



# Flipped Classroom



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## Abstract

Flipped Classroom is a pedagogical resource that may improve adult learning by delivering educational content outside the classroom and performing more complex classroom activities.

**Keywords:** Flipped Classroom; Adult Education; Adult Learning; Teaching Styles

## Introduction

Flipped Classroom is a pedagogical resource that reverses the traditional learning environment by delivering educational content outside the classroom.

## Discussion

In the Flipped Classroom, students read, view lectures, videos, or other resources from home, and then conduct a more complex classroom activity ranging from group discussion on a topic to a problem case solution, applying the concepts learned at home [1,2]. In the classroom with traditional teaching style, lessons usually focus on an explanation of content using a lecture style. Class discussions usually focus on the teacher, who controls the flow of the conversation, while student participation is very limited. The Flipped Classroom intentionally changes the instructions to a student-centered model, in this model the class time explores the topics in greater depth and creates significant learning opportunities, while educational technologies such as online videos are used to deliver content outside the classroom [3]. The Flipped Classroom also redefines classroom activities, which may include more participatory activities to engage students with educational content. Because this type of active learning enables highly differentiated teaching, more class time can be devoted to higher order thinking skills, such as finding solutions to problems raised through group work, research, and discussion [4,5].

## Conclusion

To conclude, the Flipped Classroom is an attractive didactic resource to be considered as part of the training activities

of university students in health science, encouraging the active participation in the acquisition of knowledge and the organization of this knowledge as they participate in activities with their peers.

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