



Flipped Learning: From Basics to Advanced Applications in Student-Centred Education

Dr. Soulla Nicolaou

Associate Professor in Pharmacology

University of Nicosia Medical School

nicolaou.p@unic.ac.cy

Outline

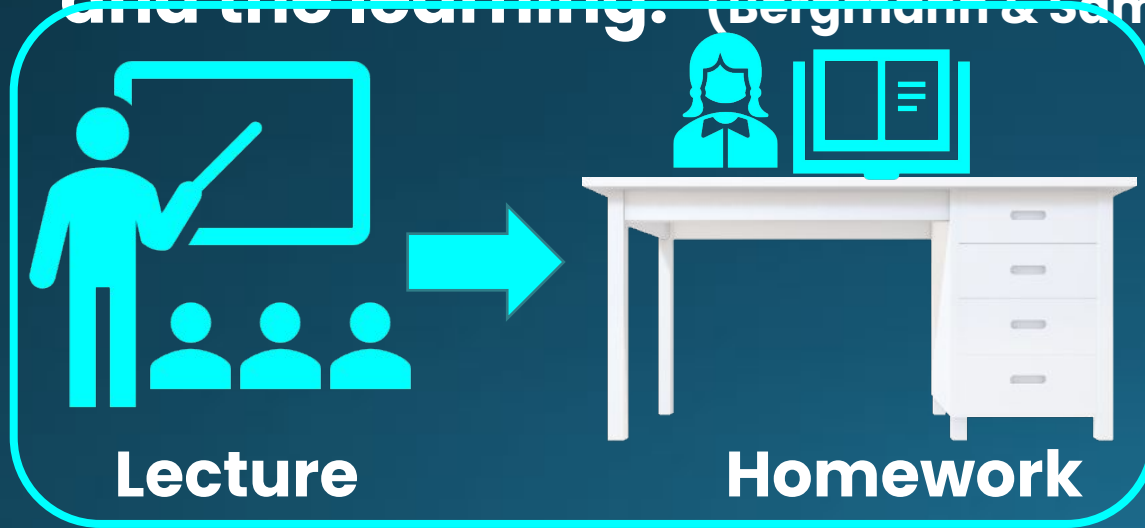
- **Definitions and learning activities**
- **Role of the teacher & student**
- **Advantages & challenges**
- **Trends in flipped learning**
- **Learning theories and flipped learning**



Definitions

Flipped Classroom

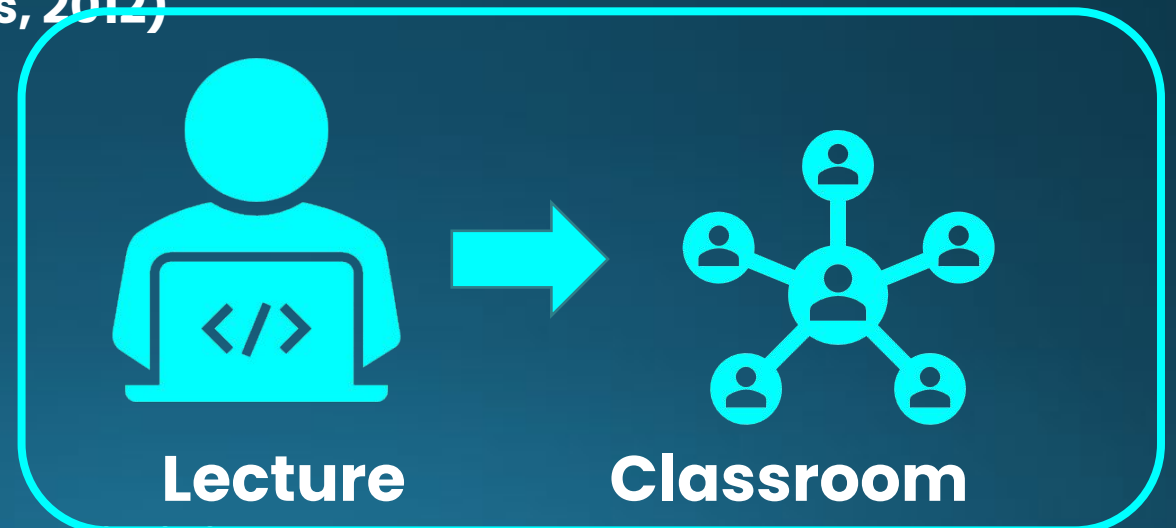
- 'That which is traditionally done in class is now done at home, and that which is traditionally done as homework is now completed in class.'
- 'Flipping the classroom is more about a mindset: redirecting attention from the teacher and putting attention on the learner and the learning.' (Bergmann & Sams, 2012)



TRADITIONAL

Activities

Digicompass Conference



FLIPPED

Definitions

Flipped Learning is a **pedagogical approach** in which **direct instruction** moves from the **group learning space** to the **individual learning space**, and the resulting **group space** is transformed into a **dynamic, interactive learning environment** where the **educator guides students** as they **apply** concepts and **engage creatively** in the subject matter. (Flipped Learning Network, 2014)

Description	Traditional classroom	Flipped classroom
Teacher centred	✓	-
Student centred	-	✓
Passive learning environment	✓	-
Active learning environment	✓	✓
Face-to-face lecture	✓	-
First phase (lecture)	In the classroom	At home
Second phase (active activities ³)	At home	In the classroom



Naing, 2023

FL Pillars

F L I P

**Flexible
Environment**

**Intentional
Content**

**Learning
Culture**

**Professional
Educators**

Flipped Learning Activities

Pre-class

S

Learning
outcomes

Learning
material/
tasks

In-Class

Interactive
learning

Post-Class

SS

Learning
Tasks

Feedback



Role of the Teacher and Student in Flipped Learning

Teacher	Student
Facilitator of learning	Active participant
Designs learning activities and guides students through the learning process	Self-directed learner
Creates an environment conducive to collaboration and interaction	Engaged collaborator/communicator, effective problem-solver
Monitors and assesses	Critical thinker
Provides feedback	Reflective learner

Advantages

Flexible methodology to meet learning outcomes/needs

Access to varied resources

Flexible environment and autonomy

Increased student motivation and enthusiasm in learning

Scaffolding in learning

Efficient use of class time

Social interaction

Active learning

Development of 21st century skills



Challenges

Students

Non-engaging learning material

Time management

Accessibility

Experience with teacher-led environments

Teachers

Shift in Teaching Approach

Time-intensive preparation

Student accountability

Classroom management

Overcoming challenges

Resources

For the teachers and the students

Activity

Real-world problems
Application of knowledge

Institutional Facilitation

Support

Set expectations
Ongoing student support

Evaluation

Formative assessment
Feedback

Growth Trends in Flipped

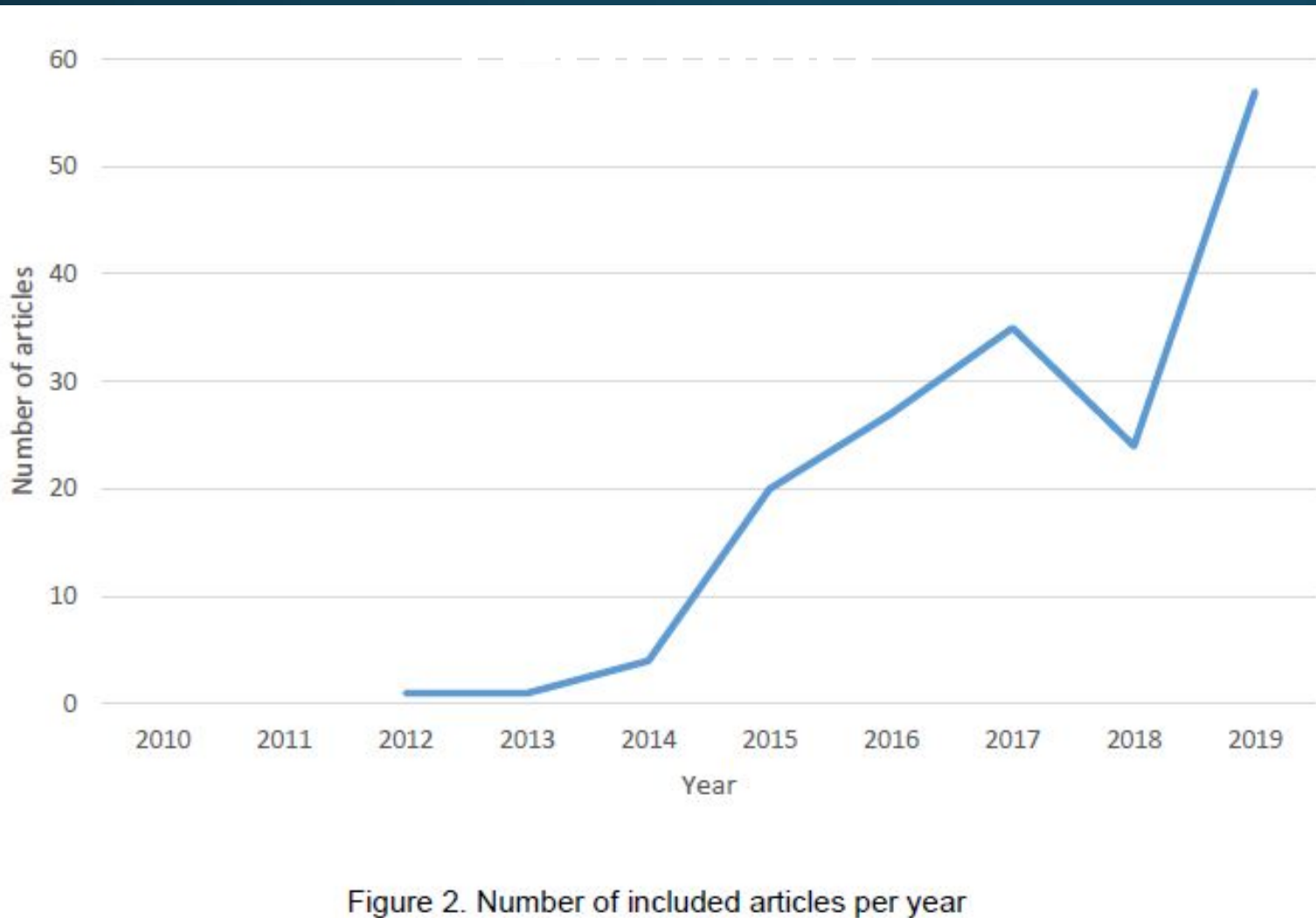


Figure 2. Number of included articles per year

Gamal, 2022



Source: Gamr

Growth Trends in Flipped Learning

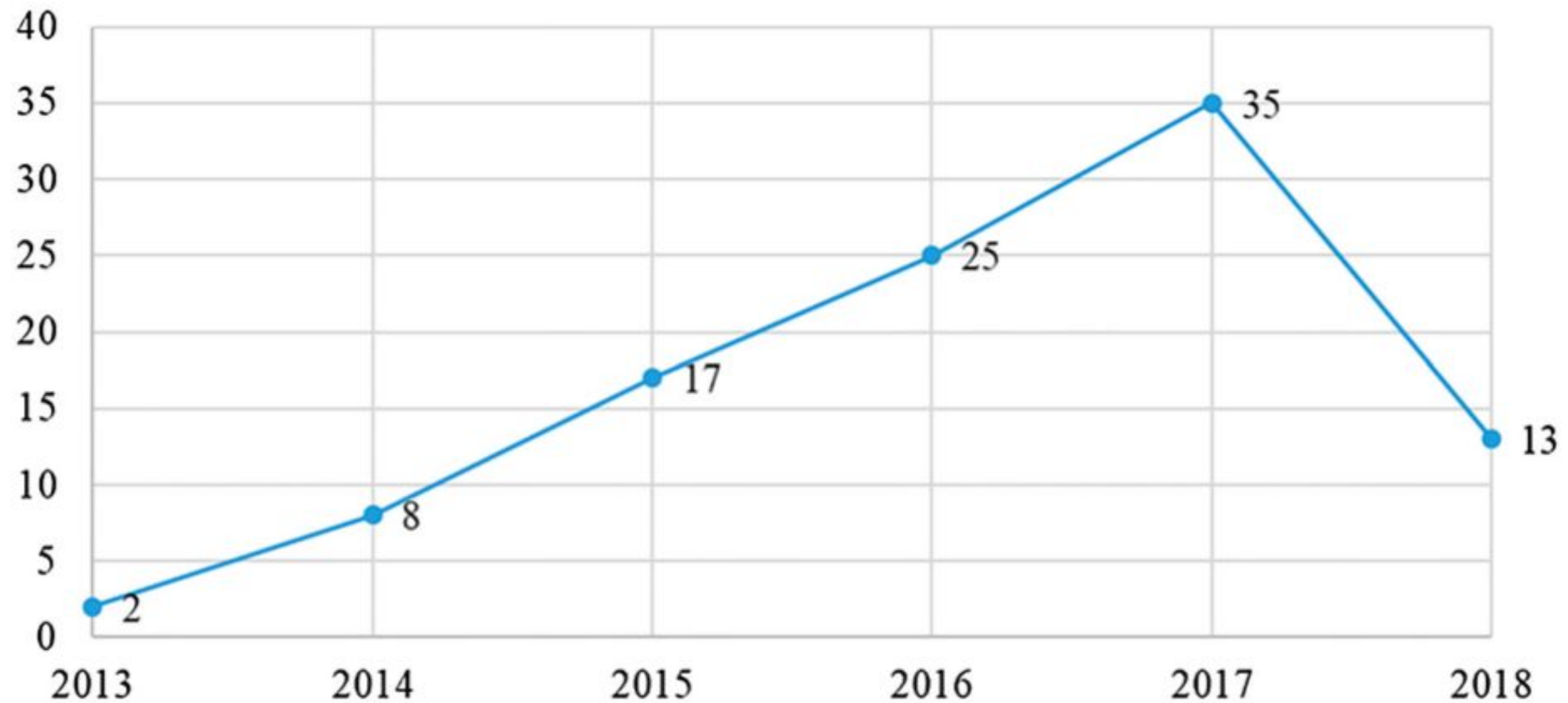


Figure 2. Distribution curve of the highly cited research related to flipped learning.

Global Trends in Flipped Learning



Table 4. Distribution of Articles by Country and Cumulative Percentage (N= 169)

Rank	Country	n	Percentage
1	USA	49	29.9
2	Taiwan	13	7.6
	Korea	13	7.6
3	Turkey	12	7.1
4	Australia	7	3.3
5	UK	5	2.9
	China	5	2.9
6	Spain	4	2.3
7	Malaysia	3	1.7
	Indonesia	3	1.7
	Oman	3	1.7
8	Mexico	2	1.1
	Ireland	2	1.1
	Japan	2	1.1
	Pakistan	2	1.1
	India	2	1.1
	Russia	2	1.1
	UAE	2	1.1



Source: Freepik A

Disciplines and Subject Area



Table 3. Percentage of research fields in each period (2013–2018).

Research domains	2013–2015 (N = 27)	2016–2018 (N = 73)	2013–2018 (N = 100)
Engineering or computers	15%	19%	18%
Science	15%	26%	23%
Health Medical or Nursing	19%	6%	11%
Social science or social studies	37%	16%	22%
Art or design	0%	0%	0%
Languages	4%	18%	14%
Business management	4%	10%	8%
Others (review studies)	7%	3%	4%

Cheng *et al*,
2022

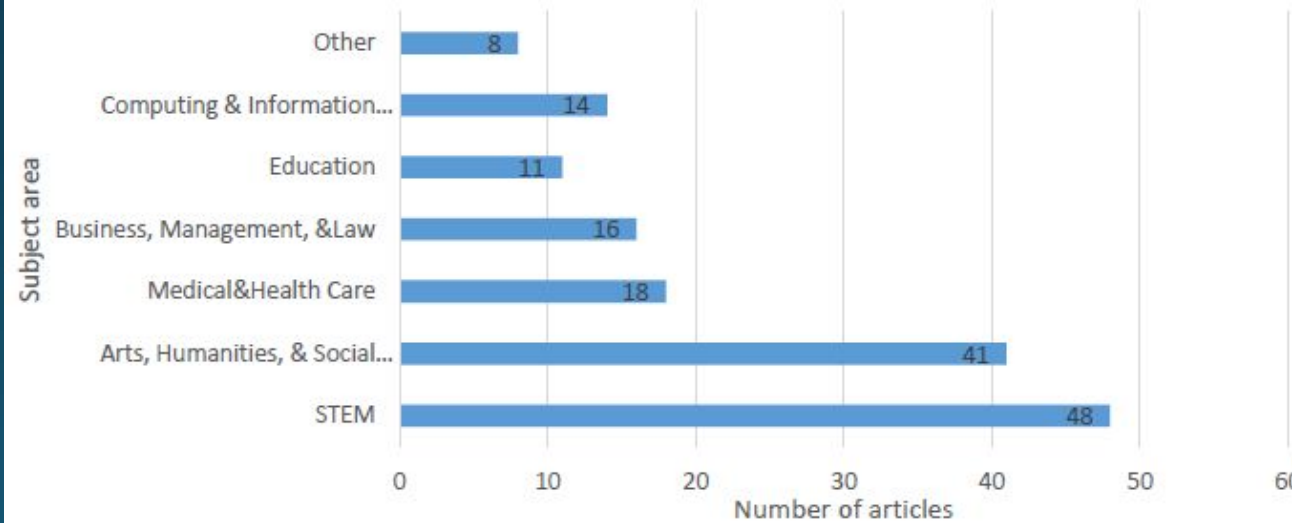
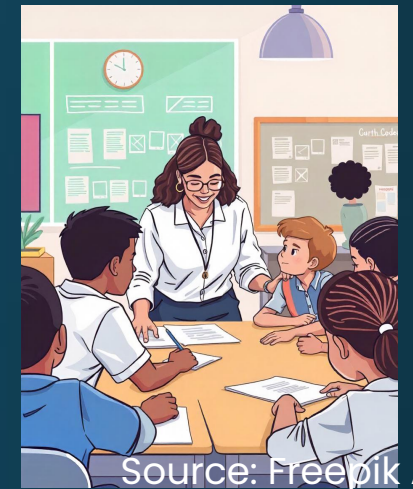


Figure 4. *Distribution of Articles among Subject Areas*

Gamal, 2022



Source: Freepik AI
Primary

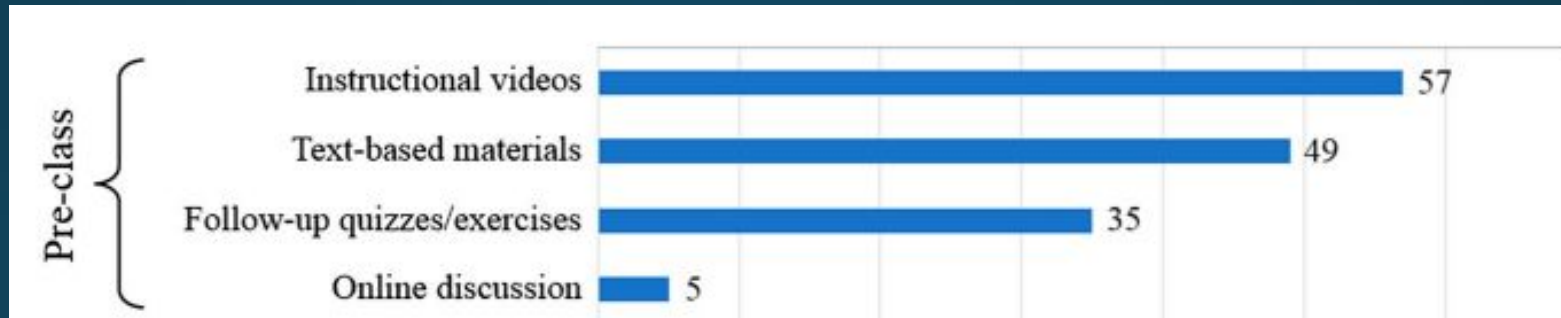
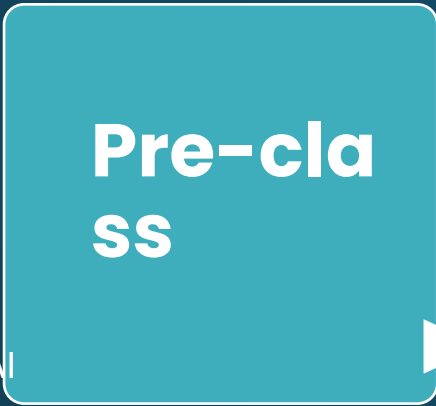
5%

78%

Higher Education

Cheng *et al*,
2022

Flipped Learning Activities



Cheng et al, 2022

Table 5. Percentage of pre-class learning tasks used in each period (2013–2018).

Pre-class learning tasks	2013–2015 (N = 27)	2016–2018 (N = 73)	2013–2018 (N = 100)
Form of learning materials	33%	49%	45%
Learning system or player	59%	48%	51%
Online discussions	0%	0%	0%
Other (review studies)	7%	3%	4%

Flipped Learning Activities



Source: Freepik AI



Source: Freepik AI

In-class learning strategies	2013–2015 (N = 27)	2016–2018 (N = 73)	2013–2018 (N = 100)
Issue discussions	52%	45%	47%
Practicing or doing exercises	19%	18%	18%
Problem-based learning	4%	8%	7%
Group projects	15%	21%	19%
Personal projects	0%	0%	0%
Gamified activities	4%	4%	4%
Peer assessment	0%	1%	1%
No research adopting mind-tool based learning or inquiry-based learning	0%	0%	0%
Other (review studies)	7%	3%	4%

Cheng
et al,
2022

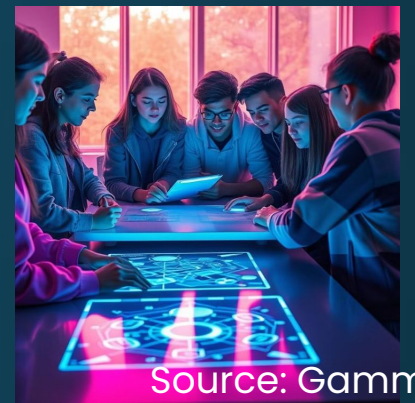


Lo, 2024

Flipped Learning Activities



Source: Gamma

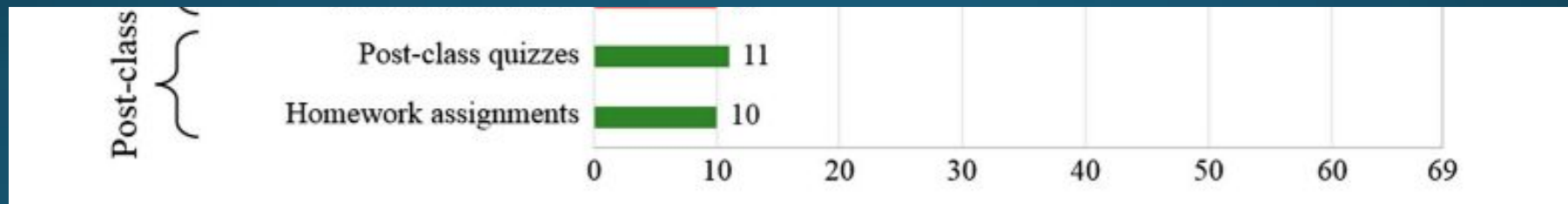


Source: Gamma

Table 8. Percentage of post-class learning tasks used in each period (2013–2018).

Post-class learning tasks	2013–2015 (N = 27)	2016–2018 (N = 73)	2013–2018 (N = 100)
Personal projects (e.g. reports, games, videos)	4%	21%	16%
Group projects (e.g. reports, games, videos)	26%	10%	14%
Post-course assessment	33%	7%	14%
No activity	30%	60%	52%
Other (review studies)	7%	3%	4%

Cheng *et al*, 2022



Lo, 2024

Technology and Flipped Learning



Table 8. An Excerpt of Reported Media and Technologies Classified According to Uses and Users

Technology	Used For			Used by	
	Video publication, creation, and dissemination	Learning facilitation, and course administration	Communication, collaboration, and interaction	Faculty	Student
YouTube	*			*	*
Google Classroom				*	
Instructional video	*			*	
Video Lectures	*				*
Piazza			*	*	*
Padlet	*			*	
IRS (Clicker)			*	*	
Socrative				*	
Kahoot				*	
LMS: Blackboard, Canvas, Moodle, Unisa, Openedx, Edmodo		*		*	
What's app			*	*	*
Google Hangout			*	*	*
Quizlet			*	*	*
Facebook			*	*	*
Mediasite	*			*	
Camtasia	*			*	
Screencast-O-Matic	*			*	
Edpuzzle	*			*	

Gamal, 2022

**Technology
Pedagogy**



Flipped Learning and Learning Theories

Pedagogical Theories

Bloom's Revised Taxonomy

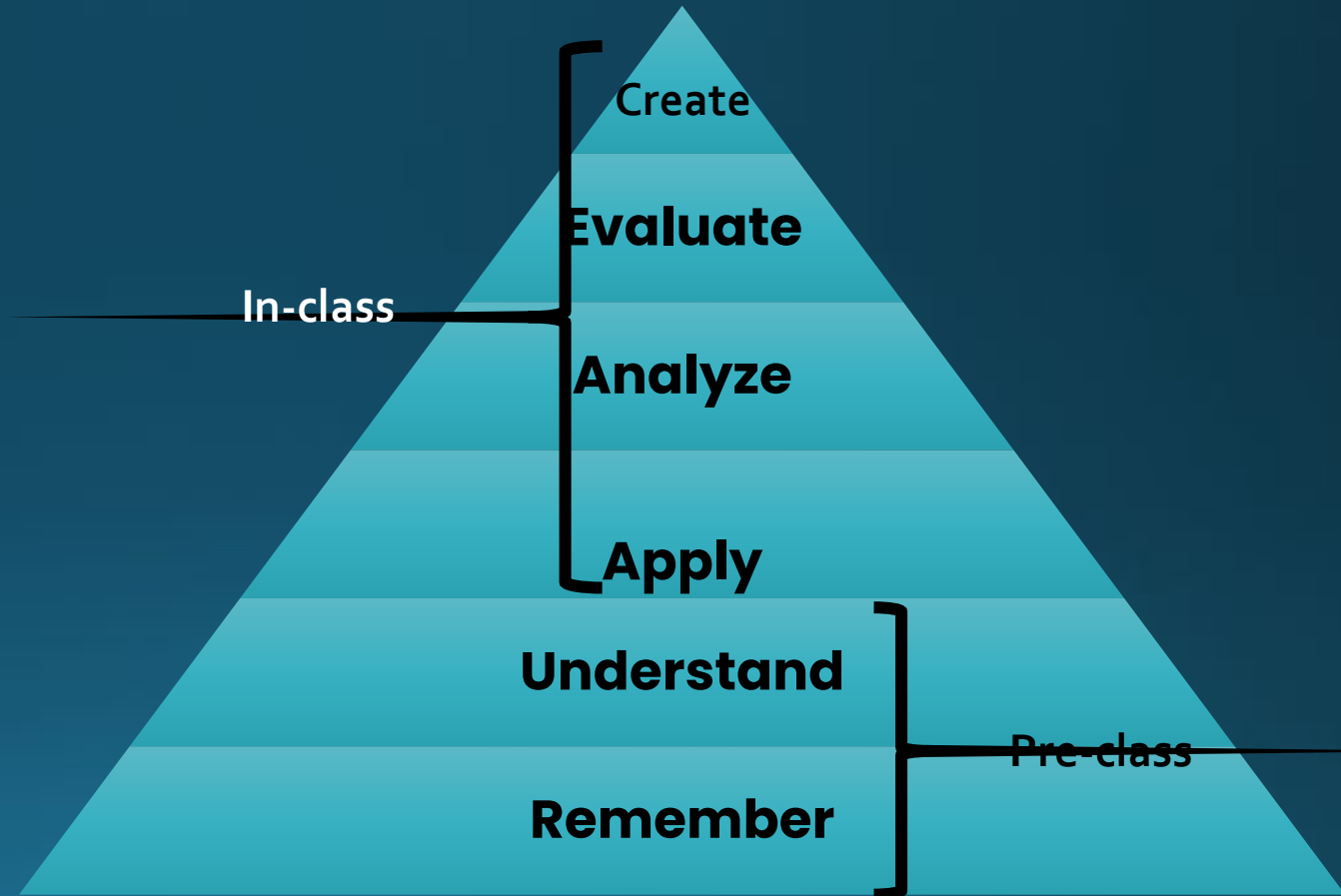
Social Constructivism

Situated learning

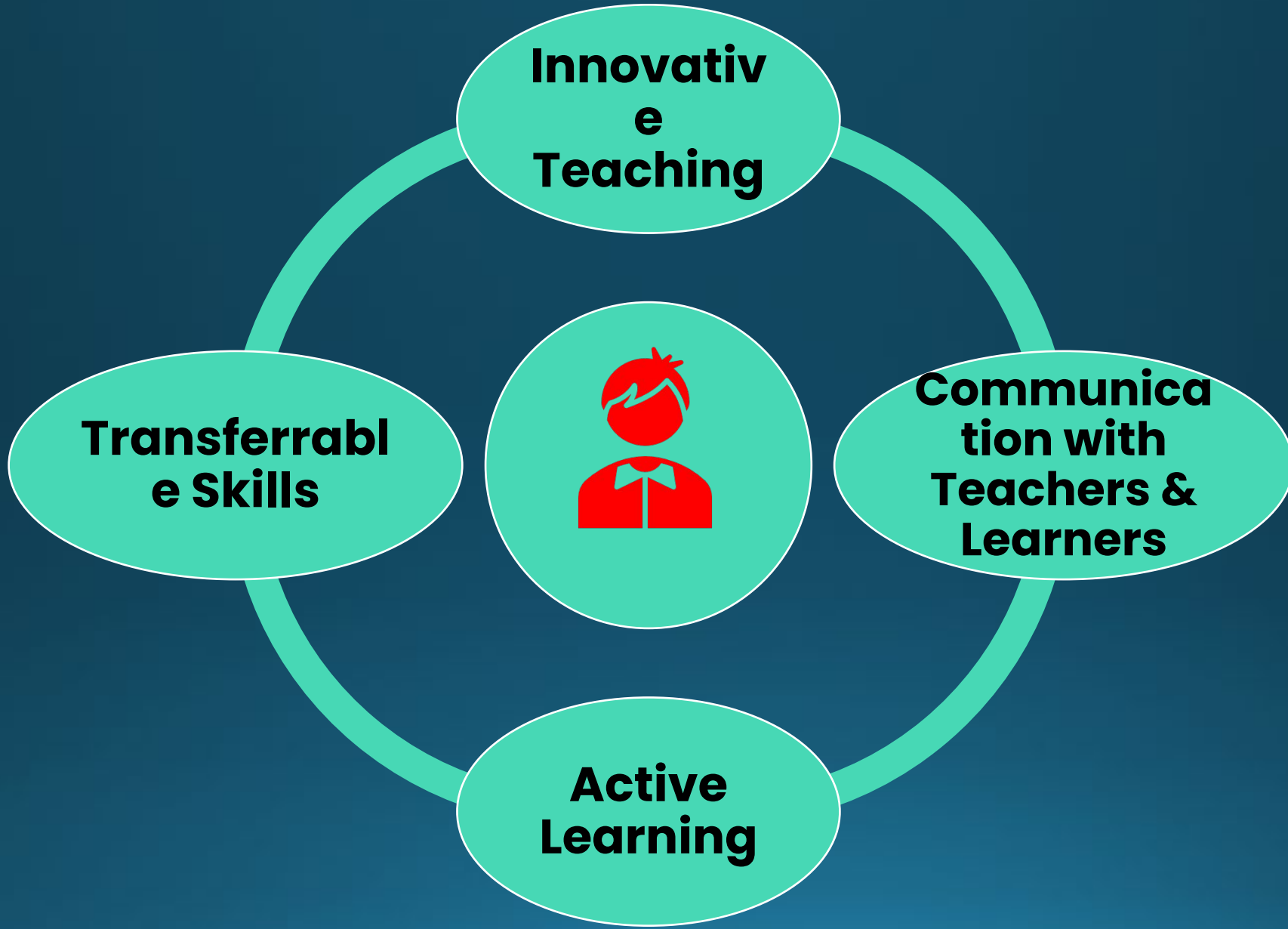
Cognitive load theory

Active learning

Self-directed learning



STUDENT-CENTRED LEARNING



FLIPPED LEARNING

References

- Bergmann J & Sams A. (2012). *Flip your Classroom: Reach Every Student in Every Class Every Day*. Washington: International Society for Technology in Education
- Flipped Learning Network. Definition of Flipped Learning.(2014) <https://flippedlearning.org/definition-of-flipped-learning/> Accessed 15 Nov 2024.
- Naing C, Whittaker MA, Aung HH, Chellappan DK, Riegelman A. The effects of flipped classrooms to improve learning outcomes in undergraduate health professional education: A systematic review. *Campbell Syst Rev.* (2023);19(3):e1339. doi: 10.1002/cl2.1339. PMID: 37425620; PMCID: PMC10326838.
- Gamal H. Is Flipped Approach a Panacea?: A Systematic Review of Trends, Conceptions, and Practices of a Decade of Research (2022). *Asian Journal of Distance Education* 17(2):153-180
- Chung Kwan Lo. Strategies for enhancing online flipped learning: a systematic review of empirical studies during the COVID-19 pandemic, *Interactive Learning Environments* (2024), 32:7, 3517-3545, DOI: 10.1080/10494820.2023.2184392
- Cheng, S. C., Hwang, G. J., & Lai, C. L. (2020). Critical research advancements of flipped learning: a review of the top 100 highly cited papers. *Interactive Learning Environments*, 30(9), 1751-1767. <https://doi.org/10.1080/10494820.2020.1765395>
- Unga Utami, Anik Ghufron , Farida A. Setiawati. A Systematic Literature Review Of Flipped Classroom: Is It Effective On Student Learning In Elementary School? *Pegem Journal of Education and Instruction*, Vol. 14, No. 1 , 2024 (pp. 244-251)
- Bredow, C. A., Roehling, P. V., Knorp, A. J., & Sweet, A. M. (2021). To Flip or Not to Flip? A Meta-Analysis of the Efficacy of Flipped Learning in Higher Education. *Review of Educational Research*, 91(6), 878-918. <https://doi.org/10.3102/00346543211019122>
- Li, R., Lund, A., & Nordsteien, A. (2021). The link between flipped and active learning: a scoping review. *Teaching in Higher Education*, 28(8), 1993-2027. <https://doi.org/10.1080/13562517.2021.1943655>

Thank you!

