**Intended Learning Outcomes:**

- Employ contemporary learning theories in the design of flexible and open online courses;
- Choose appropriate learning media for open and flexible online delivery;
- Plan engaging online learning activities;
- Assess the learning potential of online activities and exercises;
- Plan online learning activities to engage and motivate adult learners;
- Understand the limitations and opportunities of online technologies for teaching and learning; and
- Understand and appreciate the critical elements of effective and engaging online learning environments.