

ARTICLE REVIEWED

An Integration of Mobile Applications Into Physical Education Programs

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THE PROBLEM:

On average, children spend anywhere from 7-9 hours a day looking at a screen. As screen time has increased throughout the United States, so has obesity.

What if educators used screen time and technology in a positive way that helped to decrease obesity, rather than increase it?

With more than 2,000 mobile fitness applications available to download, physical educators can use this technological platform to enhance student engagement in physical education and assess skill acquisition, among many other positive and productive uses.



Research Summary:

Standard 3 of SHAPE America's National Standards for K-12 Physical Education addresses technology use in physical education. Technology can be used in a variety of ways (i.e., video analysis, accelerometry, side-by-side photo and video comparisons) and can be beneficial for both teacher and student.

Video technology can be used as a self-evaluation tool. For example, mobile applications such as BaM Video Delay and the V1 digital coaching system can be used to record and analyze students' sports skills. Physical education teachers can use mobile applications to create lesson plans, administer quizzes, initiate discussion, take attendance, assess students, and complete grades. Both physical educators and students can download compatible applications that enable students to upload their homework seamlessly to their teacher's gradebook. In addition, timers can be used for time management purposes (i.e., interval timers, alarm timers, switching timers).

Conclusion:

The integration of mobile applications in physical education can be used to effectively manage, grade, reflect, assess, and challenge both students and physical education teachers. With technological advances occurring at a rapid pace, using technology in education may improve learning, motivation, and lifetime fitness. All in all, technology integration in the gymnasium can be used to enhance student learning and engagement.

Key Takeaway:

Students are far more technologically advanced than they were 10 years ago. The use of technology in schools is becoming inevitable, whether it be for personal or professional reasons. Therefore, using mobile applications in a physical activity setting can help students become well-rounded physical activity enthusiasts.



ADDITIONAL RESOURCES:

MOBILE APPLICATIONS

- BaM Video Delay – Bust a Move video delay provides the user with quick visual feedback based on the delay setting
- V1 Digital Coaching System – Video analysis and feedback in real time or slow motion, complete with drawing tools
- Remind – School communication platform where students and educators can share photos, files and content securely
- ClassDojo – Enables the teacher to communicate safely with both students and parents via instant messaging
- Teachers.io – An organizational application for teachers to upload their syllabus, grades, assignments and announcements
- PicsArt – Photo editor and collage creator
- myHomework – Syncs with the Teachers.io application and makes it easy for students to coordinate and follow their schedules
- Hudl Technique – Film a skill and analyze it in slow motion for instant feedback
- Seconds – Custom timers with a large display
- Interval Timer – Custom timer for interval training and station work
- Scoreboard – Digital scoreboard
- Smart Sports – This application is best used with the Sport Education model and can keep track of statistics, league standings, team strategy and game schedule