SHAPE Conference 2015 – Seattle, WA

Health and Physical Education Apps and Technology-Based Activities

Brenda Goodwin, MO State University

Kirsten Hatz, MO State University

FROM APPS TO APPLICATION:

1. Nearpod – Dancing With Math

2. Concept Maps in the Health Classroom

3. Creating a QR Code Fitness Trail for Physical Education

Technology in the Gym – No Projector – No Problem!

The basics of Nearpod:

Free app available from Apple, Google and web.

Create, Share, Engage, Assess

The Basics of Using Nearpod

Download the FREE app from the App Store

Set up your account at www.nearpod.com

HELPFUL HINTS: Create your presentation on your computer. Click and drag. Publish and go!

Making the Common Core Standards Part of Physical Education

Using math skills and reading for comprehension

Each group member will need 4 cards.

When you are given the PIN # log in using the iPad provided to your group.

Concept Maps in the Health Classroom

Concept maps - graphical tools for organizing and representing knowledge.

They include concepts, usually enclosed in circles or boxes, with relationships indicated by a connecting line or symbol.

Concept Maps in the Health Classroom

Can help students

➢organize thought patterns that integrate new knowledge with existing knowledge

➢students in all grades can learn to…

clarify, organize, analyze, and

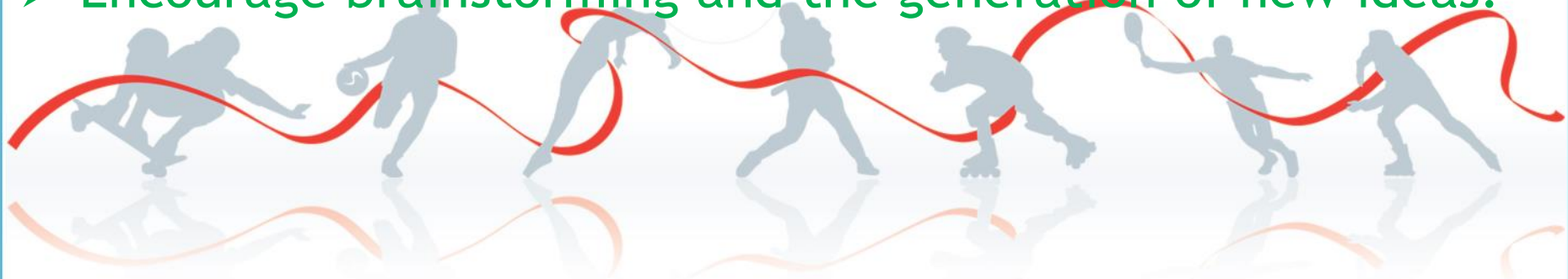integrate thoughts and become critical thinkers

Concept Mapping, Graphic Organizers & Mind Mapping

Concept that began in 1972 as an effort to understand changes in children's knowledge of science.

Research shows that it helps:

➤ Integrate new concepts with older concepts.

➤ Encourage brainstorming and the generation of new ideas.

FREE Concept Maps/Mind Mapping Apps for the iPad/Tablet

iBrainstorm   Mental   Mind Vector

SimpleMind   MindMaple   Mindscope

Total Recall   Inspiration Maps Lite   Inkflow

Popplet lite   Lucidchart   BigMind

MindMeister   iMindQ Lite   Idea Sketch

Concept Maps/Mind Mapping Software

Inspiration - http://www.inspiration.com

Smart Draw - http://www.smartdraw.com

Goodwin, Hatz

March 17, 2015
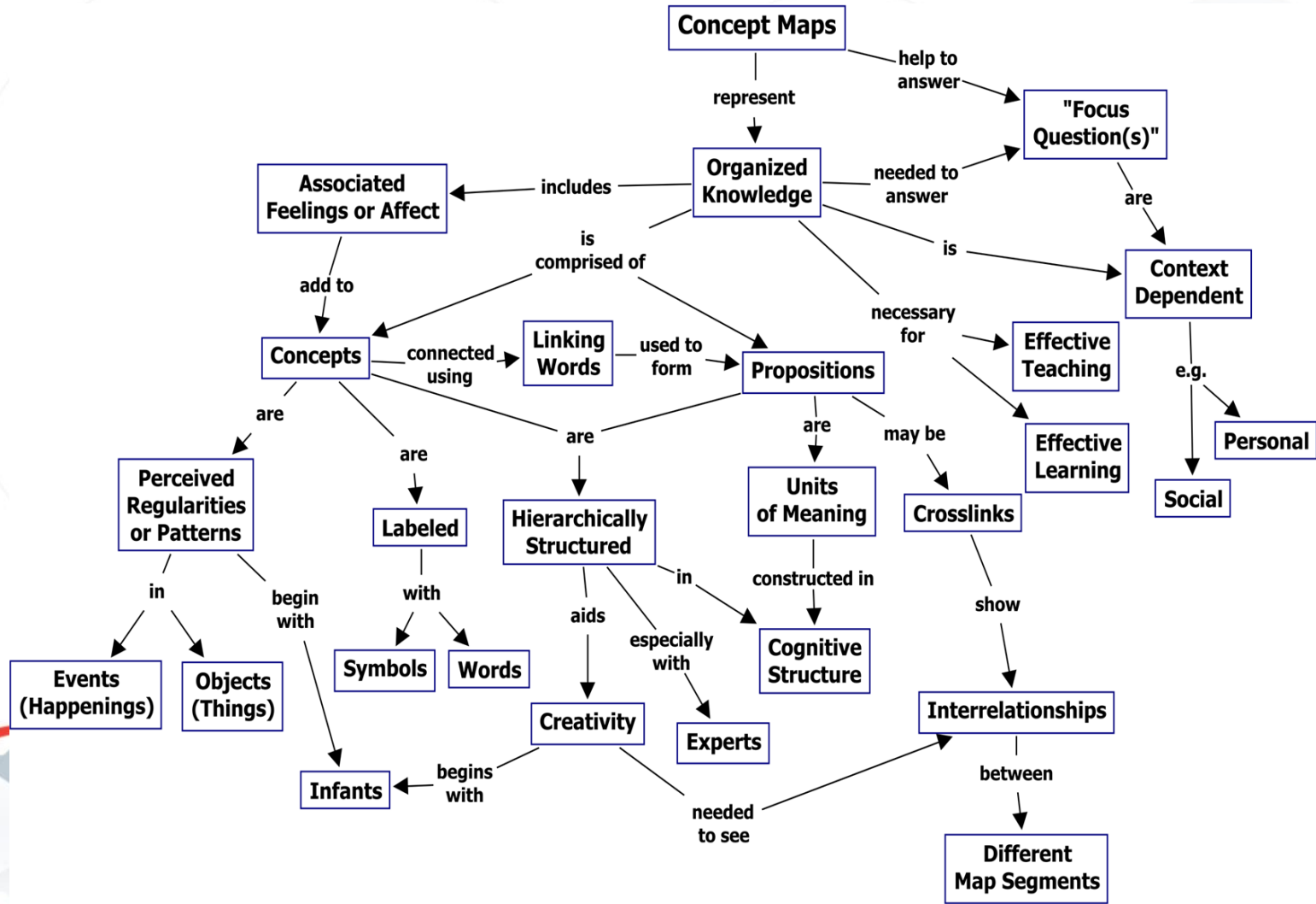
Malaria

MS Student
2nd Hour
January 14th,
2010

Communicable? or Non-Communicable?

Communicable!

DEFINITION: Malaria is a serious disease that causes a high fever and chills. You can get it from a bite by an infected mosquito.

(Fetus)

(Malaria parasite)

SYMPTOMS
Most malaria infections cause symptoms like the flu, such as a high fever, chills, and muscle pain. Symptoms tend to come and go in cycles. One type of malaria may cause more serious problems, such as damage to the heart, lungs, kidneys, or ...

WHERE IS MALARIA OFTEN FOUND?
Malaria is most common in Africa, Southern Asia, Central America, and South America.
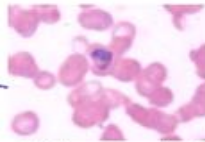
TREATMENT
Medicines, such as Doxycycline Hyclate Oral, usually can treat the illness. But some malaria parasites may survive because they are in the liver or they are resistant ...

PATHOGEN
The pathogen that causes Malaria a parasite (which is a protozoa) that is usually carried by a vector, such as a mosquito. Also, a unborn baby (a fetus) can get the disease if its mother has it. In rare cases you can get the parasite by coming in contact with infected blood.

BODY SYSTEMS AFFECTED
The Circulatory System-- Parasites in the blood and possible heart failure.
The Muscular System--muscle pains.
Possible Respiratory (lung), Excretory (kidneys), or Nervous (brain) system failure.

Goodwin, Hatz   March 17, 2015

How to Build a Concept Map Using iBrainstorm

1. Start with a main idea -- BENEFITS OF EXERCISE
2. Build from the center out or top to bottom
3. Determine the key elements
4. Find the key concepts that connect and relate to the main idea
5. Finish by connecting the concepts creating linking phrases and words

Technology in the Gym! Building a QR Code Fitness Trail

The acronym QR is derived from the term "Quick Response".

QR-Codes originated in Japan, and have only recently become popular within the Middle East and Europe

The Japanese standard was released in 1999 and updated in 2006

QR Codes!

QR codes have huge data capacity = A total of 7,089 characters can be encoded in one symbol alone

A great feature of QR-Codes is that you do not need to scan them from one particular angle

Using QR Codes

Many smart phones come ready to read these codes
All the phone needs is a camera and a de-coder
Follow the following directions to download your QR reader:

iPhone – Go to app store and download QR Reader for iPhone – free app

Droid – Go to market store. Download QR Droid – free app

Creating QR Codes

Try this code!

Try this code embedded with a URL

You can create your own codes!

You can use text, URL, YouTube video etc.
Download or Email the code to yourself

http://www.qrstuff.com/

Blazing the Fitness Trail

Rules of the trail:

1. Your team must travel together with 1 hand from each person on the rope.

2. You must complete your worksheet at each station before moving on.

3. Every team member may work at his/her own level.

4. Remember, good team members are honest, supportive, and encouraging.

Goodwin, Hatz

March 17, 2015

The 6 Stops on the Fitness Trail

Scan each QR code, read/perform each activity for 2 minutes. Each stop will help you build a component of health related fitness:

Cardio-respiratory fitness, muscular strength, muscular endurance, or flexibility

The QR Codes for the Fitness Trail

More QR Codes for the Fitness Trail

FROM APPS TO APPLICATION

"We need technology in every classroom and in every student and teacher's hand, because it is the pen and paper of our time, and it is the lens through which we experience much of our world." – David Warlick

FROM APPS TO APPLICATION

BUT REMEMBER:

"Technology is just a tool. In terms of getting the kids working together and motivating them, the teacher is most important." - Bill Gates

QUESTIONS?

Brenda Goodwin – MO State University

brendagoodwin@missouristate.edu

Kirsten Hatz – MO State University

khatz@missouristate.edu