: Optimal upper body posture occurs when <i>(choose one answer)</i></p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Your ears, neck, shoulders, and trunk are in line when viewed from the side. <i>(Correct answer)</i> 2. The back of your skull and your neck, shoulders, and trunk are in line when viewed from the side. 	<p>Feedback:</p> <p>Optimal upper body posture occurs when your ears, neck, shoulders, and trunk are in line when viewed from the side, and you are equal and level on both sides when viewed from the front and back.</p> <p>Points for correct answer: None.</p>

<p>3. Your ears, neck, chest, and trunk are in line when viewed from the side.</p>	
<p>Question: 5 Major objective behaviour: Identify the components of the BackChecker™ Enabling objective behaviour: Identify the components of the harness.</p> <p>Question type: Sequence drag-and-drop</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Labelled, laid out BackChecker™. <p>Question: Match the labels on the BackChecker™ with the part names:</p> <p>Possible answers: (<i>correct order</i>)</p> <ol style="list-style-type: none"> 1. Strap slider 2. Strap 3. Strap loop 4. D-ring 5. Switch unit 6. Sensitivity adjustment tab 	<p>Feedback:</p> <p><i>Correct:</i></p> <p>All correct.</p> <p><i>Incorrect:</i></p> <p>The correct answers are</p> <ol style="list-style-type: none"> 1. Strap slider 2. Strap 3. Strap loop 4. D-ring 5. Switch unit 6. Sensitivity adjustment tab <p>Points for correct answer: None.</p>
<p>Question: 6 Major objective behaviour: Identify the components of the BackChecker™ Enabling objective behaviour: Identify the components of the switch unit.</p> <p>Question type: Sequence drag-and-drop</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Labelled, laid out switch unit. <p>Question: Match the labels on the switch unit with the part names:</p> <p>Possible answers: (<i>correct order</i>)</p> <ol style="list-style-type: none"> 1. Battery holder with battery 2. Wiring 3. Magnetic switch 	<p>Feedback:</p> <p><i>Correct:</i></p> <p>All correct.</p> <p><i>Incorrect:</i></p> <p>The correct answers are</p> <ol style="list-style-type: none"> 1. Battery holder with battery 2. Wiring 3. Magnetic switch 4. Vibration motor 5. Harness tab 6. Center post 7. Elastic spring 8. Spring tab with magnet

<ol style="list-style-type: none"> 4. Vibration motor 5. Harness tab 6. Center post 7. Elastic spring 8. Spring tab with magnet 	<p>Points for correct answer: None.</p>
<p>Question: 7 Major objective behaviour: Describe the safety issues and potential adverse effects involved in using the BackChecker™ Enabling objective behaviour: Identify the intended users.</p> <p>Question type: True/False</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: Your BackChecker™ should not be used by children without adult supervision.</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. True (<i>Correct answer</i>) 2. False 	<p>Feedback:</p> <p>Your BackChecker™ should only be used by adults or those under adult supervision. The straps may choke if they are placed around the neck and there are small components that may be harmful if swallowed.</p> <p>Points for correct answer: None.</p>
<p>Question: 8 Major objective behaviour: Describe the safety issues and potential adverse effects involved in using the BackChecker™ Enabling objective behaviour: Decide when not to wear the BackChecker™.</p> <p>Question type: True/False</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: Do not wear your BackChecker™ if you cannot be exposed to strong magnets or electric motors.</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. True (<i>Correct answer</i>) 2. False 	<p>Feedback:</p> <p>Do not wear your BackChecker™ if you cannot be exposed to strong magnets or electric motors; for example, you use a pacemaker or other medical device.</p> <p>Points for correct answer: None.</p>

<p>Question: 9 Major objective behaviour: Describe the safety issues and potential adverse effects involved in using the BackChecker™ Enabling objective behaviour: Decide when to contact health professionals. Question type: True/False</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: Your BackChecker™ can help solve slumping due to all causes.</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. True 2. False (<i>Correct answer</i>) 	<p>Feedback:</p> <p>Some postural problems may be due to medical conditions; therefore, you may wish to consult a health care professional before using your BackChecker™ or any other piece of health equipment.</p> <p>Points for correct answer: None.</p>
<p>Question: 10 Major objective behaviour: Describe the safety issues and potential adverse effects involved in using the BackChecker™ Enabling objective behaviour: Decide when to contact health professionals.</p> <p>Question type: True/False</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: Stop trying to correct your posture if using your BackChecker™ does not help.</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. True 2. False (<i>Correct answer</i>) 	<p>Feedback:</p> <p>If training with your BackChecker™ as taught in this course does not help you correct your slumping posture, see your health care professional for a thorough evaluation.</p> <p>Points for correct answer: None.</p>
<p>Test: None</p>	
<p>Navigation: Standard quiz navigation controls. SUBMIT button on each question for accessing feedback. Manual advance to next lesson.</p>	
<p>Other: Non-scored quiz. No limit on retakes by quiz. No narration. Slide notes text: “<i>Introducing your BackChecker™</i> quiz. No audio.”</p>	
<p>Topic number: 2</p>	<p>Topic name: Preparing your BackChecker™</p>

<p>Objective: Given the BackChecker™ and maintenance kit (<i>Conditions</i>), the learner (<i>Audience</i>) will prepare the BackChecker™ for use (<i>Behaviour</i>) so that switch unit will signal 100% of the time during slumping (<i>Standard/criterion</i>).</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Install the battery. 2. Check the elastic spring. 3. Reattach the elastic spring 4. Test the switch unit. 5. Check the harness.
<p>Estimated time: 10 minutes</p>
<p>Equipment and supplies: Standard.</p>
<p>Special issues: None</p>
<p>Pre-topic activities: None</p>

Slide: 17	Activity: 2-1	Title: Preparing your BackChecker™: Getting your BackChecker™ ready to use
Activity type: Absorb		Activity form: Presentation
Content: How to prepare the BackChecker™ for first use and daily use.		
<p>Graphics:</p> <ul style="list-style-type: none"> • Standard course lesson icon (from Horton template) <p>Text:</p> <ol style="list-style-type: none"> 1. Preparing your BackChecker™: (title). 2. Getting your BackChecker™ ready to use (subtitle). 		<p>Narration:</p> <ol style="list-style-type: none"> 1. With a good understanding of the basic BackChecker™ concepts, you can start getting your BackChecker™ ready to use.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 18	Activity: 2-2	Title: Preparing your BackChecker™: Introduction
Type: Absorb		Form: Presentation
Content: Topic objectives, motivation, and relevance of lesson.		
Graphics: <ul style="list-style-type: none"> • Example from a major procedure—removing cover screw to install the battery, position right. Text: <ol style="list-style-type: none"> 1. Learn how to <ol style="list-style-type: none"> a. Install the battery and check and reattach the elastic spring. b. Test the switch. c. Check the harness. 2. Proper preparation will enable your BackChecker™ to function and make it comfortable. 3. Install the battery and check and reattach the elastic spring as required. 4. Test the switch and check the harness daily. 		Narration: <ol style="list-style-type: none"> 1. In this lesson, you will learn how to <ol style="list-style-type: none"> a. Install the battery and check and reattach the elastic spring. b. Test the switch. c. Check the harness. 2. Proper preparation will enable your BackChecker™ to function and make it comfortable to wear. 3. You will install the battery and check and reattach the elastic spring as required. 4. You will test the switch and check the harness daily.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 19	Activity: 2-3	Title: Installing the battery and checking and reattaching the elastic spring
Type: Absorb and Do.		Form: Presentation (Engage process interaction)
<p>Content: The procedures involved in installing the battery and checking and reattaching the elastic spring.</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Install the battery. 2. Check the elastic spring. 3. Reattach the elastic spring. 		
<p>Step title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Installing the battery, position right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to install the battery and check and reattach the elastic spring. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. To prevent draining the battery, your BackChecker™ is shipped without the battery installed. You will need to install it. 2. You will also need to install a new battery when the existing one is drained. 3. You will need to check and reattach the elastic spring as required. 4. Let's discuss how to install the battery and check and reattach the elastic spring. 5. Watch the entire procedure to completion and then perform it, referring here as required.
<p>Step title: (Step 1) Lay out your BackChecker</p> <p>Graphics:</p> <ul style="list-style-type: none"> • BackChecker set on back with cover screw up, screwdriver and battery in background; position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Lay the switch unit on its back, cover screw up, spring tab to the left. 2. Retrieve the battery and screwdriver. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Lay the switch unit on its back with the cover screw facing up and the spring tab to the left. 2. Retrieve the battery and screwdriver from your maintenance kit.
<p>Step title: (Step 2) Remove the cover screw</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Screwdriver removing cover screw, position left. <p>Text: None.</p>		<p>Narration:</p> <ol style="list-style-type: none"> 1. Use the screwdriver to remove the cover screw. Set the screw aside.

<p>Step title: (Step 3) Turn over the switch unit</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Turning switch unit over, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Hold the switch unit together and turn it over. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Hold the switch unit together, turn it over, and lay it down.
<p>Step title: (Step 4) Remove the bottom cover</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Person removing bottom cover and exposing switch workings, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Set the cover on its back. 2. If the elastic spring comes off, reattach it later. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Carefully remove the bottom cover and set it on its back: 2. Take special care not to detach the elastic spring. 3. If the elastic spring comes off, finish installing the battery and reattach the elastic spring later. We will talk about this in Step 6.
<p>Step title: (Step 5) Install the battery</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Close-up of person inserting the battery, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Slide the battery under the clip. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Hold the battery cap-up and then slide it under the clip of the battery holder. 2. Check to ensure the battery is securely seated.
<p>Step title: (Step 6) Check and reattach the elastic spring</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Multi-image graphic: (1) checking spring, (2) reattaching spring (spring off & reattaching spring to centre post); position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Ensure it is securely attached. 2. If the elastic spring is detached <ol style="list-style-type: none"> a. Remove the spring tab and elastic spring. b. Loop the elastic spring around the magnet. c. Slide the elastic spring over the center post. d. Reseat the spring tab. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Check the elastic spring to ensure it is securely attached to the spring tab and the center post of the switch unit. 2. If the elastic spring is detached, reattach it. To do this <ol style="list-style-type: none"> a. Remove the spring tab and elastic spring from the switch unit. b. Hold the spring tab magnet-up and loop the elastic spring around the magnet. c. Slide the elastic spring over the center post of the switch unit. d. Reseat the spring tab.

<p>Step title: (Step 7) Replace the bottom cover</p> <p>Graphics:</p> <ul style="list-style-type: none"> Replacing switch cover (battery installed), position left. <p>Text:</p> <ol style="list-style-type: none"> The magnetic switch faces the magnet. Replace the bottom cover. 	<p>Narration:</p> <ol style="list-style-type: none"> Position the bottom cover so that the magnetic switch faces the magnet on the spring tab. Replace the bottom cover.
<p>Step title: (Step 8) Turn over the switch unit</p> <p>Graphics:</p> <ul style="list-style-type: none"> Turning over switch unit--securely held, position left. <p>Text:</p> <ol style="list-style-type: none"> Hold the switch unit together and turn it over. 	<p>Narration:</p> <ol style="list-style-type: none"> Hold the switch unit together and turn it over onto its back.
<p>Step title: (Step 9) Reinstall the cover screw</p> <p>Graphics:</p> <ul style="list-style-type: none"> Screwdriver reattaching screw (no battery in background), position left. <p>Text:</p> <ol style="list-style-type: none"> Be careful not to overtighten the screw. 	<p>Narration:</p> <ol style="list-style-type: none"> Reinstall the cover screw. Be careful not to overtighten the screw.
<p>Test: Complete function test is part of procedure in Slide 20.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 20	Activity: 2-4	Title: Testing the switch
Type: Absorb and Do.		Form: Presentation (Engage process interaction)
Content: The procedures involved in testing the switch unit. Enabling objective behaviours: Test the switch.		
Step title: Introduction Graphics: <ul style="list-style-type: none"> • Pulling out spring tab, position right. Text: <ol style="list-style-type: none"> 1. How to test the switch unit. 		Narration: <ol style="list-style-type: none"> 1. After installing the battery and checking the elastic spring, you need to test the switch unit to ensure it's working properly. 2. Let's discuss how to test the switch unit. 3. Watch the entire procedure to completion and then perform it, referring here as required.
Step title: (Step 1) Lay out your BackChecker Graphics: <ul style="list-style-type: none"> • Pulling out spring tab, position left. Text: <ol style="list-style-type: none"> 1. Pull the spring tab. 2. The switch unit should vibrate strongly. 		Narration: <ol style="list-style-type: none"> 1. Gently pull the spring tab away from the switch unit. 2. The spring tab should move under resistance and near the end of its travel it should trigger the switch unit to vibrate strongly and evenly.
Step title: (Step 2) Remove the cover screw Graphics: <ul style="list-style-type: none"> • Releasing spring tab, position left. Text: <ol style="list-style-type: none"> 1. Release the spring tab. 2. The switch unit should stop vibrating. 3. If the switch unit fails, fix the problem. 4. If the problem persists, jump ahead to Troubleshooting. 		Narration: <ol style="list-style-type: none"> 1. Release the spring tab under control. It should retract completely under its own power and the switch unit should stop vibrating. 2. If the switch unit fails the test, reopen it, investigate, and fix the problem using the procedures taught in <i>Installing the battery and checking and reattaching the elastic spring</i>. 3. If the problem persists, jump ahead to Troubleshooting.
Test: This procedure is a complete function test of the switch unit and the procedures from <i>Installing the battery and checking and reattaching the elastic spring</i> in Slide 19.		
Navigation: Standard navigation controls. Manual advance.		
Other:		

Slide: 21	Activity: 2-5	Title: Checking the harness
Type: Absorb and Do.		Form: Presentation (Engage process interaction)
<p>Content: The procedures involved in checking the harness. Enabling objective behaviours: Check the harness.</p>		
<p>Step title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Testing hook-and-loop fastener, position right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to check the webbing, fixtures, and sensitivity adjustment tabs. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Before putting on your BackChecker™, check the harness to ensure it's in good condition. 2. Let's discuss how to check the webbing, fixtures, and sensitivity adjustment tabs. 3. If there are any major problems, skip ahead to Caring for your BackChecker™. 4. Watch the entire procedure to completion and then perform it, referring here as required.
<p>Step title: (Step 1) Check the webbing</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Examining strap, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Clean and in good condition. 2. Stitching secure. 3. No sharp or frayed edges. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. The webbing should be clean and in good condition. 2. The stitching should be secure. 3. There should be no sharp or frayed edges.
<p>Step title: (Step 2) Check the fixtures</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Testing strap slider, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Clean and in good condition. 2. No sharp edges. 3. Strap sliders move freely. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. All fixtures should be clean and in good condition. 2. There should be no sharp edges. 3. The strap sliders should move freely.

<p>Step title: (Step 3): Check the sensitivity adjustment tabs</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Testing hook-and-loop fastener, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Hook-and-loop fasteners in good condition. 2. Stitching secure. 3. No sharp or frayed edges. 4. Tabs hold position when pulled. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. The hook-and-loop fasteners should be in good condition. 2. The stitching should be secure. 3. There should be no sharp or frayed edges. 4. The tabs should hold position when you pull them with moderate force.
<p>Test: None.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 22	Activity: 2-6	Title: Preparing your BackChecker™: Pause and think
Type: Connect.		Form: Pause-and-think
<p>Content: Reflection on sensation during slumping. Transitioning from preliminary mechanical to use aspects. Enabling objective behaviours: None: connector.</p>		
<p>Graphics:</p> <ul style="list-style-type: none"> Standard course pause-and-think icon “?” (from Horton template) <p>Text:</p> <ol style="list-style-type: none"> Preparing your BackChecker™: (title). Pause and think (subtitle). How do you feel when you slump for long periods? <u>Skip</u> 		<p>Narration:</p> <ol style="list-style-type: none"> Before you move on to the next lesson, how do you feel when you slump for long periods?
Test: None.		
Navigation: Standard navigation controls. Manual advance and link “Skip” to next lesson in Slide 23.		
Other:		

Topic number: 3	Topic name: Wearing your BackChecker™
<p>Objective: Given the BackChecker™ and maintenance kit (<i>Conditions</i>), the learner (<i>Audience</i>) will wear the BackChecker™ (<i>Behaviour</i>) so that the switch unit will signal 100% of the time when slumping (<i>Standard/criterion</i>).</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Put on the BackChecker™: <ol style="list-style-type: none"> a. Prepare the harness. b. Put on the harness. c. Adjust the shoulder straps. 2. Set the switch sensitivity. 3. Apply the mounting tape. 	
Estimated time: 10 minutes	
Equipment and supplies: Standard, mirror or self-assessment, assistant (as available).	
Special issues: None	
Pre-topic activities: None	

Slide: 23	Activity: 3-1	Title: Wearing your BackChecker™: Fitting your BackChecker™
Activity type: Absorb		Activity form: Presentation
Content: How to prepare the BackChecker™ for first use and daily use.		
<p>Graphics:</p> <ul style="list-style-type: none"> • Standard course lesson icon (from Horton template) <p>Text:</p> <ol style="list-style-type: none"> 1. Wearing your BackChecker™: (title). 2. Fitting your BackChecker™ (subtitle). 		<p>Narration:</p> <ol style="list-style-type: none"> 1. After you have properly prepared it, you are ready to start fitting your BackChecker™.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 24	Activity: 3-2	Title: Wearing your BackChecker™: Introduction
Type: Absorb		Form: Presentation
Content: Topic objectives, motivation, and relevance of lesson.		
Graphics: <ul style="list-style-type: none"> • Person wearing BackChecker™--rear view, position right. Text: <ol style="list-style-type: none"> 1. Learn how to <ol style="list-style-type: none"> a. Put on your BackChecker™ and adjust the shoulder straps. b. Set the switch sensitivity. c. Apply the mounting tape. 2. You must wear your BackChecker™ to be comfortable and to signal when you slump. 3. Correct wearing is the first step in retraining your slumping posture. 		Narration: <ol style="list-style-type: none"> 1. In this lesson, you will learn how to <ol style="list-style-type: none"> a. Put on your BackChecker™ and adjust the shoulder straps. b. Set the switch sensitivity. c. Apply the mounting tape to secure the shoulder straps. 2. You must wear your BackChecker™ correctly for it to be comfortable and to signal when you slump. 3. Correct wearing is the first step in retraining your slumping posture using your BackChecker™.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 25	Activity: 3-3	Title: Putting on your BackChecker™
Type: Absorb and Do.		Form: Presentation (Engage process interaction)
<p>Content: The procedures involved in putting on your BackChecker™.</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Prepare the harness. 2. Put on the harness. 3. Adjust the shoulder straps. 		
<p>Step title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Person adjusting strap slider—harness is on, position right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to put on your BackChecker™. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. To feel comfortable and function properly, your BackChecker™ must fit properly. Let's discuss how to put on your BackChecker™. 2. If possible, have someone assist you the first time. 3. Watch the entire procedure to completion and then perform it, referring here as required.
<p>Step title: (Step 1) Pre-fit the strap sliders</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Person moving the strap slider—close-up, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Move the strap sliders so that the straps generally fit. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Move the strap sliders to lengthen or shorten the straps so that they generally fit your shoulders.
<p>Step title: (Step 2) Pre-fit the sensitivity adjustment tabs</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Person displaying pre-fitted harness across chest, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Move the hook-and-loop fasteners so that the D-rings sit midway across your upper chest. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Move the hook-and-loop fasteners on the sensitivity adjustment tabs to lengthen or shorten the tabs so that the D-rings sit midway across each side of your upper chest.

<p>Step title: (Step 3) Preposition the harness</p> <p>Graphics:</p> <ul style="list-style-type: none"> Person with strap on right forearm, position left. <p>Text:</p> <ol style="list-style-type: none"> Slip your right wrist through the right shoulder strap: <ol style="list-style-type: none"> The cover screw on the switch unit and sensitivity adjustment tabs face away. The harness tab is up. 	<p>Narration:</p> <ol style="list-style-type: none"> Slip your right wrist and forearm through the right shoulder strap so that <ol style="list-style-type: none"> The cover screw on the switch unit and the sensitivity adjustment tabs face away from your body. The harness tab is up.
<p>Step title: (Step 4) Put on the harness</p> <p>Graphics:</p> <ul style="list-style-type: none"> Multi-image graphic: (1) strap on right shoulder, (2) left arm through, and (3) completely on left shoulder; position left. <p>Text:</p> <ol style="list-style-type: none"> Position the strap on your right shoulder. Slip your left arm through the left strap and position it on your shoulder. Check the fit. 	<p>Narration:</p> <ol style="list-style-type: none"> Position the strap on your right shoulder. Slip your left arm through the left strap and then position the strap on your left shoulder. Check the general fit of the straps.
<p>Step title: (Step 5) Adjust the shoulder straps</p> <p>Graphics:</p> <ul style="list-style-type: none"> Multi-image graphic: (1) adjusting strap slider and (2) correctly positioned switch unit, position left. <p>Text:</p> <ol style="list-style-type: none"> Move the strap sliders as required. When properly adjusted <ol style="list-style-type: none"> The straps are snug. The switch sits about one-third to halfway down your shoulder blades. If the straps will not stay on, secure them with mounting tape. 	<p>Narration:</p> <ol style="list-style-type: none"> Move the strap sliders to shorten or lengthen the straps as required. When properly adjusted <ol style="list-style-type: none"> The straps are snug but not tight. The switch unit sits about one-third to halfway down between your shoulder blades. If the straps will not stay on your shoulders because of the shape of your body or the texture of your clothing, you may need to secure them with mounting tape. If you are working alone, ensure you set the switch sensitivity first.
<p>Test: Complete function test is part of procedure in Slide 26.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 26	Activity: 3-4	Title: Setting the switch sensitivity
Type: Absorb and Do.		Form: Presentation (Engage process interaction)
<p>Content: The procedures involved in setting the switch sensitivity. Enabling objective behaviours: Set the switch sensitivity.</p>		
<p>Step title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> Resetting the sensitivity adjustment tabs, position right. <p>Text:</p> <ol style="list-style-type: none"> How to set the switch sensitivity. 		<p>Narration:</p> <ol style="list-style-type: none"> You must set the sensitivity of the switch to enable your BackChecker™ to signal when you slump. Let's discuss how to set the switch sensitivity. If possible, have someone assist you the first time. Watch the entire procedure to completion and then perform it, referring here as required.
<p>Step title: (Step 1) Adopt correct posture</p> <p>Graphics:</p> <ul style="list-style-type: none"> Correct optimal upper body posture with vertical line, position left. <p>Text:</p> <ol style="list-style-type: none"> Adopt a comfortable, upright standing or sitting posture. 		<p>Narration:</p> <ol style="list-style-type: none"> Adopt a comfortable upright standing or sitting posture with your ears, neck, shoulders, and trunk in line.
<p>Step title: (Step 2) Adjust the sensitivity adjustment tabs</p> <p>Graphics:</p> <ul style="list-style-type: none"> Resetting the sensitivity adjustment tabs, position left. <p>Text:</p> <ol style="list-style-type: none"> Shorten or lengthen the sensitivity adjustment tabs so that the switch unit vibrates when your shoulders slump slightly. Keep the sensitivity low at first. 		<p>Narration:</p> <ol style="list-style-type: none"> Shorten or lengthen the sensitivity adjustment tabs (preferably equally) so that the switch unit vibrates when you let your shoulders slump slightly. Keep the sensitivity low at first and increase it as your posture improves.
<p>Step title: (Step 3) Adjust the shoulder straps</p> <p>Graphics:</p> <ul style="list-style-type: none"> Adjusting strap slider—close-up, position left. <p>Text:</p> <ol style="list-style-type: none"> Do a final adjustment of the strap sliders. 		<p>Narration:</p> <ol style="list-style-type: none"> Do a final adjustment of the strap sliders, positioning them so that the straps are only slightly noticeable.

Test: Complete function test of harness fit, sensitivity switch unit, and procedures from *Putting on the harness* in Slide 25.

Navigation: Standard navigation controls. Manual advance.

Other:

Slide: 27	Activity: 3-5	Title: Applying the mounting tape to secure the shoulder straps
Type: Absorb and Do.		Form: Presentation (Engage process interaction)
<p>Content: The procedures involved in applying mounting tape. Enabling objective behaviours: Apply the mounting tape.</p>		
<p>Step title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Testing hook-and-loop fastener, position right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to use the mounting tape to secure the shoulder straps. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. You only need to use the mounting tape in your maintenance kit if the shoulder straps will not stay on your shoulders because of the shape of your body or the texture of your clothing. 2. Let's discuss how to use the mounting tape to secure the shoulder straps. 3. If the shoulder straps stay on your shoulders, you may skip this slide. 4. Watch the entire procedure to completion and then perform it, referring here as required.
<p>Step title: (Step 1) Test the mounting tape</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Testing mounting tape on shirt sleeve—close-up, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Test-touch a small area of the tape adhesive to the fabric. 2. It should come away cleanly. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. To help ensure the mounting tape will not damage the fabric of your clothes, gently touch a small area of the tape adhesive to the fabric and then remove it. 2. It should come away cleanly and not distort the fibers. 3. If the mounting tape is acceptable, go on to the next step. 4. If it is not acceptable, you may wish to obtain a commercially available friction-type brassiere strap keeper.
<p>Step title: (Step 2) Attach the mounting tape</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Attaching a piece of mounting tape to a shoulder strap—close-up, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Attach the tape to each shoulder strap. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Attach the adhesive side of each piece of tape to the top inside of each shoulder strap.

<p>Step title: (Step 3) Secure the straps</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Pushing strap onto shoulder—mounting tape visible, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Carefully position the straps and then secure the mounting tape. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Carefully position the straps on your shoulders and then give a gentle push to secure the mounting tape. 2. When removing the straps, take care not to pull the fabric of your clothes.
<p>Step title: (Step 4) Adjust the shoulder straps</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Multi-image graphic: (1) adjusting strap slider and (2) correctly positioned switch unit, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Move the strap sliders to shorten or lengthen the straps. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Move the strap sliders to shorten or lengthen the straps as required. 2. When properly adjusted, the straps are snug but not tight.
<p>Test: The shoulder straps stay on.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 28	Activity: 3-6	Title: Wearing your BackChecker™: Pause and think
Type: Connect.		Form: Pause-and-think
Content: Reflection on slumping activities. Transitioning from wearing to training aspects. Enabling objective behaviours: None: connector.		
Graphics: <ul style="list-style-type: none"> Standard course pause-and-think icon “?” (from Horton template) Text: <ol style="list-style-type: none"> Wearing your BackChecker™: (title). Pause and think (subtitle). What activities might require you to change the switch sensitivity? <u>Skip</u> 		Narration: <ol style="list-style-type: none"> Before you move on to the next lesson, what activities might require you to change the switch sensitivity?
Test: None.		
Navigation: Standard navigation controls. Manual advance and link “Skip” to next lesson in Slide 29.		
Other:		

Topic number: 4	Topic name: Training with your BackChecker™
<p>Objective: Given the BackChecker™ (<i>Condition</i>), the learner (<i>Audience</i>) will describe how to train with the BackChecker™ (<i>Behaviour</i>) so that the learner will pass a combined course quiz with a score of at least 75% (<i>Standard/criterion</i>).</p>	
<p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Describe the key to training. 2. Describe how to set the switch sensitivity. 3. Describe how to train on the first day. 4. Describe how to train on subsequent days. 5. Identify triggers of slumping posture. 6. Describe how to adjust the BackChecker™ when moving between sitting and standing 7. Decide when to train. 8. Decide when to consult a health care professional. 9. Describe why the posture exercises are beneficial. 10. Describe how to decrease postural strain. 11. Describe refresher training. 	
<p>Estimated time: 6 minutes</p>	
<p>Equipment and supplies: Standard.</p>	
<p>Special issues: None</p>	
<p>Pre-topic activities: None</p>	

Slide: 29	Activity: 4-1	Title: Training with your BackChecker™: Getting the most out of your training	
Activity type: Absorb		Activity form: Presentation	
Content: How to train with the BackChecker™.			
Graphics: <ul style="list-style-type: none"> Standard course lesson icon (from Horton template) Text: <ol style="list-style-type: none"> Training with your BackChecker™: (title). Getting the most out of your training (subtitle). 		Narration: <ol style="list-style-type: none"> After you have prepared your BackChecker™ and know how to wear it, you are ready to start getting the most out of your training. 	
Test: None			
Navigation: Standard navigation controls. Auto advance.			
Other:			

Slide: 30	Activity: 4-2	Title: Training with your BackChecker™: Introduction
Type: Absorb		Form: Presentation
Content: Topic objectives, motivation, and relevance of lesson.		
Graphics: <ul style="list-style-type: none"> • Target/objective type graphic, position right. Text: <ol style="list-style-type: none"> 1. Learn: <ol style="list-style-type: none"> a. How to train. b. When not to train. 2. Proper training is critical to improving quickly and comfortably. 3. Use this during initial and refresher periods. 		Narration: <ol style="list-style-type: none"> 1. In this lesson you will learn <ol style="list-style-type: none"> a. How to train with your BackChecker™. b. When not to train. 2. Proper training with your BackChecker™ is critical to improving your posture quickly and comfortably. 3. You will use this knowledge during your initial and refresher training periods.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 31	Activity: 4-3	Title: Training tips	
Type: Absorb		Form: Presentation (Engage tabs interaction)	
<p>Content: Tips for training with the BackChecker™:</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Describe the key to training. 2. Describe how to set the switch sensitivity. 3. Describe how to train on the first day. 4. Describe how to train on subsequent days. 5. Identify triggers of slumping posture. 6. Describe how to adjust the BackChecker™ when moving between sitting and standing 7. Decide when to train. 8. Decide when to consult a health care professional. 9. Describe why the posture exercises are beneficial. 10. Describe how to decrease postural strain. 11. Describe refresher training. 			
<p>Tab title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tabs generated by Engage, label position: left. • Tab graphic: “idea/tips” type graphic, positioned right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to train to improve your posture safely, effectively, and comfortably. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Let’s discuss how to train with your BackChecker™ to help improve your posture safely, effectively, and comfortably. 	
<p>Tab title: Key to training</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “key” type graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Train with short exposures over time. 2. During initial training, 45-60 minute exposures over 2 weeks. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. The real key to getting the best out of your BackChecker™ is to train with it for short exposures over time. 2. During your initial training period, wear it for 45-60 minute exposures over 2 weeks. 	

<p>Tab title: Switch sensitivity</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “progress” type graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Keep the sensitivity low at first and increase the challenge over time. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Keep the switch sensitivity low at first and then gradually increase the challenge over time.
<p>Tab title: On the first day</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “first day” type graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. On the first day, wear your BackChecker™ no more than three times 45 minutes each over the day. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. On the first day, wear your BackChecker™ no more than three times for 45 minutes each time and spread over the entire day.
<p>Tab title: Subsequent days</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: month calendar graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. After the first day, wear it 1 hour several times a day. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. After the first day, wear it for about 1 hour several times a day during a variety of your regular activities.
<p>Tab title: Note triggers</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “trigger” type graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Pay attention to activities that trigger the switch and then modify them. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Pay attention to activities that trigger the switch and then modify them wherever possible.

<p>Tab title: Sitting to standing</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: adjusting shoulder strap, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Adjust the straps and sensitivity adjustment tabs between sitting and standing. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. If required, adjust the straps and sensitivity adjustment tabs slightly when moving between sitting and standing.
<p>Tab title: When not to train</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “not/no” graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. When suffering from a recent neck, shoulder, or back injury. 2. During vigorous or athletic activities. 3. In situations where you are continuously moving. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Do not train with your BackChecker™ <ol style="list-style-type: none"> a. When you are suffering from a recent neck, shoulder, or back injury. b. During vigorous or athletic activities. c. In situations where you are continuously moving your upper back and arms.
<p>Tab title: Discomfort while training</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “checkmark/normal” type graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. It’s normal for you to feel some minor discomfort while training. 2. If the pain is severe or if it continues without improvement, stop and consult a health care professional. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. It’s normal for you to feel some minor discomfort while training as you remodel your posture. 2. If the pain is severe or if it continues without improvement, stop using your BackChecker™ and consult a health care professional.
<p>Tab title: Perform posture exercises</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: person performing Brügger’s sitting exercise, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Enhance your training by performing posture exercises. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. In addition to using your BackChecker™, enhance your training by performing posture exercises. 2. You’ll learn some simple and effective exercises in Performing the Postural Relief Exercises. 3. Consult a health care professional if you need additional exercises.

<p>Tab title: Decrease postural strain</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “timer/decrease” type graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Decrease postural strain by not maintaining any position longer than 20 minutes. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. As a general rule, strive to decrease your risk of postural strain by not maintaining any position longer than 20 minutes.
<p>Tab title: Perform refresher training</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “reached goals/on top” type graphic, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Train periodically to maintain your new posture. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. After your initial training period, train periodically to help reinforce and maintain your new posture.
<p>Test: Questions in lesson quiz in Slide 33.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 32	Activity: 4-4	Title: Training with your BackChecker™: Quiz instructions
Activity type: Absorb		Activity form: Presentation
Content: Quiz instructions.		
Graphics: <ul style="list-style-type: none"> Standard quiz icon (from Horton template) Text: <ol style="list-style-type: none"> Training with your BackChecker™: (title). Quiz instructions (subtitle). To confirm that you understand how to train with your BackChecker™, <u>take a short quiz</u>. To check your answers, click SUBMIT after each question. <u>Skip quiz</u> 		Narration: <ol style="list-style-type: none"> To confirm that you understand how to train with your BackChecker™, take a short quiz. To check your answers, click SUBMIT after each question. If you are confident that you have mastered training, skip the quiz.
Test: None		
Navigation: Standard quiz navigation controls. SUBMIT button on each question to access feedback. Manual advance to next lesson. Link from “take a short quiz” to quiz in Slide 33. Link from “Skip quiz” to next lesson in Slide 34.		
Other:		

Slide: 33	Activity: 4-5	Title: Quiz
Test type: Non-scored summative lesson quiz		Form: Quiz (Quizmaker)
Content: Lesson quiz for lesson <i>Training with your BackChecker™</i>		
<p>Question: 1 Major objective behaviour: Describe how to train with the BackChecker™. Enabling objective behaviour: Describe the key to training.</p> <p>Question type: True/False</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: For best training, wear your BackChecker™ all the time.</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. True 2. False (Correct answer) 		<p>Feedback:</p> <p>The real key to getting the best out of your BackChecker™ is to train with it for short exposures over time.</p> <p>During your initial training period, wear it for 45-60 minute exposures over 2 weeks.</p> <p>Points for correct answer: None.</p>
<p>Question: 2 Major objective behaviour: Describe how to train with the BackChecker™. Enabling objective behaviour: Describe how to train on the first day.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: On your first training day, wear your BackChecker™ (<i>choose one answer</i>)</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Continuously. 2. Three times in the morning for 45 minutes each time. 3. No more than three times for 45 minutes each time and spread over the entire day. (Correct answer) 		<p>Feedback:</p> <p>On the first day, wear your BackChecker™ no more than three times for 45 minutes each time and spread over the entire day.</p> <p>After the first day, wear it for about 1 hour several times a day during a variety of your regular activities.</p> <p>Points for correct answer: None.</p>

<p>Question: 3 Major objective behaviour: Describe how to train with the BackChecker™. Enabling objective behaviour: Describe how to set the switch sensitivity.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: When you start training, keep the switch sensitivity (<i>choose one answer</i>)</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. High 2. Low (Correct answer) 3. Medium 	<p>Feedback:</p> <p>Keep the switch sensitivity low at first and then gradually increase the challenge over time.</p> <p>Points for correct answer: None.</p>
<p>Question: 4 Major objective behaviour: Describe how to train with the BackChecker™. Enabling objective behaviour: Decide when to train.</p> <p>Question type: Yes/No</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: You have recently injured your neck. Should you train with your BackChecker™?</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Yes 2. No (Correct answer) 	<p>Feedback:</p> <p>Do not train with your BackChecker™ when you are suffering from a recent shoulder, neck, or back injury.</p> <p>Points for correct answer: None.</p>

<p>Question: 5 Major objective behaviour: Describe how to train with the BackChecker™. Enabling objective behaviour: Decide when to train. Question type: Yes/No</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: You will be constantly moving your arms, neck, and upper back while working at your desk today. Should you train with your BackChecker™ today?</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Yes 2. No (Correct answer) 	<p>Feedback:</p> <p>Do not train with your BackChecker™ during vigorous or athletic activities and in situations where you are continuously moving your upper back and arms.</p> <p>Points for correct answer: None.</p>
<p>Question: 6 Major objective behaviour: Describe how to train with the BackChecker™. Enabling objective behaviour: Decide when to consult a health care professional.</p> <p>Question type: Yes/No</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: After your first day of training, you feel mild discomfort in your neck and upper back. Should you stop training with your BackChecker™?</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Yes 2. No (Correct answer) 	<p>Feedback:</p> <p>It's normal for you to feel some minor discomfort while training as you remodel your posture.</p> <p>If the pain is severe or if it continues without improvement, stop using your BackChecker™ and consult a health care professional.</p> <p>Points for correct answer: None.</p>

<p>Question: 7</p> <p>Major objective behaviour: Describe how to train with the BackChecker™.</p> <p>Enabling objective behaviour: Describe how to decrease postural strain.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: To decrease your risk of postural strain, you should strive to change positions at least every (<i>choose one answer</i>)</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. 20 minutes (Correct answer) 2. 60 minutes 3. 2 hours 	<p>Feedback:</p> <p>As a general rule, strive to decrease your risk of postural strain by not maintaining any one position longer than 20 minutes.</p> <p>Points for correct answer: None.</p>
<p>Test: None</p>	
<p>Navigation: Standard quiz navigation controls. SUBMIT button on each question for access feedback. Manual advance to next lesson.</p>	
<p>Other: Non-scored quiz. No limit on retakes by quiz. No narration. Slide notes text: “<i>Training with your BackChecker™</i> quiz. No audio.”</p>	

Topic number: 5	Topic name: Performing the postural relief exercises
<p>Objective: Given a chair (<i>Condition</i>), the learner (<i>Audience</i>) will perform Brügger's postural relief exercises (<i>Behaviour</i>) so that the learner will feel the stretch and compression in their target tissues (<i>Standard/criterion</i>).</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Perform Brügger's postural relief exercise while sitting. 2. Perform Brügger's postural relief exercise while standing. 	
Estimated time: 4 minutes	
Equipment and supplies: Standard.	
Special issues: None	
Pre-topic activities: None	

Slide: 34	Activity: 5-1	Title: Performing the postural relief exercises: Performing Brügger's postural relief exercises
Activity type: Absorb		Activity form: Presentation
Content: How to perform Brügger's postural relief exercises.		
<p>Graphics:</p> <ul style="list-style-type: none"> • Standard course lesson icon (from Horton template) <p>Text:</p> <ol style="list-style-type: none"> 1. Performing the postural relief exercises: (title). 2. Performing Brügger's postural relief exercises (subtitle). 		<p>Narration:</p> <ol style="list-style-type: none"> 1. In addition to training with your BackChecker™, you should start performing Brügger's postural relief exercises.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 35	Activity: 5-2	Title: Performing the postural relief exercises: Introduction
Type: Absorb		Form: Presentation
Content: Topic objectives, motivation, and relevance of lesson.		
Graphics: <ul style="list-style-type: none"> Person performing Brügger's exercise, position right. Text: <ol style="list-style-type: none"> Learn how to perform Brügger's postural relief exercises. Performing these exercises regularly will enhance your postural retraining. Perform these exercises during your training periods and on an ongoing basis. 		Narration: <ol style="list-style-type: none"> In this lesson, you will learn how to perform Brügger's postural relief exercises while sitting and standing. Performing these exercises regularly will greatly enhance your postural retraining by helping to rebalance your muscles. You should perform these exercises during your training periods and on an ongoing basis.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 36	Activity: 5-3	Title: Performing Brügger's postural relief exercises
Type: Absorb and Do.		Form: Presentation (Engage process interaction)
<p>Content: The procedures involved in performing the postural relief exercises while sitting and standing.</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Perform Brügger's postural relief exercise while sitting. 2. Perform Brügger's postural relief exercise while standing. 		
<p>Step title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Person performing Brügger's postural relief exercise while sitting, position right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to enhance your training by performing Brügger's exercises. 2. Take micro-breaks and perform these exercises. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Let's discuss how to perform Brügger's postural relief exercises to enhance your training. 2. Take 10-second micro-breaks every 20 minutes and perform these exercises while sitting or standing. 3. If possible, have someone assist you the first time. 4. Watch the entire procedure to completion and then perform it, referring here as required. <p>Add to <i>Notes</i> only with * at the end of point 1. “*Exercises adapted from Liebenson, C. (2001). Self-treatment of the slump posture, Part 1: Beginner exercises. Journal of Bodywork and Movement Therapies. 5(2).”</p>
<p>Step title: (Step 1): Sit at the edge of your chair</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Sitting initial position, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Sit at the edge of your chair. 2. Turn your feet outward. 3. Tuck your chin. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Sit at the edge of your chair with your feet farther apart than your hips: <ol style="list-style-type: none"> a. Turn your feet outward slightly. b. Tuck your chin straight back slightly.
<p>Step title: (Step 2) Inhale</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Sitting breathing in, position left. <p>Text:</p> <ol style="list-style-type: none"> 2. Breathe into your abdomen. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Breathe deeply into your abdomen.

<p>Step title: (Step 3) Exhale</p> <p>Graphics:</p> <ol style="list-style-type: none"> 1. Person exhaling and stretching (end position), position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Exhale: <ol style="list-style-type: none"> a. Extend your fingers and turn your palms outward. b. Raise your breastbone. 2. You should feel stretch <ol style="list-style-type: none"> a. at the base of your skull b. in your chest c. through the front of your shoulders down to your hands 3. You should feel contraction in <ol style="list-style-type: none"> a. the front of your neck b. your shoulder blades 4. Repeat twice. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Actively exhale: <ol style="list-style-type: none"> a. Extend your fingers and turn your palms outward. b. Raise your breastbone slightly. 2. When you perform the exercise properly, you should feel a stretch <ol style="list-style-type: none"> a. at the base of your skull b. in your chest c. through the front of your shoulders down to your hands 3. You also should feel muscular contraction in <ol style="list-style-type: none"> a. the front of your neck b. your shoulder blades 4. Repeat this exercise twice.
<p>Step title: (Step 4) Perform the exercise standing</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Multi-image graphic: (1) standing starting position and (2) standing end position, position left. <p>Text:</p> <ol style="list-style-type: none"> 1. Stand: <ol style="list-style-type: none"> a. Turn your feet outward slightly and tuck your chin. b. Breathe in. c. Exhale while extending your fingers and turning your palms outward, and raising your breastbone. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Stand and then perform the same basic movements: <ol style="list-style-type: none"> a. Place your feet farther apart than your hips, turn your feet outward slightly, and tuck your chin straight back slightly. b. Breathe deeply into your abdomen. c. Actively exhale while extending your fingers and turning your palms outward, and raising your breastbone slightly.
<p>Test: The learner feels stretch or contraction in the identified tissues.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 37	Activity: 5-4	Title: Performing the postural relief exercises: Pause and think
Type: Connect.		Form: Pause-and-think
Content: Reflection on sensations while slumping. Transitioning from wearing to training aspects. Enabling objective behaviours: None: connector.		
Graphics: <ul style="list-style-type: none"> Standard course pause-and-think icon “?” (from Horton template) Text: <ol style="list-style-type: none"> Performing the postural relief exercises: (title). Pause and think (subtitle). What muscles do you find the most tight and achy when you slump? <u>Skip</u> 		Narration: <ol style="list-style-type: none"> Before you move on to the next lesson, what muscles do you find the most tight and achy when you slump?
Test: None.		
Navigation: Standard navigation controls. Manual advance and link “Skip” to next lesson in Slide 38.		
Other:		

Topic number: 6	Topic name: Caring for your BackChecker™
<p>Objective: Given the BackChecker™ and maintenance kit (<i>Conditions</i>), the learner (<i>Audience</i>) will describe basic user care on the BackChecker™ (<i>Behaviour</i>) so that the learner will pass a combined course quiz with a score of at least 75% (<i>Standard/criterion</i>)</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Describe how to clean the BackChecker™. <ol style="list-style-type: none"> a. State when to clean the BackChecker™. b. Describe basic cleaning. c. Describe machine washing. 2. Describe how to maintain the battery: <ol style="list-style-type: none"> a. Decide when to change the battery. b. Describe how to change the battery. c. Describe how to dispose of the battery. d. Decide when to remove the battery for storage. 3. Describe how to maintain the elastic spring: <ol style="list-style-type: none"> a. Decide when to change the elastic spring. b. Describe how to change the elastic spring. c. Describe how to dispose of the elastic spring. d. Decide when to remove the elastic spring for storage. 4. Describe how to maintain the harness: <ol style="list-style-type: none"> a. Describe how to clean up loose threads on the harness. b. Describe how to repair the harness fixtures. c. Describe how to repair the sensitivity adjustment tabs. 	
Estimated time: 6 minutes	
Equipment and supplies: Standard.	
Special issues: None	
Pre-topic activities: None	

Slide: 38	Activity: 6-1	Title: Caring for your BackChecker™: Keeping your BackChecker™ in top shape
Activity type: Absorb		Activity form: Presentation
Content: How to perform basic maintenance on the BackChecker™.		
Graphics: <ul style="list-style-type: none"> Standard course lesson icon (from Horton template) Text: <ol style="list-style-type: none"> Caring for your BackChecker™: (title). Keeping your BackChecker™ in top shape (subtitle). 		Narration: <ol style="list-style-type: none"> One of the most important activities in using your BackChecker™ is keeping your BackChecker™ in top shape.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 39	Activity: 6-2	Title: Caring for your BackChecker™: Introduction
Type: Absorb		Form: Presentation
Content: Topic objectives, motivation, and relevance of lesson.		
Graphics: <ul style="list-style-type: none"> • Removing cover screw—close-up, position right. Text: <ol style="list-style-type: none"> 1. Learn how to <ol style="list-style-type: none"> a. Clean your BackChecker™. b. Maintain the battery. c. Maintain the elastic spring. d. Maintain the harness. 2. Keep your BackChecker™ hygienic and functional. 3. Use these skills whenever you use your BackChecker™. 		Narration: <ol style="list-style-type: none"> 1. In this lesson, you will learn how to <ol style="list-style-type: none"> a. Clean your BackChecker™. b. Maintain the battery. c. Maintain the elastic spring. d. Maintain the harness. 2. Proper care will keep your BackChecker™ hygienic and functional. 3. You will use these skills whenever you use your BackChecker™.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 40	Activity: 6-3	Title: Cleaning your BackChecker™
Type: Absorb		Form: Presentation (Engage tabs interaction)
<p>Content: Procedures for cleaning the BackChecker™.</p> <p>Enabling objective behaviours: Describe how to clean the BackChecker™:</p> <ol style="list-style-type: none"> 1. State when to clean the BackChecker™. 2. Describe basic cleaning. 3. Describe machine washing. 		
<p>Tab title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tabs generated by Engage, label position: left. • Tab graphic: hand washing the harness, positioned right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to clean your BackChecker™. 2. Clean it daily. 3. Warning: Do not use volatile cleaners or immerse the switch unit. Do not heat the switch unit. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Let's discuss how to clean your BackChecker™. 2. To keep it hygienic, clean it daily. 3. Do not use volatile cleaners or immerse the switch unit in any liquid. Do not heat the switch unit in any way. <p>Add "Warning" into <i>Notes</i> ahead of last point.</p>	
<p>Tab title: Basic cleaning</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: hand washing the harness, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Wipe down the switch unit and harness. 2. Air-dry. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. For basic cleaning <ol style="list-style-type: none"> a. Wipe down the switch unit and harness using a damp, soapy cloth. b. Let them air-dry. 	
<p>Tab title: Machine washing the harness</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: multi-image graphic: (1) removing switch unit and (2) machine washing the harness; positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Remove the switch unit. 2. Close the hook-and-loop fasteners. 3. Wash the harness. 4. Air-dry. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. To machine wash the harness <ol style="list-style-type: none"> a. Unhook the sensitivity adjustment tabs and remove the switch unit. b. Close the hook-and-loop fasteners to avoid collecting lint. c. Wash the harness in your regular wash. d. Let it air-dry. 	

Test: Questions in lesson quiz in Slide 45.

Navigation: Standard navigation controls. Manual advance.

Other:

Slide: 41	Activity: 6-4	Title: Maintaining the battery
Type: Absorb		Form: Presentation (Engage tabs interaction)
<p>Content: Procedures for maintaining the battery. Enabling objective behaviours: Describe how to maintain the battery:</p> <ol style="list-style-type: none"> 1. Decide when to change the battery. 2. Describe how to change the battery. 3. Describe how to dispose of the battery. 4. Decide when to remove the battery for storage. 		
<p>Tab title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tabs generated by Engage, label position: left. • Tab graphic: changing the battery, positioned right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to maintain the battery. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. The battery must function properly to enable your BackChecker™ to signal when you slump. 2. Let's discuss how to maintain the battery.
<p>Tab title: When to change the battery</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: testing the switch, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. The vibration strength is noticeably weak. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Change the battery when the vibration strength is noticeably weak when you pull out the spring tab.
<p>Tab title: Replacement battery</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: maintenance kit components, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Replace the battery with a 1.5 volt, 10 to 12 mm diameter button cell battery. 2. Warning: These batteries are not rechargeable. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Replace the battery with a good quality 1.5 volt, 10 to 12 mm diameter button cell battery such as the long-life DURACELL® 303/357. 2. These batteries are not rechargeable. <p>Add "Warning" into Notes ahead of last point.</p>

<p>Tab title: Changing the battery</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: changing the battery, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Change the battery as taught. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. To change the battery, follow the procedure taught in Installing the battery and checking and reattaching the elastic spring. 2. If the switch unit does not vibrate when you test it, try another battery. If it still fails, go to Troubleshooting.
<p>Tab title: Disposing of the battery</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “no garbage” type image, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Safely dispose of the old battery. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Safely dispose of the old battery as prescribed by your local regulations.
<p>Tab title: Long-term storage</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: calendar or “time-passing” type image, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Remove the battery. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. To avoid draining the battery, remove it when you are going to store your BackChecker™ for an extended period.
<p>Test: Questions in lesson quiz in Slide 45.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 42	Activity: 6-5	Title: Maintaining the elastic spring.
Type: Absorb		Form: Presentation (Engage tabs interaction)
<p>Content: Procedures for maintaining the elastic spring.</p> <p>Enabling objective behaviours: Describe how to maintain the elastic spring:</p> <ol style="list-style-type: none"> 1. Decide when to change the elastic spring. 2. Describe how to change the elastic spring. 3. Describe how to dispose of the elastic spring. 4. Decide when to remove the elastic spring for storage. 		
<p>Tab title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tabs generated by Engage, label position: left. • Tab graphic: checking the elastic spring, positioned right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to maintain the elastic spring. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. The elastic spring must function properly to enable your BackChecker™ to signal when you slump. 2. Let's discuss how to maintain the elastic spring.
<p>Tab title: When to change the elastic spring</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: testing the switch, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Change the elastic spring when <ol style="list-style-type: none"> a. The spring tab no longer moves under tension. b. The switch triggers too easily. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Change the elastic spring when <ol style="list-style-type: none"> a. The spring tab no longer moves in and out of the switch unit under tension. b. The switch triggers too easily.
<p>Tab title: Replacement elastic spring</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: maintenance kit components, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Obtain a new elastic spring. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Obtain a new elastic spring from your maintenance kit. 2. If you exhaust your supply of spares, order new ones from Active Posture Devices™. Alternatively, use any good quality elastic of the same size.

<p>Tab title: Changing the elastic spring</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: changing the elastic spring, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Change the elastic spring as taught. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. To change the elastic spring, follow the procedure taught in Installing the battery and checking and reattaching the elastic spring. 2. If the switch unit does not vibrate when you test it, try another battery. If it still fails, go to Troubleshooting.
<p>Tab title: Disposing of the old elastic spring</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: “OK garbage” type image, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Safely dispose of the old elastic spring. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. Safely dispose of the old elastic spring.
<p>Tab title: Long-term storage</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: calendar or “time-passing” type image, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Remove the elastic spring. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. To avoid weakening the elastic spring, remove it when you are going to store your BackChecker™ for an extended period.
<p>Test: Questions in lesson quiz in Slide 45.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 43	Activity: 6-6	Title: Maintaining the harness.
Type: Absorb		Form: Presentation (Engage tabs interaction)
<p>Content: Procedures for maintaining the harness. Enabling objective behaviours: Describe how to maintain the harness:</p> <ol style="list-style-type: none"> 1. Describe how to clean up loose threads on the harness. 2. Describe how to repair the harness fixtures. 3. Describe how to repair the sensitivity adjustment tabs. 		
<p>Tab title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tabs generated by Engage, label position: left. • Tab graphic: trimming threads with scissors, positioned right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to maintain the harness. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. The harness must be in good repair to function properly and fit comfortably. 2. Let's discuss how to maintain the harness.
<p>Tab title: Cleaning up threads</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: trimming threads with scissors, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. Use scissors to clean up any loose or sharp threads. 2. Warning: Take special care not to injure yourself or damage your BackChecker™. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. Use scissors to clean up any loose or sharp threads. 2. Take special care not to injure yourself or damage your BackChecker™. <p>Add "Warning" into Notes ahead of last point.</p>
<p>Tab title: Repairing the fixtures</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: examining the strap slider, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. If a fixture has a sharp edge, smooth it off. 2. If a fixture breaks, contact Support. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. With normal use and maintenance, you shouldn't need to repair the strap fixtures: <ol style="list-style-type: none"> a. If a fixture has a sharp edge, smooth it off by rubbing it with a rough cloth. b. If a fixture breaks, contact Support.

<p>Tab title: Repairing the sensitivity adjustment tabs</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: examining the sensitivity adjustment tab, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. If the sewing is damaged, repair it or contact Support. 2. If hook-and-loop fasteners won't hold, contact Support. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. With normal use and maintenance, you shouldn't need to repair the sensitivity adjustment tabs: <ol style="list-style-type: none"> a. If the sewing on a sensitivity adjustment tab is damaged, repair it yourself with good quality thread or contact Support. b. If the hook-and-loop fasteners won't hold position when you pull them with moderate force, contact Support.
<p>Test: Questions in lesson quiz in Slide 45.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 44	Activity: 6-7	Title: Caring for your BackChecker™: Quiz instructions
Activity type: Absorb		Activity form: Presentation
Content: Quiz instructions.		
Graphics: <ul style="list-style-type: none"> Standard quiz icon (from Horton template) Text: <ol style="list-style-type: none"> Caring for your BackChecker™: (title). Quiz instructions (subtitle). To confirm that you understand how to care for your BackChecker™, <u>take a short quiz</u>. To check your answers, click SUBMIT after each question. <u>Skip quiz</u> 		Narration: <ol style="list-style-type: none"> To confirm that you understand how to care for your BackChecker™, take a short quiz. To check your answers, click SUBMIT after each question. If you are confident that you have mastered care, skip the quiz.
Test: None		
Navigation: Standard navigation controls. Manual advance. Link from “take a short quiz” to quiz in Slide 45. Link from “Skip quiz” to next lesson in Slide 46.		
Other:		

Slide: 45	Activity: 6-8	Title: Quiz
Test type: Non-scored summative lesson quiz		Form: Quiz (Quizmaker)
Content: Lesson quiz for lesson <i>Caring for your BackChecker™</i>		
<p>Question: 1 Major objective behaviour: Describe how to care for the BackChecker™. Enabling objective behaviour: Describe how to clean the BackChecker™: State when to clean the BackChecker™.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: How often should you clean your BackChecker™? (<i>choose one answer</i>)</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Daily. (Correct answer) 2. Weekly. 3. Monthly. 		<p>Feedback:</p> <p>To keep your BackChecker™ hygienic, clean it daily.</p> <p>Points for correct answer: None.</p>
<p>Question: 2 Major objective behaviour: Describe how to care for BackChecker™. Enabling objective behaviour: Describe how to clean the BackChecker™: Describe machine washing.</p> <p>Question type: True/False</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: Before you machine-wash your BackChecker™, you should remove the switch unit.</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. True (Correct answer) 2. False 		<p>Feedback:</p> <p>Always remove the switch unit before machine washing the harness. Close the hook-and-loop fasteners on the sensitivity adjustment tabs to avoid collecting lint.</p> <p>Points for correct answer: None.</p>

<p>Question: 3 Major objective behaviour: Describe how to care for BackChecker™. Enabling objective behaviour: Describe how to clean the BackChecker™.</p> <p>Question type: Yes/No</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: Your harness and switch unit are dirty. Is it safe for you to clean them with rubbing alcohol?</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Yes 2. No (Correct answer) 	<p>Feedback:</p> <p>Do not use volatile cleaners or immerse the switch unit in any liquid.</p> <p>Do not heat the switch unit in any way.</p> <p>Points for correct answer: None.</p>
<p>Question: 4 Major objective behaviour: Describe how to care for the BackChecker™. Enabling objective behaviour: Describe how to maintain the battery: Decide when to change the battery.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: Change the battery (<i>choose one answer</i>)</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. When the vibration strength noticeably weakens. (Correct answer) 2. Daily. 3. Weekly. 	<p>Feedback:</p> <p>Change the battery when the vibration strength noticeably weakens when you pull out the spring tab.</p> <p>Points for correct answer: None.</p>
<p>Question: 5 Major objective behaviour: Describe how to care for BackChecker™. Enabling objective behaviour: Describe how to maintain the battery: Describe how to dispose of the battery.</p> <p><i>Link to other major objective:</i></p>	<p>Feedback:</p> <p>Safely dispose of the old battery as prescribed by your local regulations.</p> <p>Your BackChecker™ contains small parts that may be harmful if swallowed. Do not leave batteries, elastic springs, or your BackChecker™ where a child may access them.</p>

<p>Major objective behaviour: Describe the safety issues and potential adverse effects involved in using the BackChecker™:</p> <p>Enabling objective behaviour: Describe the major dangers of handling the BackChecker™.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: The best way to dispose of your old battery is to <i>(choose one answer)</i></p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Simply throw it in the garbage. 2. Dispose of it according to your local regulations. (Correct answer) 3. Just leave it lying around the house. 	<p>Points for correct answer: None.</p>
<p>Question: 6</p> <p>Major objective behaviour: Describe how to care for the BackChecker™.</p> <p>Enabling objective behaviour: Describe how to maintain the elastic spring: Decide when to change the elastic spring.</p> <p>Question type: Multiple response.</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: Change the elastic spring <i>(chose one answer)</i></p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. When the spring tab no longer moves in and out under tension. (Correct answer) 2. When the switch triggers too easily. 3. Weekly. 4. Daily. 	<p>Feedback: Change the elastic spring when the spring tab no longer moves in and out of the switch unit under tension of the spring or the switch triggers too easily.</p> <p>Points for correct answer: None.</p>

<p>Question: 7</p> <p>Major objective behaviour: Describe how to care for the BackChecker™.</p> <p>Enabling objective behaviour: Describe how to maintain the battery: Decide when to remove the battery for storage. Describe how to maintain the elastic spring: Decide when to remove the elastic spring for storage.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: You have just finished a round of refresher training and you are going to take an extended break from training. You should (<i>choose one answer</i>)</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Remove the battery and elastic spring. (Correct answer) 2. Leave the battery and elastic spring in your BackChecker™. 	<p>Feedback:</p> <p>To avoid draining the battery and weakening the elastic spring, remove them when you are going to store your BackChecker™ for an extended period.</p> <p>Points for correct answer: None.</p>
<p>Test: None</p>	
<p>Navigation: Standard quiz navigation controls. SUBMIT button on each question to access feedback. Manual advance to next lesson.</p>	
<p>Other: Non-scored quiz. No limit on retakes by quiz. No narration. Slide notes text: “<i>Caring for your BackChecker™</i> quiz. No audio.”</p>	

Topic number: 7	Topic name: Troubleshooting your BackChecker™
<p>Objective: Given the BackChecker™ and maintenance kit (<i>Conditions</i>), the learner (<i>Audience</i>) will troubleshoot problems with the BackChecker™ (<i>Behaviour</i>) so that the learner will pass a combined course quiz with a score of at least 75% (<i>Standard/criterion</i>)</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Decide what to do when the switch unit vibrates weakly or not at all. 2. Decide what to do when the switch unit will not vibrate at all, even after replacing the battery. 3. Decide what to do when the switch unit will not stop vibrating. 4. Decide what to do when the switch triggers too easily. 	
Estimated time: 4 minutes	
Equipment and supplies: Standard.	
Special issues: None	
Pre-topic activities: None	

Slide: 46	Activity: 7-1	Title: Troubleshooting your BackChecker™: Keeping your BackChecker™ working
Activity type: Absorb		Activity form: Presentation
Content: How to troubleshoot problems with the BackChecker™.		
<p>Graphics:</p> <ul style="list-style-type: none"> • Standard course lesson icon (from Horton template) <p>Text:</p> <ol style="list-style-type: none"> 1. Troubleshooting your BackChecker™: (title). 2. Keeping your BackChecker™ working (subtitle). 		<p>Narration:</p> <ol style="list-style-type: none"> 1. In addition to maintenance, you need to learn the basic troubleshooting skills necessary for keeping your BackChecker™ working.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 47	Activity: 7-2	Title: Troubleshooting your BackChecker™: Introduction
Type: Absorb		Form: Presentation
Content: Topic objectives, motivation, and relevance of lesson.		
Graphics: <ul style="list-style-type: none"> • Testing the switch—close-up, position right. Text: <ol style="list-style-type: none"> 1. Learn how to diagnose and fix basic problems. 2. You may occasionally encounter problems. 3. You will need to troubleshoot problems. 		Narration: <ol style="list-style-type: none"> 1. In this lesson, you will learn how to diagnose and fix basic problems with your BackChecker™. 2. Your BackChecker™ is designed to be simple yet robust; however, you may occasionally encounter problems. 3. You will need to troubleshoot these problems whenever they occur.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 48	Activity: 7-3	Title: Troubleshooting
Type: Absorb		Form: Presentation (Engage FAQ interaction)
<p>Content: Procedures for troubleshooting problems.</p> <p>Enabling objective behaviours:</p> <ol style="list-style-type: none"> 1. Decide what to do when the switch unit vibrates weakly or not at all. 2. Decide what to do when the switch unit will not vibrate at all, even after replacing the battery. 3. Decide what to do when the switch unit will not stop vibrating. 4. Decide what to do when the switch triggers too easily. 		
<p>Tab title: Introduction</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tabs generated by Engage, label position: stacked vertically. • Tab graphic: wrench or “fix-it” type graphic, positioned right. <p>Text:</p> <ol style="list-style-type: none"> 1. How to maintain the harness. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. When properly used and cared for, your BackChecker™ will give many years of service. However, problems may still occur. 2. Let’s talk about how troubleshoot problems. 3. Contact Support if these basic procedures do not resolve a problem with your BackChecker™. Unauthorized repair will void your warranty. <p>In the <i>Notes</i> page, add the word “Note:” before the last point above.</p>
<p>Tab title: The switch unit vibrates weakly or not at all</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: changing the battery, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. The battery is probably weak: change it. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. If the switch unit vibrates weakly or doesn’t vibrate at all, the battery is probably weak: change it using the procedure taught in Maintaining the battery.
<p>Tab title: The switch unit will not vibrate at all, even after replacing the battery</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: switch unit open to expose components, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. The switch unit may be damaged: <ol style="list-style-type: none"> a. Open the switch unit. b. Examine the components. 		<p>Narration:</p> <ol style="list-style-type: none"> 1. If the switch unit won’t vibrate at all, even after replacing the battery, the switch unit may be damaged: <ol style="list-style-type: none"> a. Open the switch unit using the procedure taught in Installing the battery and checking and reattaching the elastic spring. b. Examine the switch components. c. Contact Support.

c. Contact Support.	
<p>Tab title: The switch unit will not stop vibrating</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: switch unit open to expose components, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. The switch unit may be damaged: <ol style="list-style-type: none"> a. Open the switch unit. b. Examine the components. c. Contact Support. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. If the switch unit won't stop vibrating, the switch unit may be damaged: <ol style="list-style-type: none"> a. Open the switch unit using the procedure taught in Installing the battery and checking and reattaching the elastic spring. b. Examine the switch components. c. Contact Support.
<p>Tab title: The switch triggers too easily</p> <p>Graphics:</p> <ul style="list-style-type: none"> • Tab graphic: replacing elastic spring, positioned left. <p>Text:</p> <ol style="list-style-type: none"> 1. The elastic spring is probably worn out: replace it. 2. If it continues, add a second spring. 	<p>Narration:</p> <ol style="list-style-type: none"> 1. If the switch triggers too easily, the elastic spring is probably worn out: replace it using the procedure taught in Maintaining the elastic spring. 2. If the problem continues, add a second elastic spring.
<p>Test: Questions in lesson quiz in Slide 45.</p>	
<p>Navigation: Standard navigation controls. Manual advance.</p>	
<p>Other:</p>	

Slide: 49	Activity: 7-4	Title: Troubleshooting your BackChecker™: Quiz instructions
Activity type: Absorb		Activity form: Presentation
Content: Quiz instructions.		
Graphics: <ul style="list-style-type: none"> Standard quiz icon (from Horton template) Text: <ol style="list-style-type: none"> Troubleshooting your BackChecker™: (title). Quiz instructions (subtitle). To confirm that you understand how to troubleshoot problems, <u>take a short quiz</u>. To check your answers, click SUBMIT after each question. <u>Skip quiz</u> 		Narration: <ol style="list-style-type: none"> To confirm that you understand how to troubleshoot problems with your BackChecker™, take a short quiz. To check your answers, click SUBMIT after each question. If you are confident that you have mastered troubleshooting, skip the quiz.
Test: None		
Navigation: Standard navigation controls. Manual advance. Link from “take a short quiz” to quiz in Slide 50. Link from “Skip quiz” to <i>Summary</i> in Slide 51.		
Other:		

Slide: 50	Activity: 7-5	Title: Quiz
Test type: Non-scored summative lesson quiz		Form: Quiz (Quizmaker)
Content: Lesson quiz for lesson <i>Troubleshooting your BackChecker™</i>		
<p>Question: 1 Major objective behaviour: Troubleshoot problems with the BackChecker™ Enabling objective behaviour:</p> <p>Question type: True/False</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: If I try to repair my BackChecker™ other than as taught in this course, I will void my warranty.</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. True (Correct answer) 2. False 		<p>Feedback:</p> <p>Contact Support if the basic procedures described here do not resolve a problem with your BackChecker™.</p> <p>Unauthorized repair will void your warranty.</p> <p>Points for correct answer: None.</p>
<p>Question: 2 Major objective behaviour: Troubleshoot problems with the BackChecker™ Enabling objective behaviour: Decide what to do when the switch unit vibrates weakly or not at all.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: The switch unit vibrates weakly or not at all. The most likely problem is that the <i>(choose one answer)</i></p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Battery needs to be replaced. (Correct answer) 2. Elastic spring needs to be changed. 3. Switch unit is broken and you should contact Support immediately. 		<p>Feedback:</p> <p>When the switch unit vibrates weakly, the battery is likely weak. Change it as taught in <i>Maintaining the battery</i>.</p> <p>Points for correct answer: None.</p>

<p>Question: 3 Major objective behaviour: Troubleshoot problems with the BackChecker™ Enabling objective behaviour: (1) Decide what to do when the switch unit will not vibrate at all, even after replacing the battery. (2) Decide what to do when the switch unit will not stop vibrating.</p> <p>Question type: Multiple response</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: Open the switch unit and examine the components prior to contacting Support when (<i>choose all of the correct answers</i>)</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. The switch unit will not vibrate, even after replacing the battery. (Correct answer) 2. The switch unit will not stop vibrating, even after replacing the elastic spring. (Correct answer) 3. The straps keep falling off of your shoulders. 	<p>Feedback:</p> <p>Open the switch unit to change the battery or spring, or to check the components if it will not vibrate or will not stop vibrating.</p> <p>Points for correct answer: None.</p>
<p>Question: 4 Major objective behaviour: Troubleshoot problems with the BackChecker™. Enabling objective behaviour: Decide what to do when the switch triggers too easily.</p> <p>Question type: Single answer multiple choice</p> <p>Graphics:</p> <ul style="list-style-type: none"> • None. <p>Question: The switch triggers too easily. The most likely problem is that the (<i>choose one answer</i>)</p> <p>Possible answers:</p> <ol style="list-style-type: none"> 1. Battery needs to be replaced. 2. Elastic spring needs to be changed. (Correct answer) 3. Switch unit is broken and you should contact Support immediately. 	<p>Feedback:</p> <p>The elastic spring is probably worn out: replace it using the procedure taught in <i>Maintaining the elastic spring</i>.</p> <p>If the problem continues, add a second elastic spring.</p> <p>Points for correct answer: None.</p>
<p>Test: None</p>	

Navigation: Standard quiz navigation controls. **SUBMIT** button on each question to access feedback. Manual advance to *Summary*.

Other: Non-scored quiz. No limit on retakes by quiz. No narration. Slide notes text: “*Troubleshooting your BackChecker™* quiz. No audio.”

Course summary

The course summary will end the training portion of the course by

1. restating the course goal and (simplified) objectives
2. remotivating the learner
3. restating of the relevance of the course
4. requesting that the learner complete the course quiz.
5. requesting that the learner complete the course evaluation
6. giving the closing salutations and company contacts

Topic number: CS	Topic name: Course summary
Objective: N/A	
Enabling objective behaviours: N/A	
Estimated time: 1.5 minutes	
Equipment and supplies: Standard.	
Special issues: None	
Pre-topic activities: None	

Slide: 51	Activity: CS-1	Title: Course summary: Wrapping it up
Activity type: Absorb		Activity form: Presentation
Content: Course summary		
Graphics: <ul style="list-style-type: none"> Standard course summary icon (from Horton template) Text: <ol style="list-style-type: none"> Course summary: (title). Wrapping it up (subtitle). 		Narration: <ol style="list-style-type: none"> If you've followed this course in the suggested sequence, you're almost finished. Let's start wrapping it up.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 52	Activity: CS-2	Title: Summary
Type: Absorb		Form: Presentation
Content: General course goal, objectives, remotivation, relevance, and company contacts.		
Graphics: <ul style="list-style-type: none"> • “Summary” or “achievement” type graphic, position left. Text: <ol style="list-style-type: none"> 1. You have learned <ol style="list-style-type: none"> a. What slumping posture is and its effects. b. How to use your BackChecker™ to correct your slumping posture. 2. Complete the course quiz and earn your course certificate. 3. Complete the course and training evaluation surveys. 4. Contact us: <ol style="list-style-type: none"> a. PO Box 126, Merrickville, ON, Canada, K0G1N0 b. Telephone: (613) 269-4663 c. Fax: (613) 269-3847 d. <i>support@activeposturedevices.com</i> 		Narration: <ol style="list-style-type: none"> 1. In this course, you have learned <ol style="list-style-type: none"> a. What slumping posture is and its effects on your body. b. How to use your BackChecker™ to correct your slumping posture safely and effectively. 2. Use this course as your resource for training with your BackChecker™, maintaining it, and troubleshooting it. 3. We are pleased to help you on your road to good posture and good health. 4. Please complete the course quiz and earn your course certificate. 5. To help us make the course and your BackChecker™ better, please complete the course and training evaluation surveys. 6. If you have any questions about this course or your BackChecker™, contact us: <ol style="list-style-type: none"> a. PO Box 126, Merrickville, ON, Canada, K0G1N0 b. Telephone: (613) 269-4663 c. Fax: (613) 269-3847 d. <i>support@activeposturedevices.com</i>
Test: None		
Navigation: Standard navigation controls. Auto advance. Email link.		
Other:		

Learner assessment

Physical skills and the major objective of correcting slumping cannot be observed in any way by Active Posture Devices™ due to privacy and medicolegal reasons. Learning self-assessment occurs throughout the course using non-scored lesson quizzes, functional equipment tests, and physical self-assessment activities.

Formal learner assessment (not mandatory) described below will involve a quiz covering all of non-physical skill portions of the course. The questions will be drawn from the lesson quizzes. The results of this quiz can be sent to Customer Support by email (if the learners' computers are configured) or by the traditional methods. The results will be analyzed and acted on as required to improve the course and the BackChecker™.

Topic number: CQ	Topic name: Course quiz
Objective: N/A	
Enabling objective behaviours: N/A	
Estimated time: 4 minutes	
Equipment and supplies: Standard.	
Special issues: None	
Pre-topic activities: None	

Slide: 53	Activity: CQ-1	Title: Course quiz: Challenge your knowledge of your BackChecker™
Activity type: Absorb		Activity form: Presentation
Content: Course quiz		
Graphics: <ul style="list-style-type: none"> Standard course quiz icon (from Horton template) Text: <ol style="list-style-type: none"> Course quiz: (title) Challenge your knowledge of your BackChecker™ (subtitle) 		Narration: <ol style="list-style-type: none"> Take a few minutes and challenge your knowledge of your BackChecker™.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 54	Activity: CQ-2	Title: Course quiz: Instructions
Activity type: Absorb		Activity form: Presentation
Content: Course quiz instructions.		
<p>Graphics:</p> <ul style="list-style-type: none"> Standard quiz icon (from Horton template) <p>Text:</p> <ol style="list-style-type: none"> Course quiz (title). Instructions (subtitle). To confirm that you have mastered how to use your BackChecker™, <u>take the course quiz</u>. At the end of the quiz, click SUBMIT ALL to see your results. You will be asked to send your results to Active Posture Devices™: <ol style="list-style-type: none"> If your course is online, your results will be automatically submitted using email. If your course is offline, print and send your results to Support. Contact us: <ol style="list-style-type: none"> PO Box 126, Merrickville, ON, Canada, K0G 1N0 Fax: (613) 269-3847 support@activeposturedevices.com <u>Skip quiz</u> 		<p>Narration:</p> <ol style="list-style-type: none"> To confirm that you have mastered how to use your BackChecker™ to safely and effectively help correct your slumping posture, take the course quiz. At the end of the quiz, click SUBMIT ALL to see your results. You will also be asked to send your results to Active Posture Devices™. Sending your results is not mandatory, but it will help us improve the course. If your course is online, your results will be automatically submitted using your installed email program (for example, Microsoft® Outlook®). If your email program does not automatically launch, print and send your results to Support at Active Posture Devices™. If your course is offline, print and send your results to Support. Contact us: <ol style="list-style-type: none"> PO Box 126, Merrickville, ON, Canada, K0G 1N0 Fax: (613) 269-3847 support@activeposturedevices.com If you are confident that you have mastered this course, skip the quiz.
Test: None		
Navigation: Standard navigation controls. Manual advance. Link from “take the course quiz” to the quiz in Slide 55. Link from “Skip quiz” to <i>Course and training evaluation</i> in Slide 56. Email link.		
Other:		

Slide: 55	Activity: CQ-3	Title: Course quiz	
Test type: Scored summative course quiz		Form: Quiz (Quizmaker)	
Content: Course quiz. Questions drawn from all lesson quizzes. Key questions only.			
Question #	Question	Reference	
		Question #	Activity
1	What characteristics of slumping posture does this person have? (<i>choose all of the correct answers</i>)	1	1-11
2	Slumping posture can cause (<i>choose the best answer</i>)	2	1-11
3	Match the labels on the BackChecker™ with the part names:	5	1-11
4	Match the labels on the switch unit with the part names:	6	1-11
5	Do not wear your BackChecker™ if you cannot be exposed to strong magnets or electric motors.	8	1-11
6	Stop trying to correct your posture if using your BackChecker™ does not help.	10	1-11
7	On your first training day, wear your BackChecker™ (<i>choose one answer</i>)	2	4-5
8	When you start training, keep the switch sensitivity (<i>choose one answer</i>)	3	4-5
9	You have recently injured your neck. Should you train with your BackChecker™?	4	4-5
10	After your first day of training, you feel mild discomfort in your neck and upper back. Should you stop training with your BackChecker™?	6	4-5

11	How often should you clean your BackChecker™? (<i>choose one answer</i>)	1	6-8
12	Your harness and switch unit are dirty. Is it safe for you to clean them with rubbing alcohol?	3	6-8
13	The best way to dispose of your old battery is to (<i>choose one answer</i>)	5	6-8
14	You have just finished a round of refresher training and you are going to take an extended break from training. You should (<i>choose one answer</i>)	7	6-8
15	If I try to repair my BackChecker™ other than as taught in this course, I will void my warranty.	1	7-5
16	The switch unit vibrates weakly or not at all. The most likely problem is that the (<i>choose one answer</i>)	2	7-5
17	Open the switch unit and examine the components prior to contacting Support when (<i>choose all of the correct answers</i>)	3	7-5
18	The switch triggers too easily. The most likely problem is that the (<i>choose one answer</i>)	4	7-5
<p>Test:</p> <p>Point distribution: Equal for all questions.</p> <p>Pass threshold: 75%: If below, advise the learner to review weak areas before starting training.</p> <p>Narration:</p> <p>Pass: Congratulations, you have mastered this course. Please print your course certificate. Enjoy using your BackChecker™!”</p> <p>Fail: You may wish to review your problem areas and retake this quiz before starting training with your BackChecker™.</p> <p>Navigation: Standard quiz navigation controls. SUBMIT ALL button for quiz result feedback. Buttons to print results and send results by email (if email is configured) to Support. Manual advance to <i>Course and training evaluation</i> Slide 56. Link from Pass result panel to <i>Course certificate</i>.</p> <p>Other: Scored quiz. Course quiz will provide feedback at quiz level and on completion. No limit on retakes. No narration. Slide notes text: “<i>Course quiz</i>. No audio.”</p>			

Course certificate

Successful completion of the course quiz will provide access to the course certificate. This certificate will be general in nature, include the course and company name, and be produced in .PDF format.

Post-course learner and follow-up activities

Immediately post-course, learners will be asked to complete and submit to Customer Support the *Training Course Evaluation Survey*. This survey will be used to improve the course, user guide, and the BackChecker™.

The objective of this course and the purpose of the BackChecker™ are to improve the postural fault of slumping. This requires an initial training cycle of at least 2-3 weeks. The “Introducing your BackChecker™” lesson contains pictures showing optimal posture, thereby enabling the learner to self-assess their posture. In the lesson, learners will be asked to self-assess their posture at a baseline stated. They can then reassess against optimal posture as they progress through training. As part of the *Training Effectiveness Survey* (to be completed at the end of the initial training cycle), they will be asked to state how much their posture has improved and in what areas. This survey will also ask users about their experiences in training with the BackChecker™.

The company website will feature the same data collection mechanisms at all times. These data will be analyzed by Customer Support and acted upon as indicated.

Topic number: CTE	Topic name: Course and training evaluation
Objective: N/A	
Enabling objective behaviours: N/A	
Estimated time: 4 minutes plus 5 minutes for Training Effectiveness Survey later	
Equipment and supplies: Standard.	
Special issues: None	
Pre-topic activities: None	

Slide: 55	Activity: CTE-1	Title: Course and training evaluation: Help make this course and your BackChecker™ better
Activity type: Absorb		Activity form: Presentation
Content: Course and training evaluation.		
Graphics: <ul style="list-style-type: none"> Standard course evaluation quiz icon (from Horton template) Text: <ol style="list-style-type: none"> Course and training evaluation: (title) Help make this course and your BackChecker™ better (subtitle) 		Narration: <ol style="list-style-type: none"> We need your help to make the course and your BackChecker™ better. The next slide will show you how to do this.
Test: None		
Navigation: Standard navigation controls. Auto advance.		
Other:		

Slide: 56	Activity: CTE-2	Title: Course and training evaluation: Instructions
Activity type: Absorb		Activity form: Presentation
Content: Course and training evaluation instructions.		
<p>Graphics:</p> <ul style="list-style-type: none"> • Checkmark/checklist type graphic, positioned right. <p>Text:</p> <ol style="list-style-type: none"> Complete: <ol style="list-style-type: none"> Training Course Evaluation Survey. Training Effectiveness Survey (wait until you finish your initial training period). When you have completed a survey, click SUBMIT ALL: <ol style="list-style-type: none"> If your course is online, your results will be automatically submitted using email. If your course is offline, print and send your results to Support. Contact us: <ol style="list-style-type: none"> PO Box 126, Merrickville, ON, Canada, K0G 1N0 Fax: (613) 269-3847 support@activeposturedevices.com 		<p>Narration:</p> <ol style="list-style-type: none"> Help us make the course and your BackChecker™ better by completing and submitting your <ol style="list-style-type: none"> Training Course Evaluation Survey. Training Effectiveness Survey. Please wait until you finish your initial training period before you do your Training Effectiveness Survey. When you have completed a survey, click SUBMIT ALL: <ol style="list-style-type: none"> If your course is online, your results will be automatically submitted using your installed email program (for example, Microsoft® Outlook®). If your email program does not automatically launch, print and send your results to Support at Active Posture Devices™. If your course is offline, print and send your results to Support. Contact us: <ol style="list-style-type: none"> PO Box 126, Merrickville, ON, Canada, K0G 1N0 Fax: (613) 269-3847 support@activeposturedevices.com
Test: None		
Navigation: Standard navigation controls. Manual advance <i>Training Effectiveness Survey</i> Slide 58. Links from to <i>Training Course Evaluation Survey</i> (Slide 58) and <i>Training Effectiveness Survey</i> (Slide 59). Email link.		
Other:		

Slide: 57	Activity: CTE-3	Title: Training Course Evaluation Survey
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Survey type: Likert scale and short answer	Form: Survey (Quizmaker)
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Content: Training course feedback

Describe your experience of this course by rating each element below.		Strongly disagree 1	2	3	4	Strongly agree 5
1	The course objectives (statements of what I was expected to learn) were clear.					
2	The course objectives were relevant.					
3	The course met the stated objectives.					
4	The course sustained my interest.					
5	The information was presented in a logical sequence					
6	The information was presented clearly.					
7	The course content was relevant to helping me use my BackChecker™.					
8	The examples and illustrations helped you learn.					
9	The practice exercises helped me learn.					
10	The quiz questions reflected the objectives.					
11	I feel that I gained valuable knowledge from the course.					
12	The course was easy to start.					
13	The course was easy to navigate.					
Please provide any suggestions you may have for improving the course.						
Please provide any general comments you may have about the course.						

Test: None

Navigation: Standard survey navigation controls. **SUBMIT ALL** button to submit results. Buttons to print results and send result by email (if email is configured) to Support. Manual advance to *Training Effectiveness Survey* Slide 59.

Other: No limit on repeats. No narration. Slide notes text: "*Training Course Evaluation Survey*. No audio."

Slide: 58	Activity: CTE-4	Title: Training Effectiveness Survey				
Survey type: Likert scale and short answer			Form: Survey (Quizmaker)			
Content: BackChecker™ training experience feedback						
Improvement		Strongly disagree 1	2	3	4	Strongly agree 5
1	My slumping posture has improved since I started training with my BackChecker (rate).					
If your posture has improved, what are the changes (head, neck, shoulders, and back)?						
2	My pain has decreased (rate).					
If your pain decreased, where on your body did it decrease?						
3	I followed the recommended training tips (rate).					
If you did not follow the recommended training, what did you do differently?						

4	I encountered problems not covered on the training course (rate).					
If you encountered problems not covered on the training course, what were they?						
5	I reviewed specific parts of the training course (rate).					
If you reviewed any specific parts of the training course, what were they?						
Please provide suggestions you may have for improving the training.						
Please provide general comments you may have about the training or your BackChecker™.						
Test: None						
Navigation: Standard survey navigation controls. SUBMIT ALL button to submit results. Buttons to print results and send result by email (if email is configured) to Support. THIS IS THE LAST SLIDE.						
Other: No limit on repeats. No narration. Slide notes text: "Training Course Evaluation Survey. No audio."						

References

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- Horton, W. (2006). *E-learning by Design*. San Francisco, CA: Pfeiffer.
- Piskurich, G.M. (2006). *Rapid Instructional Design: Learning ID Fast and Right* (2nd ed.). San Francisco, CA: Pfeiffer.