

Kearny High School Physical Education  
Medical Exemption Assignment  
2 Week Assignment

## Technology and Fitness Assignment



### ASSIGNMENT RATIONALE

Technology impacts every aspect of our lives. Technology has been sometimes described as the culprit for the increasing lack of activity and the sedentary lifestyle prevalent in the USA and indeed the world. In this assignment you will hear a story about a positive impact and product development which is being used to enhance physical activity and performance. The bottom line for most Americans is that we need to increase our activity levels in order to maintain optimal health. Exploring the “technology impact” will help you to understand the full scope of this topic.

### ASSIGNMENT DESCRIPTION

1. Student will view the link provided:
2. Use the questions as a part of your final project.

Watch the linked video on bio feedback and physical performance below. Write a reaction summary to this video. What do you think of this development? How will it impact sport and fitness training? Include the main points of the researchers as supporting arguments. What additional forms of feedback might a fitness researcher or trainers want to have in addition to the shown devices capabilities?

Technology in Sports and Fitness

[http://www.youtube.com/watch?v=BPV\\_BhHZcO8](http://www.youtube.com/watch?v=BPV_BhHZcO8)

### **3. Assignment**

Create your own model product or idea for use of technology in sports, fitness, health and wellness. Provide background information on the product; describe how it will improve performance, fitness or health. Create an advertisement for your product.

## **ASSIGNMENT GRADING**

Your assignment will be evaluated on the following

- Completion of all assignment tasks. **34 points**
- Use of accurate content information, to support your summaries and reactions. **33 points**
- Creativity - artistic expression and design. (How well it looks) **33 points**