



## Implementing Team-Based Learning to Improve Student Engagement in Anatomy

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#### **Abstract**

Team-based learning (TBL) is an innovative teaching method that follows a structured process to collaboratively involve students in learning and application of class material to real problems. Originally developed by Larry Michaelsen, the method has been successfully used in a wide variety of disciplines in undergraduate and postgraduate settings.

In 2018 Functional Anatomy for Health and Exercise was re-developed to be taught in TBL format with the aim to increase student engagement. The modifications were focused on problem solving and application of anatomy content to human movement. Teams were selected based on previous performance in anatomy and level of interest in the course content. All teams stayed together for the duration of the course. Readiness assurance process was used to encourage student accountability individually and to their teams.

Two team assessments promoted both application of content and team development. Frequent and immediate feedback on individual and team performance was provided. Both student grades and feedback suggested improvements in the 2018 course structure. The percent of students failing the course decreased from 10% to 5% and student satisfaction with the course increased from 73.3% to 95.5%. Student comments suggested that teamwork was one of the most valued components of the course.