

User guide for the ALPS Learning Objects website

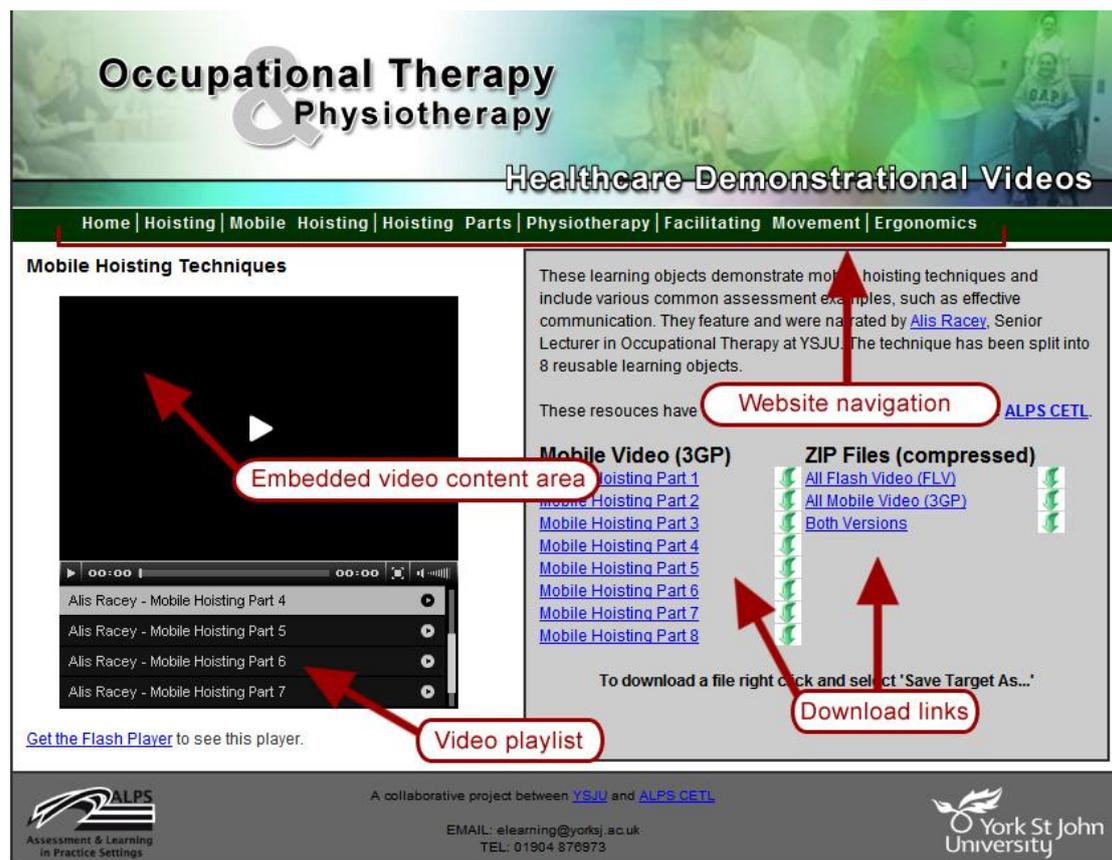
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Introduction

This user guide is intended to assist all users of the ALPS Learning Objects website in downloading and re-using the available video content.

The video objects have been made available in .FLV format, allowing them to be embedded in web pages, such as on a VLE and also in .3GP format, allowing the videos to be played on a variety of mobile devices.

Website structure and overview



The screenshot shows the website interface for 'Occupational Therapy & Physiotherapy Healthcare Demonstrational Videos'. The navigation menu includes: Home | Hoisting | Mobile Hoisting | Hoisting Parts | Physiotherapy | Facilitating Movement | Ergonomics.

The main content area is titled 'Mobile Hoisting Techniques'. It features an embedded video player on the left with a playlist of videos by Alis Racey. A red arrow points to the video player with the label 'Embedded video content area'. Another red arrow points to the navigation menu with the label 'Website navigation'. A third red arrow points to the download links with the label 'Download links'. A fourth red arrow points to the video playlist with the label 'Video playlist'.

The text on the right side of the page reads: 'These learning objects demonstrate mobile hoisting techniques and include various common assessment examples, such as effective communication. They feature and were narrated by Alis Racey, Senior Lecturer in Occupational Therapy at YSJU. The technique has been split into 8 reusable learning objects.' Below this, it says 'These resources have' followed by a link to 'ALPS CETL'.

The download links are categorized into 'Mobile Video (3GP)' and 'ZIP Files (compressed)'. The 3GP links are: Mobile Hoisting Part 1, Mobile Hoisting Part 2, Mobile Hoisting Part 3, Mobile Hoisting Part 4, Mobile Hoisting Part 5, Mobile Hoisting Part 6, Mobile Hoisting Part 7, and Mobile Hoisting Part 8. The ZIP file links are: All Flash Video (FLV), All Mobile Video (3GP), and Both Versions.

At the bottom of the page, there is a footer with the ALPS logo, contact information (EMAIL: elearning@yorks.ac.uk, TEL: 01904 876973), and the York St John University logo.

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Embedding FLV videos in HTML

To embed a video in a learning module or any other HTML page, Flash video is probably the current best choice – it is well supported, compresses well and is flexible yet consistent across browsers, in the ways it can be embedded. The following is a quick guide on how to embed the flash video files available on the ALPS website, using the jw_flv_player available from http://www.jeroenwijering.com/?item=JW_FLV_Media_Player

Before following the steps below, **please ensure that you have downloaded the flash video player package** from the website above.

Step 1 - Download the chosen .FLV videos from the ALPS website.

1. Navigate to any section of the website
2. Use the playlist beneath the main video area on the left hand side, to choose a video to watch
3. Once you've identified the video you wish to re-use, make a note of the video name from the playlist
4. On the right hand side of the playlist, click on the icon which looks like this 
5. You will be prompted to download the image, choose 'Save'



6. Save the image to a location of your choice, such as 'My Documents'

IMPORTANT – DOWNLOADING ALL VIDEO FILES

If you would like to download **all of the flash video objects** available on a specific section, use the 'Zip files' (Compressed) in the download links section on the right hand side of the page. Right click on your chosen link and choose 'Save Target As...' Double click on the saved .ZIP file to extract the contents

Step 2 - Write the HTML

1. Create a html file
2. In the head of your HTML file, you need a script called swfobject.js which is part of the jw_flv_player download:

```
<head>
```

```
...
```

```
<script type="text/javascript" src="swfobject.js"></script>
```

```
...
```

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</head>

3. Then at the point in the body of the HTML where you want the video put this:

<body>

...

```
<p id="player1"><a href="http://www.macromedia.com/go/getflashplayer">Get the Flash Player</a> to see this player.</p>
```

```
<script type="text/javascript">
```

```
    var s1 = new SWFObject("flvplayer.swf", "single", "320", "260", "7");
```

```
    s1.addParam("allowfullscreen", "true");
```

```
    s1.addVariable("file", "myvid.flv");
```

```
    s1.write("player1");
```

```
</script>
```

...

</body>

4. Change **"myvid.flv"** to the name of the video you downloaded in *"Step 1 - Download the chosen .FLV videos from the ALPS website."*. The **"320"** and **"260"** are the width and height of the video. If you have more than one video on one HTML page, change all instances of **"player1"** in the above to **"player2"** or **"player3"** etc. accordingly.

Step 3 - Upload everything

In the same directory as your HTML file, you need to upload the jw_flv_player files - flvplayer.swf, swfobject.js, and of course your .flv file(s).

Note that the jw_flv_player has more advanced features such as being able to specify a playlist using xml. **Refer to its documentation for information on this.**

NB: In order to use the .FLV video files, the user will require the most recent version of the flash video player plugin to be installed on their browser.

Downloading the .3GP videos to a mobile device

This section is of use to anyone wishing to download the mobile friendly (.3GP) versions of the healthcare learning objects, for use on mobile devices.

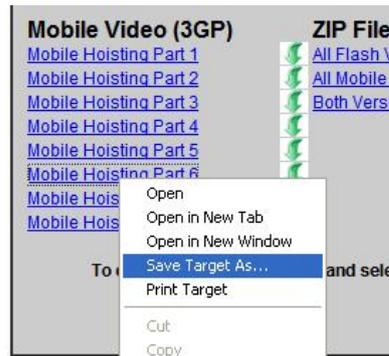
To download the .3GP version and copy to your mobile device

If you have a PC with Microsoft Activesync installed, you can download the video file to the PC and then transfer to your ALPS mobile device.

1. Navigate to any section of the website
2. Use the playlist beneath the main video area on the left hand side, to choose a video to watch
3. Once you've identified the video you wish to re-use, make a note of the video name from the playlist
4. On the right hand side of the page, in the **download links** area, right-click on either the download icon, or the name of the video you wish to download, and choose

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'Save Target As...' and save the video in **My Documents** then **Device Name My Documents**



IMPORTANT – DOWNLOADING ALL VIDEO FILES

If you would like to download **all of the mobile friendly video objects** available on a specific section, use the '**Zip files**' (Compressed) in the download links section on the right hand side of the page. Right click on your chosen link and choose '**Save Target As...**' Double click on the saved .ZIP file to extract the contents.

Once you have downloaded the mobile friendly video learning objects, you can transfer them from your computer, to your mobile device by synchronising the device to your PC.

To download the .3GP files directly to your mobile device

If you would like to download the mobile friendly video learning objects directly to your mobile device, you need to use the built in web browser to locate the files on the internet. Please follow the instructions below to achieve this.

1. On your ALPS T-Mobile MDA Vario, go to the start menu and choose Internet Explorer.
2. Enter the address of the ALPS learning objects website.
3. Navigate to the area of the site where your identified videos are.
4. In the download links (grey boxed) area, select the video you want to download, from the **Mobile Video (3GP)** list.
5. When prompted whether you would like to download the video file, choose **yes**.
6. Save the file to a location of your choice.
7. If the file does not play automatically in windows media player, navigate to the location of the file on your device (using the file explorer program) and select it.