

# Kearny High School Physical Education Medical Exemption Assignment

## PHONE APP ASSIGNMENT



### ASSIGNMENT RATIONALE

There's no denying that the mobile smart phones have unlimited potential to help us manage our lives. We want you to join the wave in finding out what health and fitness applications are out there and available to help people achieve their wellness goals. We thought this project would be fun and that a Kearny High School student just might be a future successful app designer.

### ASSIGNMENT DESCRIPTION

#### 1. STUDENT WILL:

Select a health and wellness or physical fitness/activity topic that can benefit from the development of a phone application.

#### 2. STUDENT WILL:

Design and develop a phone application to help address the need or problems associated with this topic. You will research other phone apps and identify key aspects to successful apps. Research the topic you have selected so you can devise a unique and useful approach to managing or, providing information on the condition/task. Design your app on paper, using an 8x11 piece of paper for each screen page. These pages represent your app and may be hand drawn pictures written descriptions or computer generated images.

### 3. STUDENT WILL:

Write a one page essay describing why you chose the topic and why your app is necessary. You must identify the target audience for whom the app is intended and explain why they need this service. How will this app improve their current level of condition or provide other benefit.

Share the design with a friend, parent or teacher to get their feedback. Is the app realistic? Does it meet a need? Do they think they would use the app? Include this information and your rationale with the above assignment as a section called "reviews". Reviews can be in bullet form.

Provide a list of resources that were used for the research and used for the assignment.

App models to review:

<http://www.mensfitness.com/training/best-fitness-and-nutrition-apps-for-iphone>

### ASSIGNMENT GRADING

Your assignment will be evaluated on the following

- Completion of all assignment tasks. **34 points**
- Use of accurate content information. **33 points**
- Creativity - artistic expression and design. **33 points**