

Feed back on Wilson part 2

1. Kristen: I really enjoyed having the video links included in the presentation, it made it feel more like a lesson. The pace of the presentation was good and you articulated well! I will say that maneuvering from the links to the presentation was a bit distracting, but overall I think those links helped to provide a broader scope of the injury issues with swimmers. I found this video particularly helpful with regard to the specific muscles, tendons and joints that are affected by impingement syndrome and then the exercises used to help attenuate the problem. I thought it was great that you helped viewers to understand the injuries from the point of view of a swimmer. Great presentation and a great tutorial for those who are athletes or not!
2. She often seemed short of breath while speaking. The flow of speaking was kind of choppy, with interrupters and awkward pauses. Perhaps the presentation should have been read through a couple extra times before recording to improve flow. It was neat to see the variety of sources she incorporated into the presentation as visual aides, and opinions from professionals. The organization of the presentation was somewhat unbalanced (much more time was spent discussing the shoulder than the knee). Since there were so many video sources, I might suggest developing a system to better connect the video to the link in the resource page (perhaps numbering?), just so it's easier to follow and navigate. Or else, do a more traditional system for citing resources (MLA, etc) that includes author, title, etc.
3. Really interesting talk on swimming injuries. I really did not think about it before.

The youtube inside a youtube is interesting. I learned a lot by watching your presentation as you covered particular swimming forms like the breast stroke and the type of injury. A lot of good material you pulled together and how to treat the injuries.

I don't know how you can swim with a disk problem in your back. Are you not worries that it can slip and make a worse problem ? Does your couch know you are swimming with a disk problem ?

Your summary was good. I did like the personal touch about you talking about your own injury.

A point to maybe work on is that you say "uhm" when you pause. You don't say it too much but maybe a bit more than needed. Just better not to have any words said during a pause. I think it is OK to have pauses in a talk. Good job overall !

On the one You tube link there is no credit or a part where he introduces himself , but I see you gave a full list at the end. It might be good to show the link right after each one just so we know which one went with the one you show.