

# How do I import the Resources for Your LMS to Moodle?

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Last Modified on 12/04/2020 2:16 pm EST

*Resources for your LMS* (RLMS) is a Moodle course Backup file. To add these resources to your Moodle course, you will restore the file to a blank shell.

## Moodle - RLMS file import

- If you do not already have a blank course set up in Moodle, ask your local IT staff to create one for you.
  - Download the Moodle file from the Instructor Resource page for your text.
    - Do NOT attempt to open the file after downloading.
  - Log in to your Moodle account and navigate to your course.
  - Turn EDIT mode On.
  - In the Course Administration Panel, click Restore.
  - On the Import a Backup File page, click Choose a File.
  - On the File Picker page, click Upload a File.
  - Click Browse to locate the .mbz file on your desktop.
  - Click Upload This File.
  - Click Restore.
  - Make appropriate content selections and settings on the following restoration pages, clicking Continue at the bottom of each one. The Restore process may take some time.
  - At the bottom of the Review page, click Perform Restore. (This may take a while.)
  - On the Complete page, click Continue to access the restored content.
  - You can now modify and arrange specific items to meet your needs.
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