

Curriculum Relevance of FitFocus



A Portion of the Presentation
“Healthy Active Living Exercises”
for Special Area Group Conference
Winnipeg, October 2009

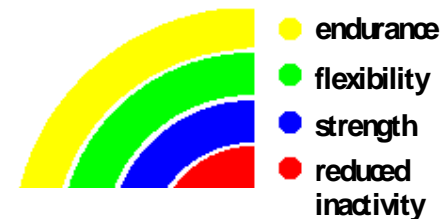
- Sarah Prowse and Rachel Prowse
FitFocus

Software for Physical Activity Analysis

(complement to FoodFocus: nutrition analysis
software)

Phone: 204-453-6060

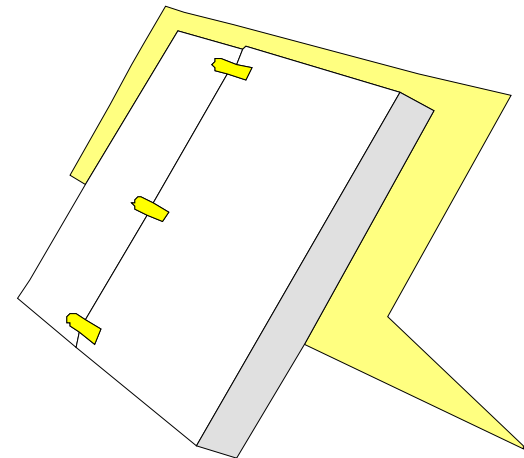
Web: www.fitfocus.com



Curriculum relevance of FitFocus

■ Curriculum Expectation

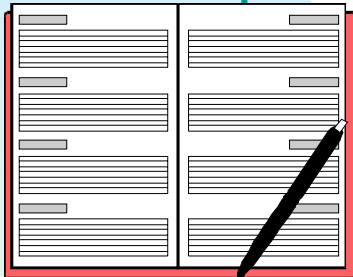
- ◆ How FitFocus supports common curriculum objectives



Curriculum Objectives

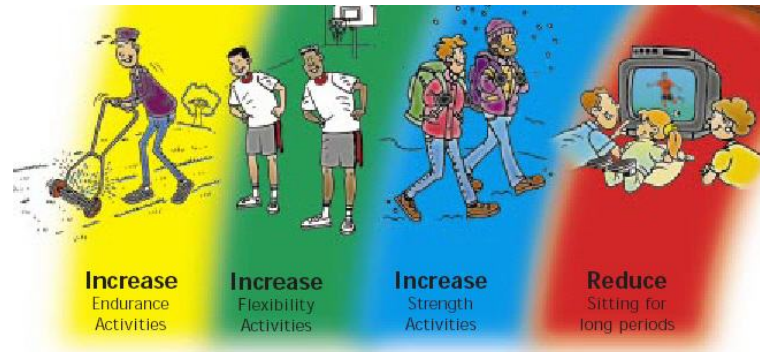
EXPECTATION

- Monitor personal plans for ..fitness activities (e.g. self designed or computerized programs)*



SUPPORT

- Activity analysis using FitFocus compares selected activities with Health Canada Healthy Active Living guidelines



* Grade 9, 10 Active Living; K.5.S2.B.3 Examine ways technology may support an active lifestyle

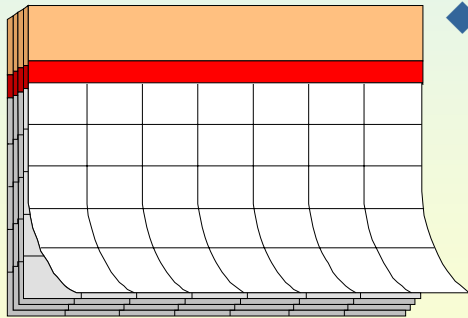
Curriculum Objectives

EXPECTATION

- Create daily personal.. physical fitness program*
- Evaluate variety of physical fitness programs**

SUPPORT

- ◆ FitFocus allows defining activities on a calendar basis (useful to evaluate actual daily activities) or on a standard week basis (useful for evaluating typical activity patterns or for program development). Analysis can be done on a day, week or month basis.



*** Grade 11 Active Living, ** Grade 12 Active Living; S.5.S2.A.2 Develop an action plan for active living on a daily basis for self**

Curriculum Objectives

EXPECTATION

Use **IDEAL** model to:

Identify problems

Discuss options & consequences,

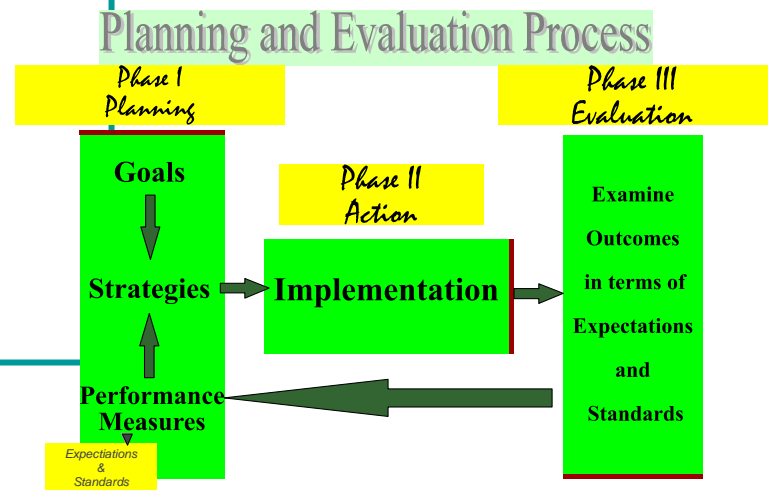
Evaluate options,

Act and

Learn from experience*

SUPPORT

- ◆ FitFocus is designed to allow students to review options, evaluate alternatives, and receive instant feedback fostering an understanding of a student's control of outcomes



* Grade 10 Living Skills; S.4.S1.A.3 Apply goal setting process to design plan for healthy active lifestyle

Curriculum Objectives

EXPECTATION

- Adapt physical fitness and activity programs to address personal needs*
- Design plan for event that reflects needs (e.g. specific age group, culturally diverse population, individuals with special needs) **



SUPPORT

- ◆ FitFocus supports selecting activities by effort level and includes variety of activities (wheelchair basketball, marathon wheeling, etc).

***Grade 12 Exercise Science, ** Grade 12 Facilitation of Exercise & Leisure;
K.4.S1.A.3 Examine factors that affect decisions for active lifestyle**

Curriculum Objectives

EXPECTATION

- Describe benefits of... active living (e.g. relationship of cardio fitness to increased stamina and lower risk of heart attack)*.

SUPPORT

FitFocus Benefit analysis displays show the degree to which activity levels are expected to reduce, in the long term, not only heart disease but various cancers, diabetes, obesity, death from all causes and other health limitations (expressed as a fraction of the risk reduction due to active instead of sedentary living). Risks associated with inactivity are indicated in Help displays.

*** Grade 9 Active Living; K5.S2.A.2 Demonstrate knowledge of healthy lifestyles that contribute to disease prevention**

Curriculum Objectives

EXPECTATION

- Safe participation, minimize injury, minimize risk, deal with emergency situations

SUPPORT

- ◆ FitFocus Risk Analysis displays show some of the immediate and long term injuries that can result from physical activities so that students can be proactive about preventing injury.



* Grade 9 Active Living

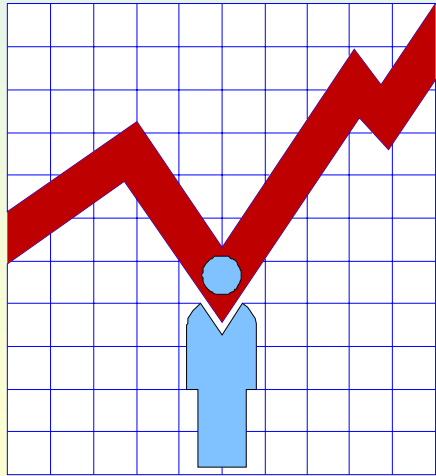
Curriculum Objectives

EXPECTATION

- Connections between health and physical education and other subjects.. science*
- Prepare students for university programs*

SUPPORT

- ◆ FitFocus Help notes reference technical papers, explain calculations and illustrate an evidence-based approach with opportunities for further study.



*** Grades 11 & 12 Curriculum Introduction**

Curriculum Objectives

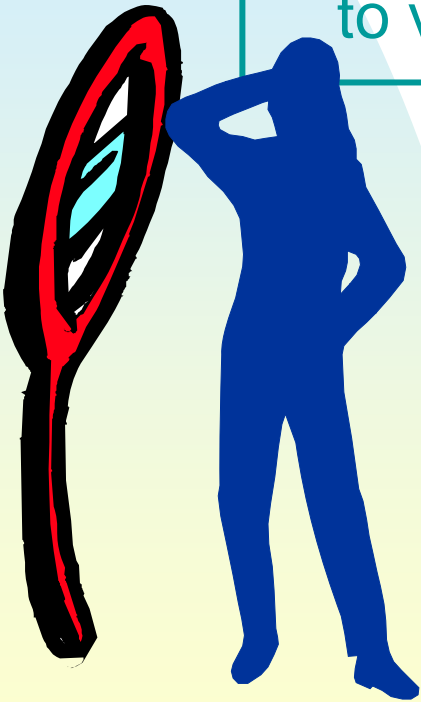
EXPECTATION

- Active living & positive body image contribute to vitality*

SUPPORT

- ◆ FitFocus uses a standard default weight individual rather than requiring an individual's weight (although an individual's weight can be entered).
- ◆ FitFocus does not focus on an individual's weight and is not a weight loss program.

* Grades 11 & 12 Curriculum Introduction



Curriculum Objectives

EXPECTATION

- Monitor heart rate.. with respect to.. target zone*

SUPPORT

- ◆ FitFocus calculates target heart rate zone when age is entered on the “Who” display and it is used on the Endurance analysis display (Effort heart rate option).
- ◆ HELP\ MEASURING ACTIVITY\ HEART RATE provides an interactive display on which students can practice measuring the rate of a pulsing image.



* Grades 11 Active Living

Curriculum Objectives

EXPECTATION

- Describe strategies that will affect.. choice of activities and encourage lifelong participation*

SUPPORT

- ◆ FitFocus includes about 500 activities suitable for a variety of life situations (carrying infant, playing with children...) and intensities (from leisure activities to competitive athletics).



* Grades 11 Active Living

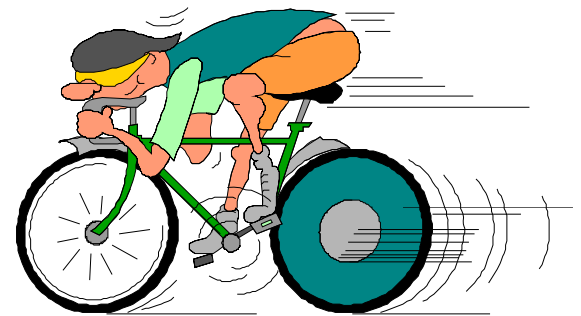
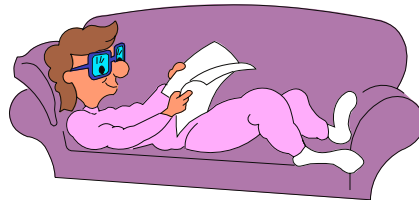
Curriculum Objectives

EXPECTATION

- Evaluate factors (peer, culture, media) that influence personal choices*
- Be an informed consumer**

SUPPORT

- ◆ FitFocus activities include transportation, sleeping, watching TV & other inactivities characteristic of modern lifestyles. Easily compare products and gimmicks advertised to promote physical activity with benefits of endurance activities of daily living such as walking or biking.



* Grades 11 Determinants of Health,

**Grade 12 Physical Activity and Sport in Society

Curriculum Objectives

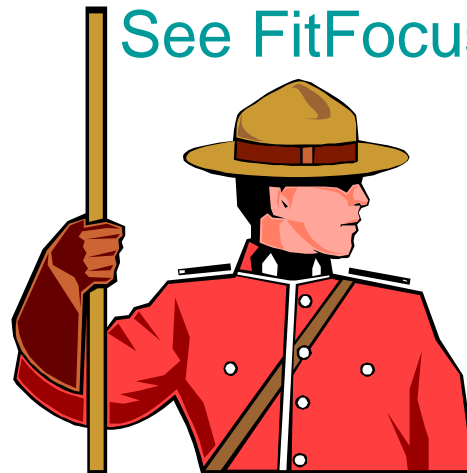


EXPECTATION

- Describe career opportunities*
- Connections between.. subject areas.. career education*

SUPPORT

- ◆ FitFocus is designed to link to Help files which a teacher may create for careers that demand physical fitness- firefighting, military, paramedic & police. See FitFocus manual for details.



* Grades 11 Physical Activity,
**Grade 11 & 12 Curriculum Introduction

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