

# Connecting Student Health to Academic Achievement, K-12



*Physical Educations Most Robust Assessment Platform*

Jen Ohlson                      @IHTSpirit  
Doug Hallberg                 @djhberg

Spirit System

Hallberg 34C 2014-15 > Basketball 4

START PICK UP RETURN

Participant Assignments

RM	Name
1	Elizabeth Alexander
2	Torree Aubrey
3	Veronica Audette
4	Nicholas Barnes
62	Logan Berube
7	Alexander Brooks
8	Isabella Chiesa
9	Christian Dearbeck
10	Glendy Dias
11	Adeana DiGiuseppe
12	Jozlyn Flaherty
13	Alexander Fritz
14	Justin Getty
15	Armando Goodell
16	Anthony Hayward
17	Sam Jensen
18	Michaela McCrum
19	Ryan O'Connor
20	Alora Paddon
21	Ashley Perretta

IHT Spirit System > Pickup - Assigned!

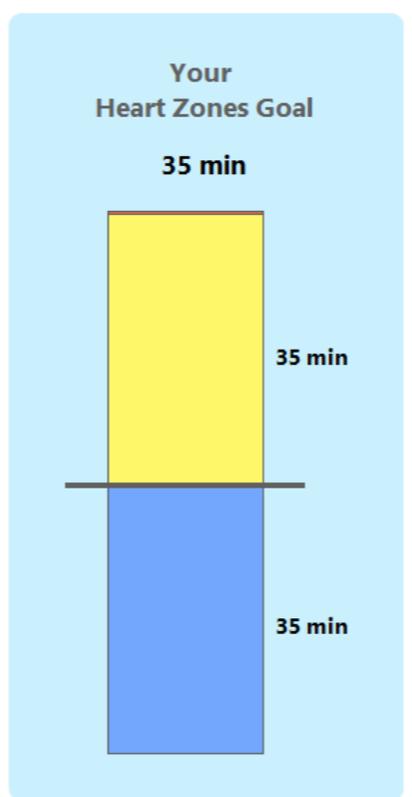
# Hi Veronica Audette

Not you? Is it your # and color? See your facilitator.




## Your Heart Zones Goal

35 min



35 min

35 min

Close

Session Details

Hallberg 34C 2014-15

Activity: Basketball 4

Duration: 70 mins

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Pending Uploads Refresh

8:42 1/20/



Students tap in at the start of class.  
The screen tells them the goal for the day.

START PICK UP RETURN WRAP UP

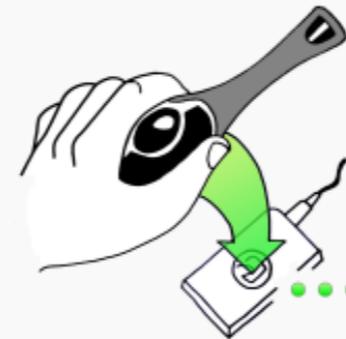
## PICK UP &amp; MONITOR

[Previous](#)[Next](#)Participant Assignments [?](#)

HRM	Name	Status	Undo
1	Elizabeth Alexander		<a href="#">Undo Pickup</a>
2	Torree Aubrey		<a href="#">Undo Pickup</a>
3	Veronica Audette		<a href="#">Undo Pickup</a>
4	Nicholas Barnes		<a href="#">Undo Pickup</a>
62	Logan Berube		<a href="#">Undo Pickup</a>
7	Alexander Brooks		
8	Isabella Chiesa		<a href="#">Undo Pickup</a>
9	Christian Dearbeck		<a href="#">Undo Pickup</a>
10	Glendy Dias		<a href="#">Undo Pickup</a>
11	Adeana DiGiuseppe		<a href="#">Undo Pickup</a>
12	Jozlyn Flaherty		<a href="#">Undo Pickup</a>
13	Alexander Fritz		<a href="#">Undo Pickup</a>
14	Justin Getty		<a href="#">Undo Pickup</a>
15	Armando Goodell		<a href="#">Undo Pickup</a>
16	Anthony Hayward		<a href="#">Undo Pickup</a>
17	Sam Jensen		
18	Michaela McCrum		<a href="#">Undo Pickup</a>
19	Ryan O'Connor		<a href="#">Undo Pickup</a>
20	Alora Paddon		<a href="#">Undo Pickup</a>
21	Ashley Perretta		<a href="#">Undo Pickup</a>

## Pickup HRM's

Participants can pick up their HRMs from this screen by slowly scanning each HRM over the IHT Spirit reader as illustrated below.



## DID YOU KNOW?

You can use the Pickup & Monitor screen to view the performance of a participant(s) in the middle of a session.

Once an HRM has been picked up and used, simply scan it using the IHT Spirit reader. The session performance report will appear and then automatically disappear after a brief time delay. The participant can then resume their workout.

*This does not replace the return step which must be completed while the IHT Spirit desktop application is in Return mode.*

## Session Details

**Group:** Hallberg 34C 2014-15

**Activity:** Basketball 4

**Duration:** 70 mins

[Logins](#) [Pending Uploads](#)[Refresh](#)

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[IHT Spirit](#)

The screen also let's me see who has tapped in and who has not.  
I could use this for attendance

# RETURN

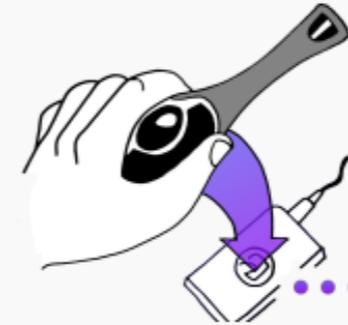
## Participant Assignments

5 HRMs missing

HRM	Name	Status	Time in Zone	%IZ
1	Elizabeth Alexander	!	0/35	0%
2	Torree Aubrey	✓	0/35	0%
3	Veronica Audette	✓	0/35	0%
4	Nicholas Barnes	✓	0/35	0%
62	Logan Berube	!	0/35	0%
7	Alexander Brooks	--	--	--
8	Isabella Chiesa	✓	0/35	0%
9	Christian Dearbeck	✓	0/35	0%
10	Glendy Dias	✓	0/35	0%
11	Adeana DiGiuseppe	✓	0/35	0%
12	Jozlyn Flaherty	✓	0/35	0%
13	Alexander Fritz	!	0/35	0%
14	Justin Getty	!	0/35	0%
15	Armando Goodell	!	0/35	0%
16	Anthony Hayward	✓	0/35	0%
17	Sam Jensen	--	--	--
18	Michaela McCrum	✓	0/35	0%
19	Ryan O'Connor	✓	0/35	0%
20	Alora Paddon	✓	0/35	0%
21	Ashley Perretta	✓	0/35	0%

## Return HRMs

To return an HRM after a session, slowly scan the HRM over the IHT Spirit reader as illustrated below.



### NOTE

A screen displaying your session performance will appear and then automatically disappear after a short delay. Once this screen appears, your HRM has been properly returned.

After placing your HRM over the IHT Spirit reader, do not remove it from the reader until the session performance screen appears. Doing so can interrupt the download of your session data.

If after scanning your HRM, the session performance screen does not appear, remove the HRM from the reader and wait for 3 seconds. Then reattempt to scan the HRM over the reader.

## Session Details

**Group:** Hallberg 34C 2014-15  
**Activity:** Basketball 4  
**Duration:** 70 mins

# When class is over I hit next again

The students tap out. It shows me if every monitor is accounted for. Hit close and finish.

Personal Info: Hallberg, Doug

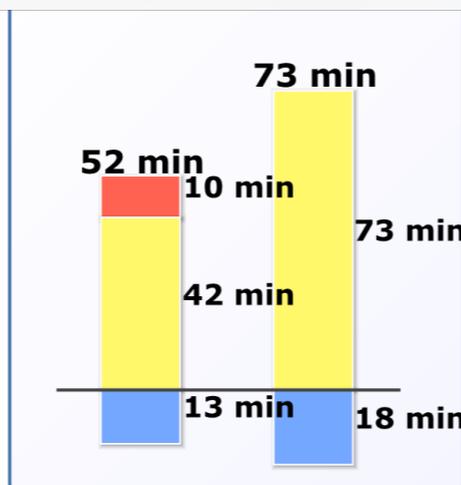
Session:  
Hallberg Personal-11/15/13-Tabata training fitness room

Heart Rate Monitor: 32

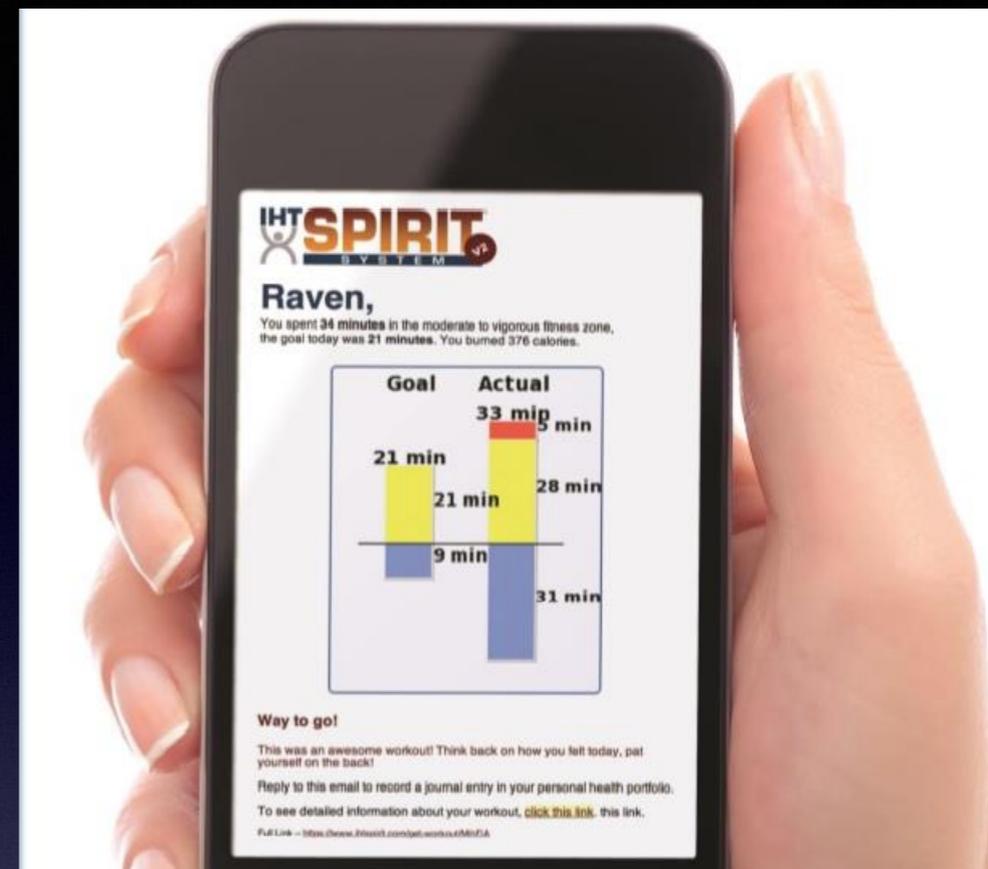
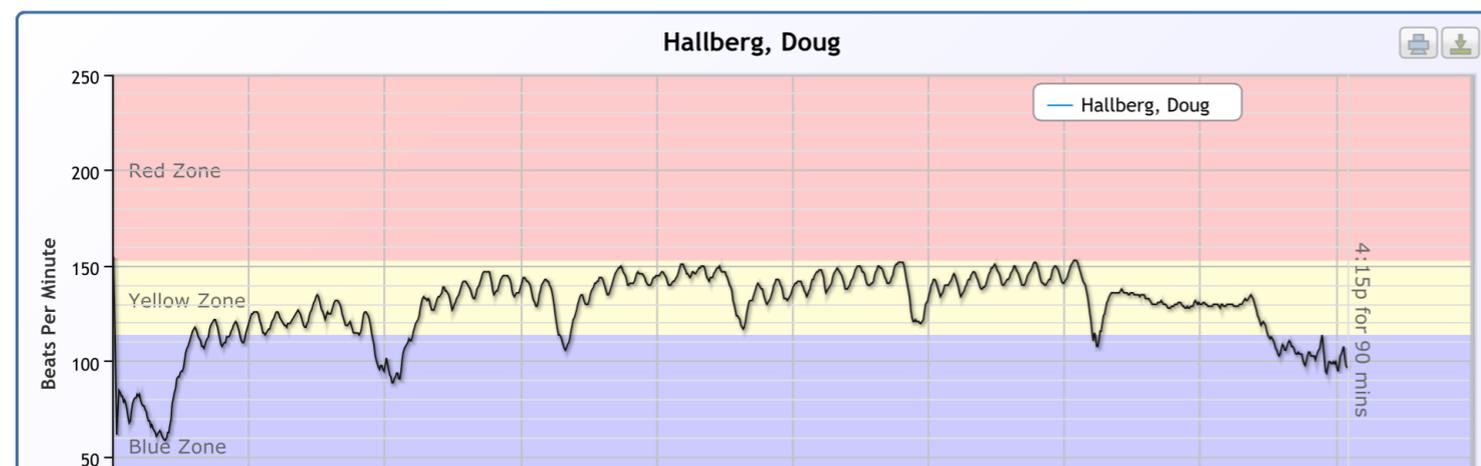
Fitness Level: Moderately Fit

Calories Burned: 586 kcal

## Journal Entry



Goal TIZ:	52	Avg. TIZ:	73
Duration:	65	Duration:	91



As soon as the student taps out an email can be automatically sent to a device of their choice, and their parents.

How's that for communicating with parents?

Gender: Unknown

Scheduled Time: 9:20am

Section: H34B

Duration: 70 min

## Last 5 Sessions

## Last Session Participant List

Start Time	Met Goal	Calories
01/05/2015 - 8:43am	91 %	12,769 kcal
12/18/2014 - 8:34am	91 %	12,402 kcal
12/12/2014 - 8:48am	92 %	13,008 kcal
12/08/2014 - 9:39am	78 %	4,107 kcal
12/02/2014 - 8:42am	91 %	12,120 kcal

1 2 3 next › last »

[View All Sessions](#)

-  Archambault, Paul
-  Callahan, Alexis
-  Conway, Mary
-  Coppola, Montana
-  Diaz, Katy
-  Fantini, Ellen
-  Farnsworth, Kyle
-  Febbie, Timothy
-  Fowler, Sadie
-  Gagliardi, Anthony
-  Gatchell, Lily
-  Haley, Kailynn
-  Hodge, Cyle
-  Hopkins, Kayla
-  Kruman, Christopher
-  Lonergan, Joshua
-  Mauceri, John
-  Nerney, Caitlin
-  O'Clair, Isabella
-  Phillips, Emma

# Easily Access Summaries

Green met goal, Red did not

## WARNING

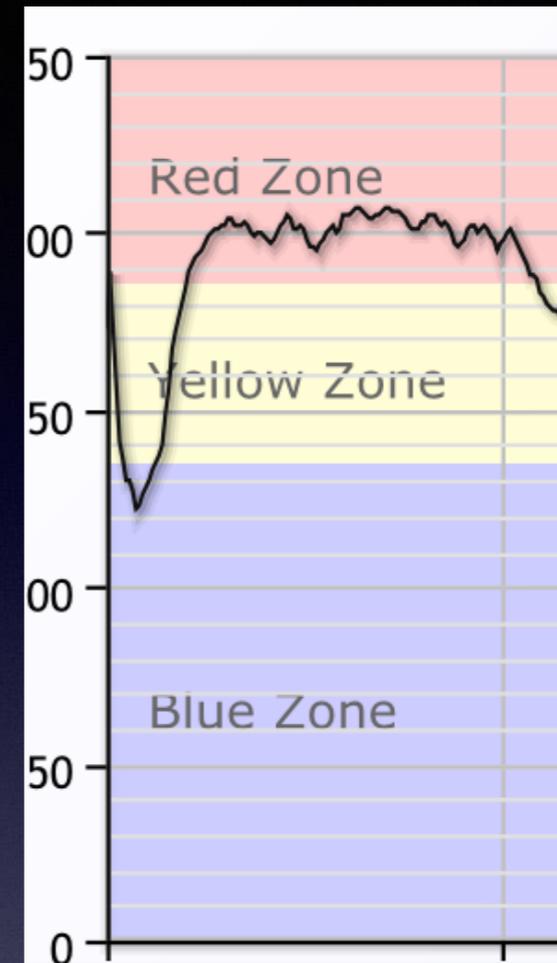
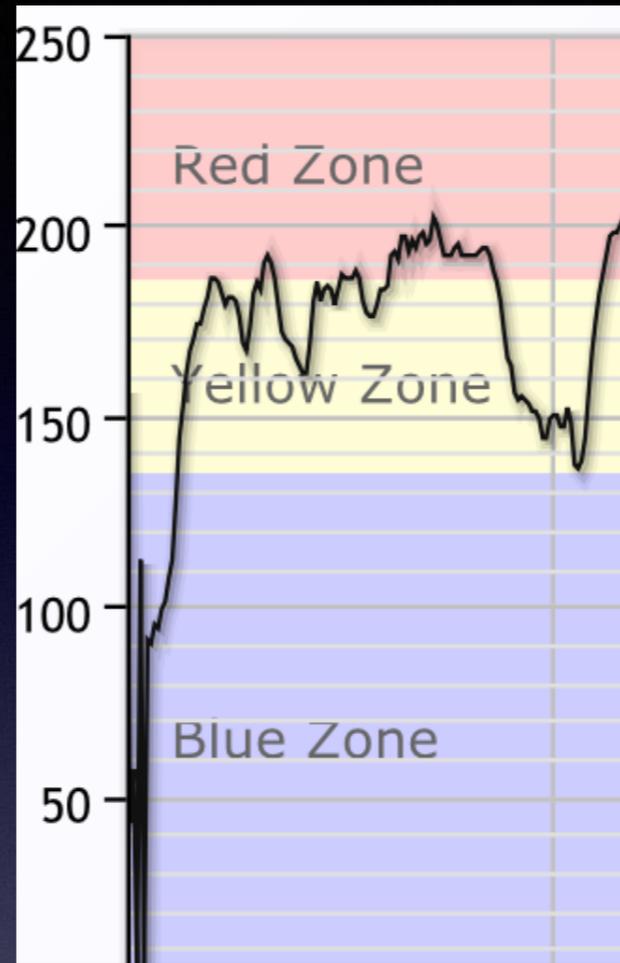
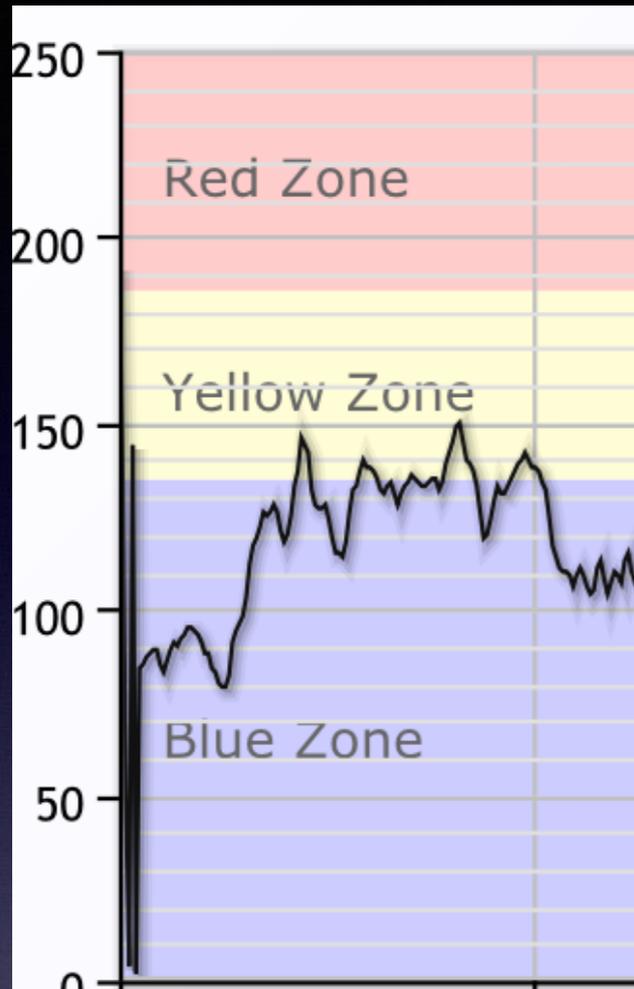
Daily Exercise  
and  
Healthy Eating  
leads to  
Increased  
Awesomeness

# Instant Activity

Women start on 1, men start on 6



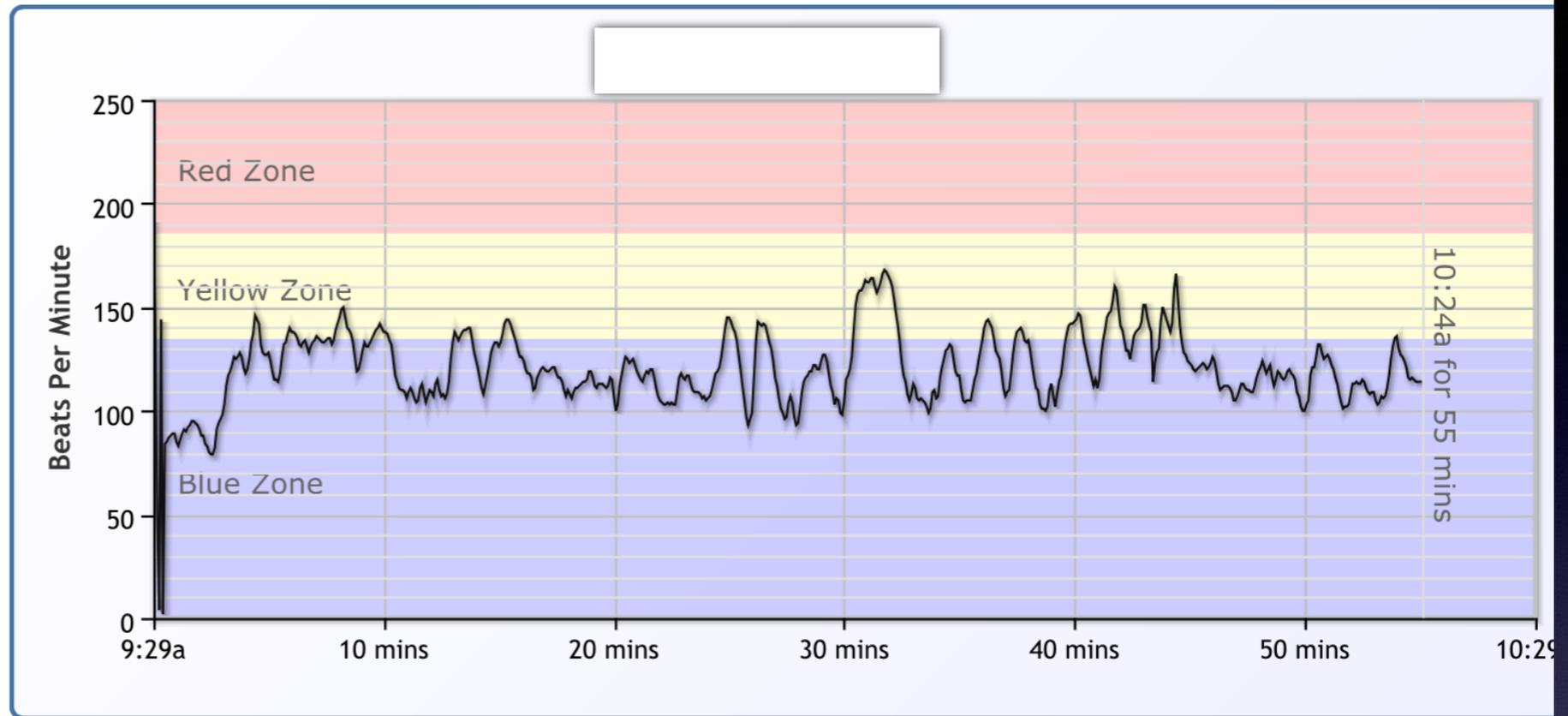
1. Jog 2 laps around the outside of the gym.
2. Jog to the center and do 15 jumping jacks
3. Sprint the width of the gym, then backpedal the width 2x
4. Shuffle around the gym 1x, face in for 4 than out for 4
- 5. Jog over, fist bump me and tell me your name.**
6. Jog to the center and do 6 perfect air squats.
7. Jog around the gym 1x, in each corner do 3 push ups.
8. Jog to the center and do 20 alternating backward foot slaps(right hand to left foot, left hand to right foot).
- 9. Fist bump me, and tell me what state you are from**
10. Jog to the center and do 5 jump turns."Can you 360?"



**This is the same warm up...I can have separate conversations with each of these students based on what I see!**

Pickup and Return: Fri, 10/10/2014 - 09:29am to 10:26am

Peak Heart Rate: 192 / Minimum Heart Rate: 40 / Calories Burned: 233 kcal



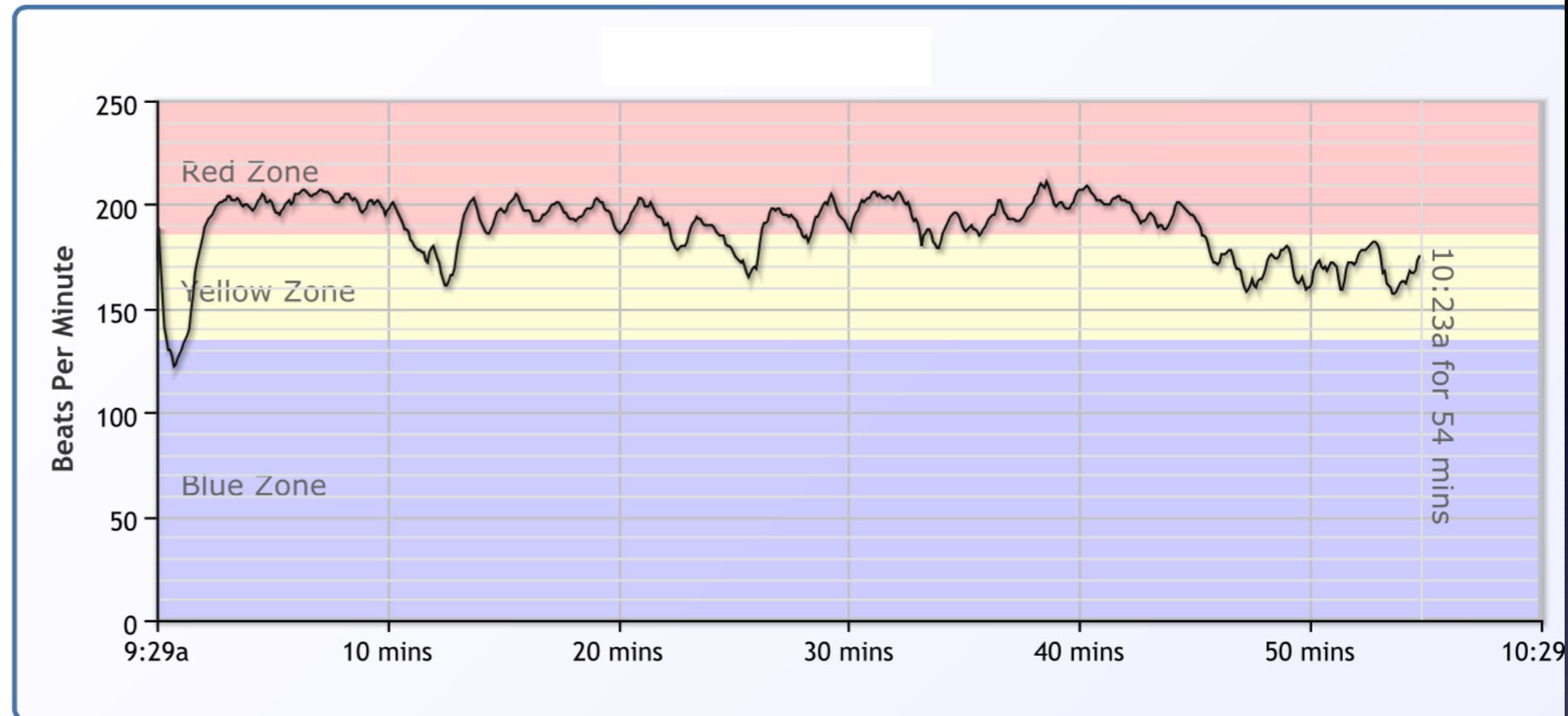
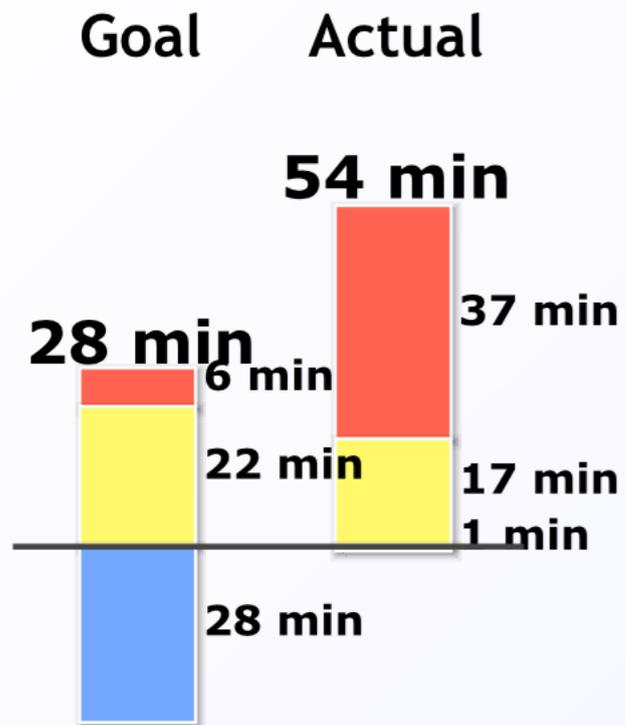
More...

# Sometimes students don't work very hard!

And then we can have a conversation about that.

Pickup and Return: Fri, 10/10/2014 - 09:29am to 10:26am

Peak Heart Rate: 211 / Minimum Heart Rate: 122 / Calories Burned: 862 kcal



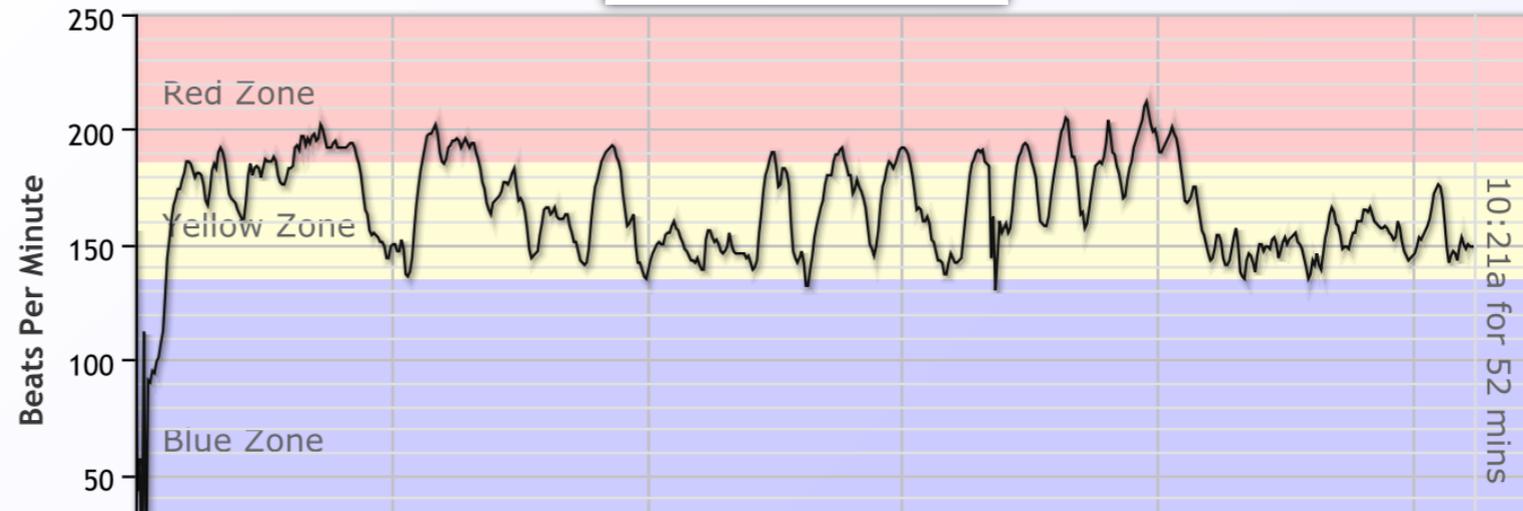
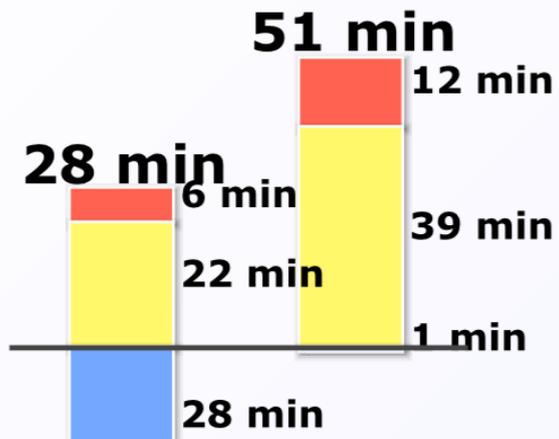
More...

# And sometimes they work too hard!

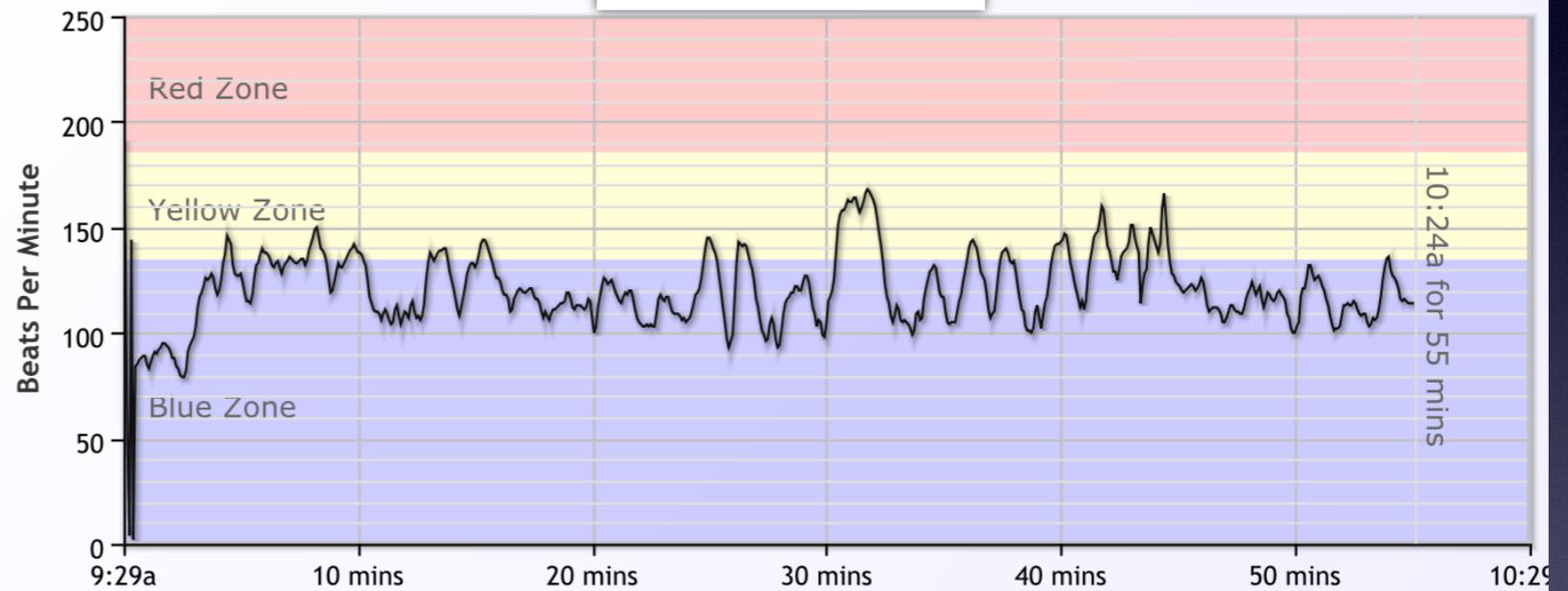
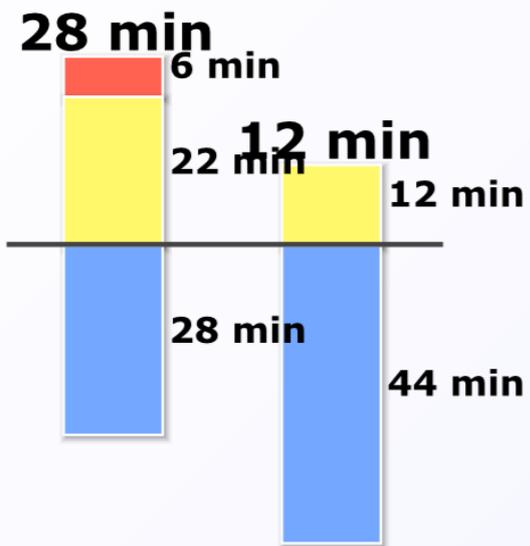
And we can talk about that too.

This is an opportunity to make a connection

Goal Actual



Goal Actual



This is the same class, same day same lesson do they deserve the same grade?

I can prove it!



Think about your evaluation, or your daily grading policy what evidence do you have?

Now it's at your fingertips

# Heart Rate Session Report

Date From \*

2014-09-01

Date To \*

2015-06-10

Groups

Hallberg 34B 2014-15

Apply

**Selected Groups:** Hallberg 34B 2014-15.

**Total Participants:** 28

**Group Performance:**

- 20,137 min (70%) in the zone
- 241,030 calories burned

**Per Participant Performance:**

- 719 min (70%) in the zone
- 8,608 calories burned

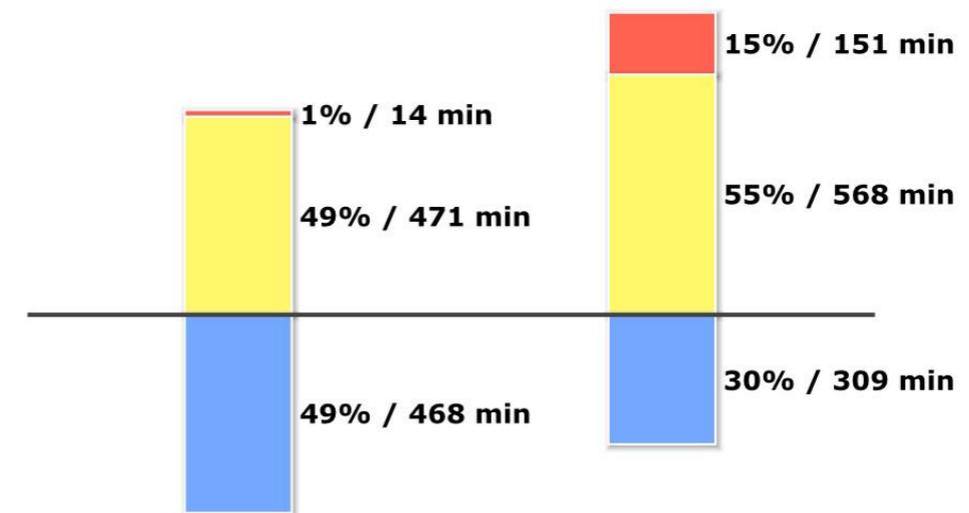
Download to Excel: [Aggregate Report](#) | [Session Detail Report](#)

**Per Participant Goal**

485 min

**Per Participant Actual**

719 min



Report on 1 class last year

# Heart Rate Session Report

Date From \*

Date To \*

2014-09-01

2015-06-10

Groups

6 selected

Apply

**Selected Groups:** Hallberg 34C 2014-15, Hallberg 34A 2014-15, Hallberg 34B 2014-15, Hallberg 34D 2014-15, Hallberg 12A 2014-15, and Hallberg 12C 2014-15.

**Total Participants:** 153

**Group Performance:**

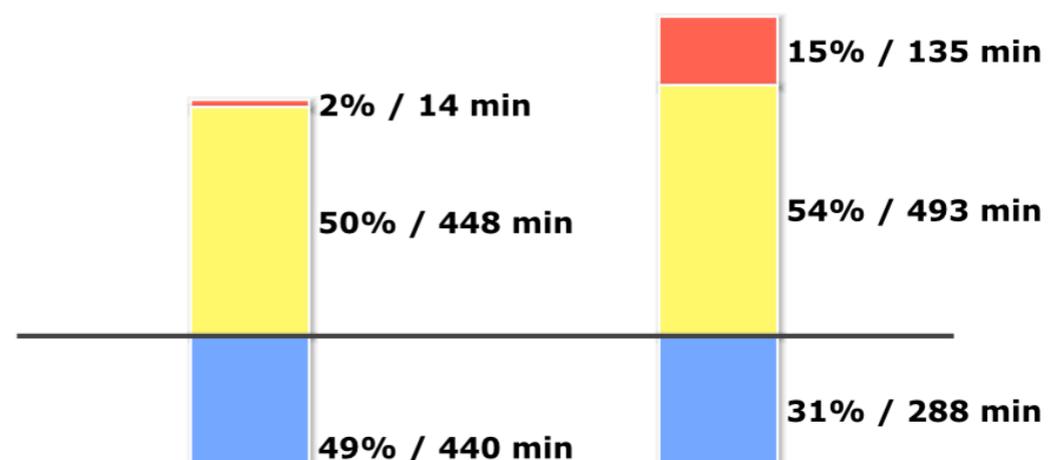
- 95,990 min (69%) in the zone
- 1,141,707 calories burned

**Per Participant Performance:**

- 627 min (69%) in the zone
- 7,462 calories burned

Download to Excel: [Aggregate Report](#) | [Session Detail Report](#)

**Per Participant Goal**      **Per Participant Actual**  
461 min                      627 min



All of my classes last year

# Data on all Middle School Classes In 2014-2015

## Heart Rate Session Report

Date From \*

2014-09-01

Date To \*

2015-06-10

Groups

14 selected

Apply

**Selected Groups:** Schaap 34A 2014-15, Geddes 12B 2014-15, Schaap 34B 2014-15, Schaap 12B 2014-15, Hallberg 34C 2014-15, Schaap 34D 2014-15, Geddes 12D 2014-15, Hallberg 34A 2014-15, Hallberg 34B 2014-15, Hallberg 34D 2014-15, Hallberg 12A 2014-15, Schaap 34C 2014-15, Schaap 12D 2014-15, and Hallberg 12C 2014-15.

**Total Participants:** 374

**Group Performance:**

- 174,547 min (65%) in the zone
- 2,038,417 calories burned

**Per Participant Performance:**

- 467 min (65%) in the zone
- 5,450 calories burned

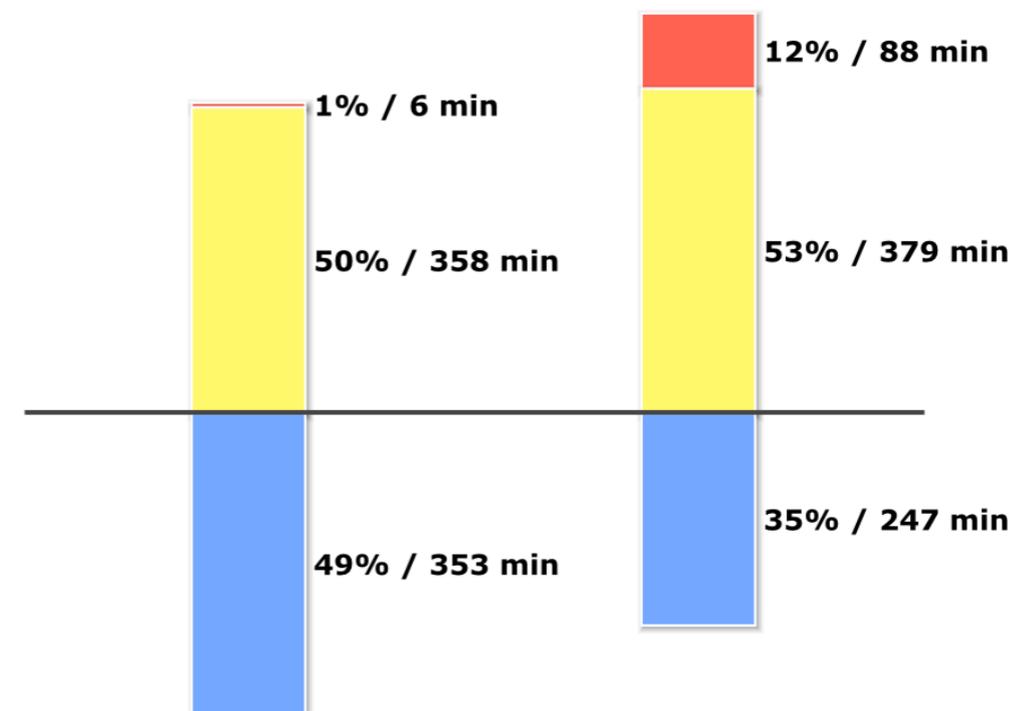
Download to Excel: [Aggregate Report](#) | [Session Detail Report](#)

Per Participant Goal

363 min

Per Participant Actual

467 min



Participant

Time in Zone

Sessions

Calories (kcal)

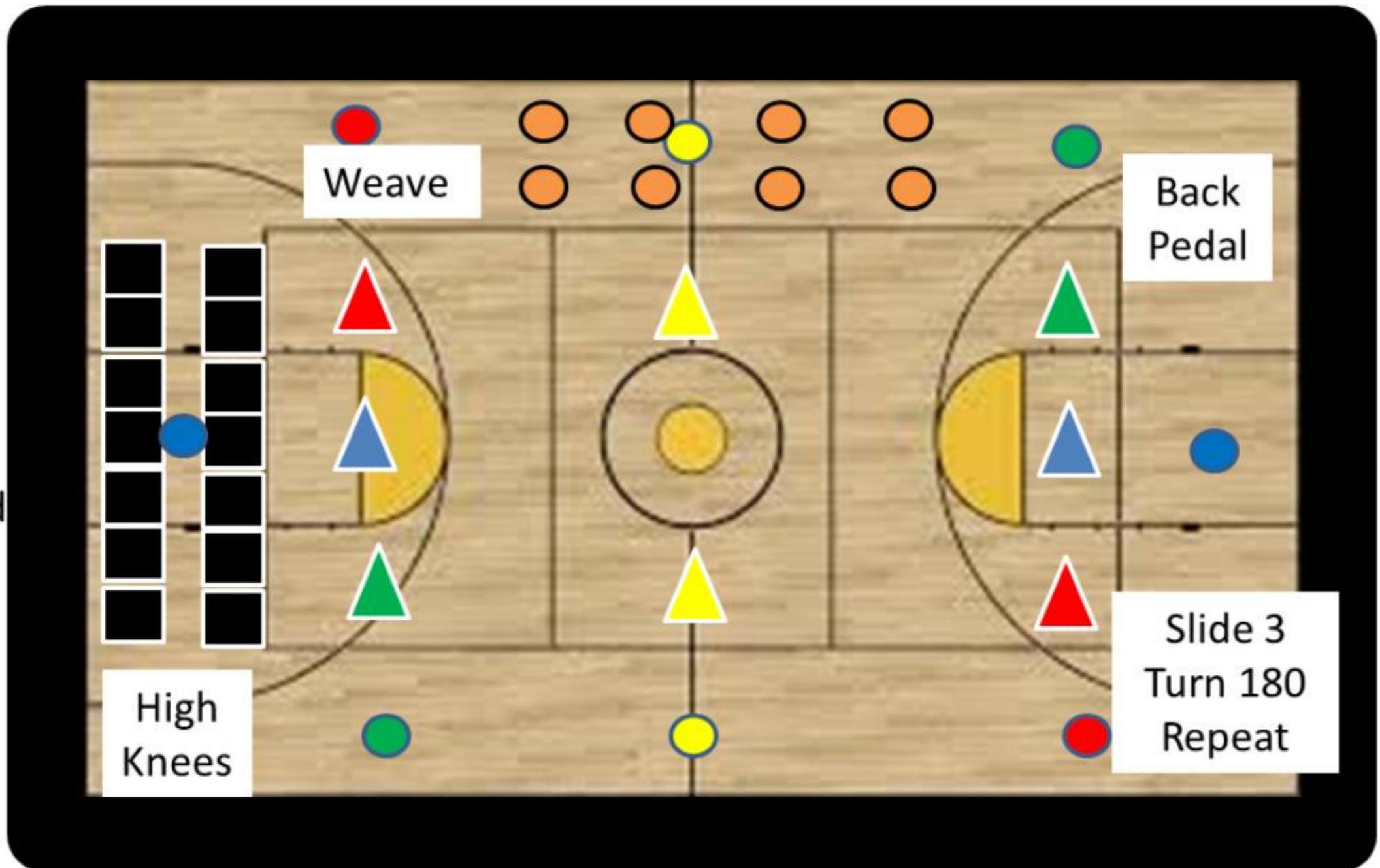
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#1 Strength bags

Girls Locker Room  
#2 Slam Balls

#3 SandBells



Weave

Back  
Pedal

#8 Med  
Balls

High  
Knees

Slide 3  
Turn 180  
Repeat

#4 Med  
Balls

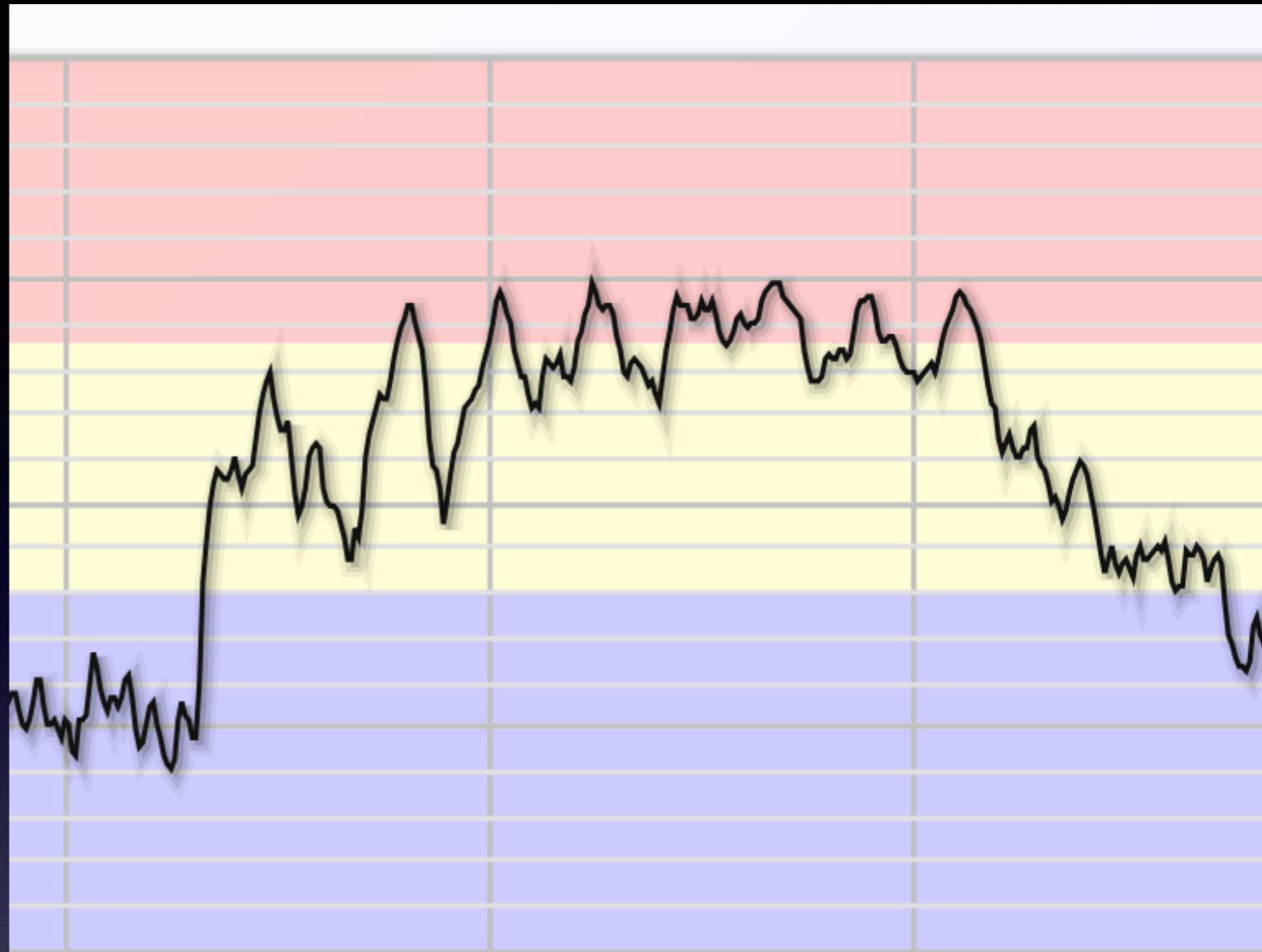
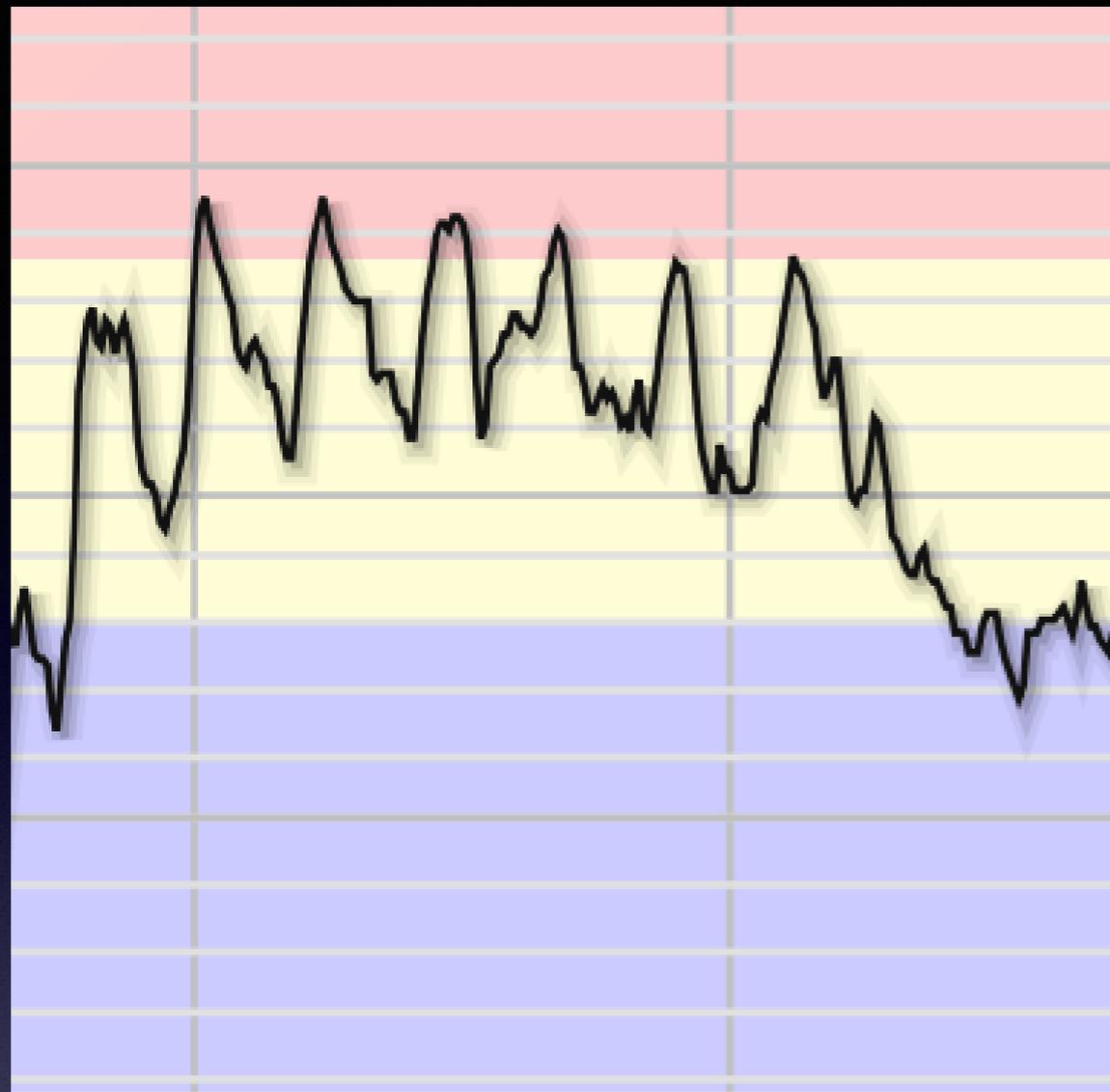


#7 SandBells

#6 Slam Balls

#5 Strength bags

Boys Locker Room



Heart Rates  
During Zone  
Fitness

Date From\*  Date To\*  Limit To  <System Name> <Facilitator Name> Group By



## Average Participant Performance by System and Facilitator

Between 4/1/2013 and 4/30/2013

[Download to Excel](#)

Facilitator	Sessions	Last Session	Time in Zone / Participant	Time in Blue / Participant	Time in Yellow / Participant	Time in Red / Participant	Calories (kcal) / Participant	Steps / Participant
<b>Memorial Middle School</b>								
Suzanne Reed	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Becky Summers	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Shane Steven	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Mark Harrington	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Jon Richardson	36	7/25/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
<b>Total</b>	<b>180</b>		<b>12,225 min (55%)</b>	<b>625 min (15%)</b>	<b>1,780 min (45%)</b>	<b>495 min (12%)</b>	<b>8,350</b>	<b>21,500</b>
<b>Memorial High School</b>								
Suzanne Reed	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Becky Summers	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Shane Steven	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Mark Harrington	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Jon Richardson	36	7/25/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
<b>Total</b>	<b>180</b>		<b>12,225 min (55%)</b>	<b>625 min (15%)</b>	<b>1,780 min (45%)</b>	<b>495 min (12%)</b>	<b>8,350</b>	<b>21,500</b>
<b>Memorial Elementary School</b>								
Suzanne Reed	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Becky Summers	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Shane Steven	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Mark Harrington	36	4/15/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
Jon Richardson	36	7/25/2013	489 min (55%)	125 min (15%)	356 min (45%)	99 min (12%)	1,670	4,300
<b>Total</b>	<b>180</b>		<b>12,225 min (55%)</b>	<b>625 min (15%)</b>	<b>1,780 min (45%)</b>	<b>495 min (12%)</b>	<b>8,350</b>	<b>21,500</b>
<b>ALL TOTAL</b>	<b>xxx</b>		<b>xx,225 min (55%)</b>	<b>xx,625 min (15%)</b>	<b>xx,780 min (45%)</b>	<b>xxx min (12%)</b>	<b>xx,xxx</b>	<b>xx,xxx</b>

# Tracking Lessons, Standards, Proper Equipment and Activities

Start Time	Activity	Met Goal	Calories
<a href="#">02/13/2013 - 1:01pm</a>	<a href="#">Dancing</a>	9 out of 39 (23 %)	7,236 kcal
<a href="#">02/07/2013 - 1:04pm</a>	<a href="#">Pacer Test</a>	22 out of 55 (40 %)	12,784 kcal
<a href="#">02/06/2013 - 1:05pm</a>	<a href="#">Mile</a>	39 out of 56 (69 %)	16,699 kcal
<a href="#">02/05/2013 - 1:03pm</a>	<a href="#">Core/Abs</a>	57 out of 57 (100 %)	10,422 kcal
<a href="#">02/04/2013 - 1:03pm</a>	<a href="#">Performance Course Legs</a>	16 out of 53 (30 %)	8,485 kcal
<a href="#">01/31/2013 - 1:02pm</a>	<a href="#">Cardio Video</a>	32 out of 53 (60 %)	12,286 kcal
<a href="#">01/30/2013 - 1:09pm</a>	<a href="#">Pilates</a>	55 out of 55 (100 %)	8,491 kcal
<a href="#">01/29/2013 - 1:09pm</a>	<a href="#">YOGA</a>	51 out of 51 (100 %)	6,913 kcal
<a href="#">01/24/2013 - 1:06pm</a>	<a href="#">Fitness Stations</a>	31 out of 54 (57 %)	10,463 kcal
<a href="#">01/23/2013 - 1:04pm</a>	<a href="#">Fitness Stations</a>	37 out of 54 (68 %)	12,570 kcal
<a href="#">01/22/2013 - 1:03pm</a>	<a href="#">Jump Rope for Heart</a>	52 out of 52 (100 %)	9,989 kcal
<a href="#">01/17/2013 - 1:01pm</a>	<a href="#">Pacer Test</a>	21 out of 51 (41 %)	11,652 kcal
<a href="#">01/16/2013 - 1:08pm</a>	<a href="#">Badminton/Speedminton</a>	53 out of 53 (100 %)	7,366 kcal
<a href="#">01/10/2013 - 1:02pm</a>	<a href="#">Badminton/Speedminton</a>	56 out of 56 (100 %)	9,448 kcal
<a href="#">01/09/2013 - 1:08pm</a>	<a href="#">Badminton/Speedminton</a>	57 out of 57 (100 %)	9,789 kcal
<a href="#">12/13/2012 - 1:04pm</a>	<a href="#">Kickball</a>	10 out of 55 (18 %)	10,116 kcal
<a href="#">12/12/2012 - 1:02pm</a>	<a href="#">Lacrosse Games</a>	32 out of 59 (54 %)	15,221 kcal
<a href="#">12/06/2012 - 1:02pm</a>	<a href="#">Core/Abs</a>	58 out of 58 (100 %)	11,226 kcal
<a href="#">12/05/2012 - 1:02pm</a>	<a href="#">Aerobic Walking</a>	32 out of 59 (54 %)	15,583 kcal
<a href="#">12/04/2012 - 1:06pm</a>	<a href="#">Performance Course Legs</a>	33 out of 59 (55 %)	12,642 kcal
<a href="#">11/29/2012 - 12:51pm</a>	<a href="#">Basketball Games</a>	38 out of 58 (65 %)	15,765 kcal
<a href="#">11/28/2012 - 1:03pm</a>	<a href="#">Mile</a>	37 out of 59 (62 %)	17,249 kcal
<a href="#">11/27/2012 - 1:03pm</a>	<a href="#">Basketball Games</a>	26 out of 59 (44 %)	14,772 kcal

Start Time	Activity	Met Goal	Calories
<a href="#">11/26/2012 - 1:07pm</a>	<a href="#">Basketball Skills</a>	21 out of 56 (37 %)	12,059 kcal
<a href="#">11/15/2012 - 1:06pm</a>	<a href="#">Basketball Skills</a>	6 out of 54 (11 %)	10,312 kcal
<a href="#">11/14/2012 - 1:02pm</a>	<a href="#">Basketball Skills</a>	21 out of 53 (39 %)	12,583 kcal
<a href="#">11/13/2012 - 1:04pm</a>	<a href="#">Basketball Skills</a>	17 out of 56 (30 %)	11,293 kcal
<a href="#">11/12/2012 - 1:02pm</a>	<a href="#">Basketball Skills</a>	10 out of 51 (19 %)	9,570 kcal
<a href="#">11/08/2012 - 1:02pm</a>	<a href="#">Gymnastics</a>	54 out of 54 (100 %)	14,643 kcal
<a href="#">11/07/2012 - 1:01pm</a>	<a href="#">Gymnastics</a>	55 out of 55 (100 %)	15,932 kcal
<a href="#">11/01/2012 - 12:03pm</a>	<a href="#">Bowling</a>	34 out of 54 (62 %)	13,664 kcal
<a href="#">10/31/2012 - 12:02pm</a>	<a href="#">Bowling</a>	38 out of 56 (67 %)	14,470 kcal
<a href="#">10/30/2012 - 12:02pm</a>	<a href="#">Bowling</a>	54 out of 54 (100 %)	10,681 kcal
<a href="#">10/25/2012 - 12:07pm</a>	<a href="#">Fitness Stations</a>	31 out of 53 (58 %)	12,359 kcal
<a href="#">10/23/2012 - 12:01pm</a>	<a href="#">Aerobic Walking</a>	39 out of 54 (72 %)	14,577 kcal
<a href="#">10/22/2012 - 12:03pm</a>	<a href="#">Speedball/Handball</a>	6 out of 55 (10 %)	9,341 kcal
<a href="#">10/18/2012 - 12:01pm</a>	<a href="#">Mile</a>	27 out of 57 (47 %)	15,443 kcal
<a href="#">10/17/2012 - 12:05pm</a>	<a href="#">Soccer Skills</a>	12 out of 54 (22 %)	10,672 kcal
<a href="#">10/16/2012 - 12:08pm</a>	<a href="#">Soccer Skills</a>	5 out of 55 (9 %)	8,747 kcal
<a href="#">10/15/2012 - 12:02pm</a>	<a href="#">Fitness Stations</a>	36 out of 55 (65 %)	13,787 kcal
<a href="#">10/03/2012 - 11:57am</a>	<a href="#">Dancing</a>	37 out of 60 (61 %)	15,384 kcal
<a href="#">10/02/2012 - 12:00pm</a>	<a href="#">Dancing</a>	27 out of 56 (48 %)	12,994 kcal
<a href="#">10/01/2012 - 12:01pm</a>	<a href="#">Dancing</a>	17 out of 57 (29 %)	12,472 kcal
<a href="#">09/27/2012 - 12:01pm</a>	<a href="#">Volleyball Games</a>	21 out of 55 (38 %)	12,655 kcal
<a href="#">09/26/2012 - 12:01pm</a>	<a href="#">Volleyball Games</a>	10 out of 58 (17 %)	9,732 kcal
<a href="#">09/25/2012 - 12:01pm</a>	<a href="#">Mile</a>	32 out of 58 (55 %)	16,415 kcal
<a href="#">09/20/2012 - 12:02pm</a>	<a href="#">Volleyball Drills</a>	7 out of 58 (12 %)	7,258 kcal
<a href="#">09/18/2012 - 12:02pm</a>	<a href="#">Volleyball Drills</a>	5 out of 56 (8 %)	7,368 kcal
<a href="#">09/17/2012 - 12:02pm</a>	<a href="#">Volleyball Drills</a>	0 out of 51 (0 %)	6,766 kcal

# **Pacer Warm Up / Retest - Groups of 3**

**Laps 1-10 = 5 burpees**

**Laps 11-20 = 10 mountain climbers**

**Laps 21-30 = 5 push ups**

**Laps 31-40 = 15 ski jumps**

**Laps 41-50 = 10 jumping jacks**

**Laps 51-60 = 5 perfect air squats**

**Laps 61-70 = no exercise**



# Streamlines the Pacer Test

Run the whole group at one time, no paper needed

00:04.6

00:04.3

Stop

Last - First



Reset All

Total Laps 0 ( 9s per lap )

## `FG-Card-20 M Shuttle - Laps

<b>Audette</b> Veronica <b>0</b> <i>Last saved at 12:10 PM</i>	<b>Berube</b> Logan <b>0</b> <i>Last saved at 12:10 PM</i>	<b>Brooks</b> Alexander <b>0</b> <i>Last saved at 12:10 PM</i>
<b>Chiesa</b> Isabella <b>0</b> <i>Last saved at 12:10 PM</i>	<b>Dearbeck</b> Christian <b>0</b> <i>Last saved at 12:10 PM</i>	<b>Dias</b> Glendy <b>0</b> <i>Last saved at 12:10 PM</i>
<b>DiGiuseppe</b> Adeana <b>0</b> <i>Last saved at 12:10 PM</i>	<b>Flaherty</b> Jozlyn <b>0</b> <i>Last saved at 12:10 PM</i>	<b>Fritz</b> Alexander <b>0</b> <i>Last saved at 12:10 PM</i>
<b>Getty</b> Justin <b>0</b> <i>Last saved at 12:10 PM</i>	<b>Goodell</b> Armando <b>0</b> <i>Last saved at 12:10 PM</i>	<b>Hayward</b> Anthony <b>0</b> <i>Last saved at 12:10 PM</i>

Start on first beep,  
Tap name as they finish.

02:02.8 00:04.3 Stop Last-First Reset All

**Total Laps 14** ( 8s per lap )

**FG-Card-20 M Shuttle - Laps**

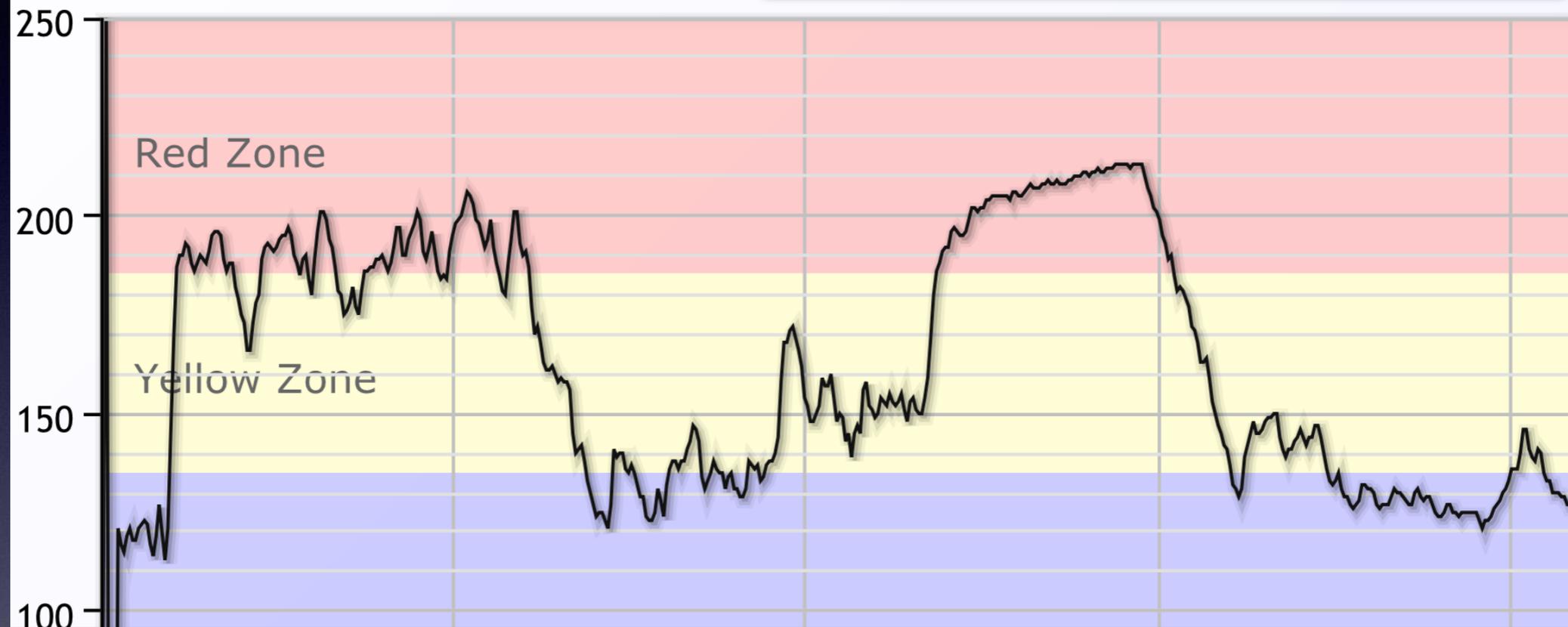
<b>Audette</b> Veronica <input type="text" value="8"/> <i>Last saved at 12:12 PM</i>	<b>Berube</b> Logan <b>13</b> <i>Last saved at 12:10 PM</i>	<b>Brooks</b> Alexander <input type="text" value="12"/> <i>Last saved at 12:12 PM</i>
<b>Chiesa</b> Isabella <b>13</b> <i>Last saved at 12:10 PM</i>	<b>Dearbeck</b> Christian <input type="text" value="10"/> <i>Last saved at 12:12 PM</i>	<b>Dias</b> Glendy <b>13</b> <i>Last saved at 12:10 PM</i>
<b>DiGiuseppe</b> Adeana <input type="text" value="12"/> <i>Last saved at 12:12 PM</i>	<b>Flaherty</b> Jozlyn <b>13</b> <i>Last saved at 12:10 PM</i>	<b>Fritz</b> Alexander <input type="text" value="11"/> <i>Last saved at 12:12 PM</i>
<b>Getty</b>	<b>Goodell</b>	<b>Hayward</b>

# Scores are immediately stored!

Can be accessed from any device

Warm up

Pacer



Allows all students to have an obtainable goal...where they are now!

"Get to the Red"

# Software That Captures All Pre and Post Fitness Testing AND The Other 80 Days You Teach, Grade & Assess During the Semester.



## HEALTH-RELATED FITNESS ASSESSMENT STUDENT REPORT

### Oak Well ISD

From August 31, 2018 to November 30, 2018

Student: Hank, Brenda  
Student ID:  
Teacher:

Date: 10-26-18  
Grade: (Group)

Assessment Area	Assessment Description	Date of Assessment	Score (Percentage)	Health
<b>Cardio Capacity</b>	Cardio capacity is the ability of the heart, lungs and blood to supply oxygen to the body during a long period of time. The assessment administration each suggests used by the body and corrects that value at a minimum level for good health. Having good cardiovascular fitness is linked with a lower risk of heart disease and the ability to comfortably perform a variety of activities.	10-26-18	88.0%	Good
<b>Muscular Strength and Endurance</b>	This assessment area measures the ability to perform an exercise that uses a specific muscle group of muscles. The goal is to perform these assessments as long as possible while using correct form. Fitness is muscular strength and endurance is important for successful performance of daily living tasks and other physical activities.	10-26-18	88.0%	Good
	10-26-18	88.0%	Good	
	10-26-18	88.0%	Good	
<b>Flexibility</b>	The Back-Saver Sit and Reach assessment measures the flexibility of the right and left hamstring flexibility and strength in the hamstring. Help to support other muscle groups in our body leading to better ability in performing variety of physical activities. In addition, being flexible helps to reduce lower back pain and reduce the chance of injury.	10-26-18	88.0%	Good
	10-26-18	88.0%	Good	
<b>Body Composition</b>	Body Composition estimates the amount of body fat in relation to muscle mass, bone, internal organs and other lean tissue. Measurements of the thickness of a double layer of fat provide an estimate of the amount of fat and the use of the calf using a skinfold caliper. The use of these two measurements is used to estimate percent body fat.	10-26-18	88.0%	Good



HEALTH-RELATED FITNESS ASSESSMENT STUDENT REPORT  
Oak Well ISD

STUDENT: JILL JONES DOB: 1/1/1998  
STUDENT ID: 9999999  
TEACHER: Ms. LEIHE <facilitator name> 10<sup>th</sup> Grade

**Aerobic Capacity**  
Aerobic capacity is the ability of the heart, lungs and blood to support any activity that takes place over a long period of time. The assessment estimates how much oxygen is used by the body and connects that value to a minimum level for good health. Having good cardiovascular fitness is linked with a lower risk of heart disease and the ability to comfortably perform a variety of activities.

Assessment Item	Date	Aerobic Capacity Score	Value
PACER	9/15/14	38.8	Needs Improvement/Some Risk
PACER	11/15/14	39.0	In The Healthy Fitness Zone

**Muscular Strength and Endurance**  
This assessment area measures the ability to perform an exercise that uses a specific muscle or group of muscles. The idea is to perform these assessments as long as possible while using correct form. Fitness in muscular strength & endurance is important for successful performance of daily living tasks and other physical activities.

Assessment Item	Date	Total Number Performed	Value
Curl-Up	10/11/14	14	Needs Improvement
Curl-Up	11/16/14	18	In The Healthy Fitness Zone
Push-Up	10/11/14	3	Needs Improvement
Push-Up	11/16/14	6	Needs Improvement

**Flexibility**  
The Back-Saver Sit and Reach assessment measures the flexibility of the right and left hamstring group. Flexibility and strength in the hamstrings helps to support other muscle groups in our body leading to better ability in performing a variety of physical activities. In addition, having flexible hamstrings helps to reduce lower back pain and reduces the chance of injury.

Date	Score (in inches)	Value
9/30/14	Right Leg - 8.5	Needs Improvement
	Left Leg - 10.0	In The Healthy Fitness Zone
11/05/14	Right Leg - 9.0	In The Healthy Fitness Zone
	Left Leg - 10.0	In The Healthy Fitness Zone

**Body Composition**  
Body Composition estimates the amount of body fat in relation to skeletal tissue, muscle, internal organs and other lean tissue. Measurements of the thickness of a double layer of fat and skin are taken behind the triceps and the side of the calf using a skinfold caliper. The sum of those two measurements is used to estimate percent body fat.

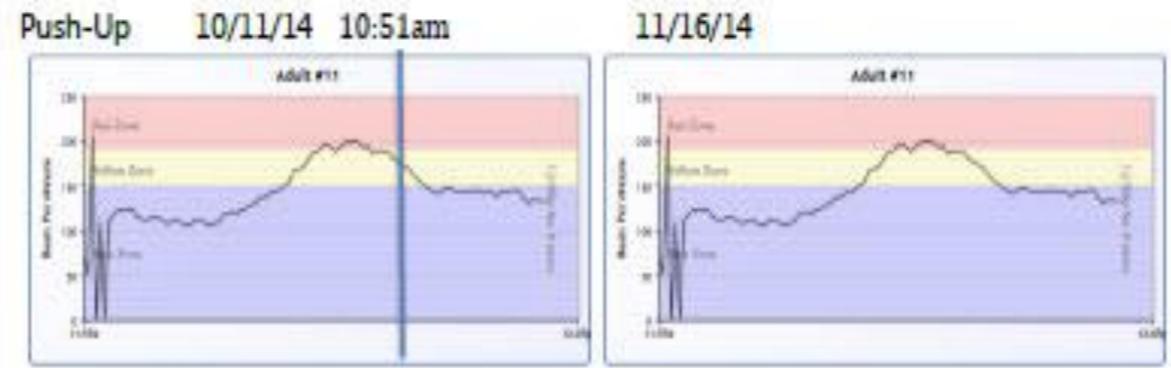
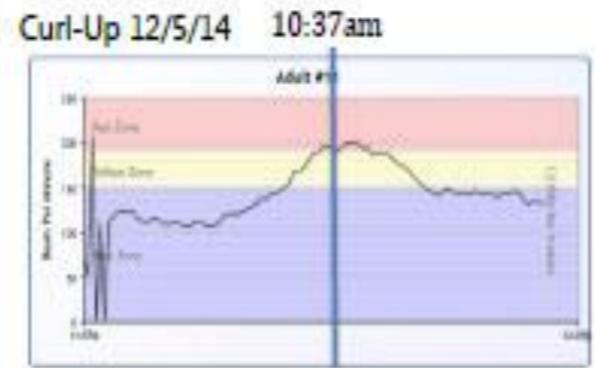
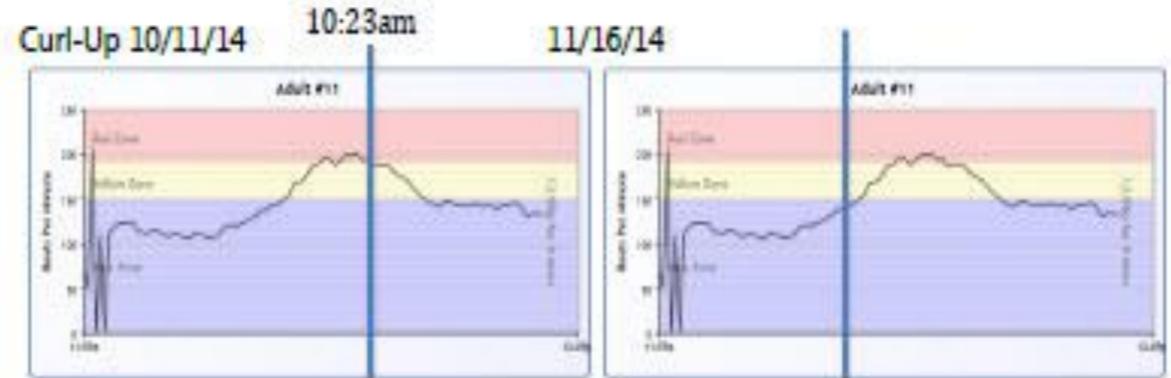
Date	Estimated Percent Body Fat	Value
09/14/14	26.5%	In The Healthy Fitness Zone
12/11/14	26%	In The Healthy Fitness Zone



HEALTH-RELATED FITNESS ASSESSMENT STUDENT REPORT  
Oak Well ISD

From August 15, 2014 to November 30, 2014

STUDENT: JILL JONES DOB: 1/1/1998  
STUDENT ID: 9999999  
TEACHER: Ms. LEIHE <facilitator name> 10<sup>th</sup> Grade





OLYMPIC STYLE



# Rock – Paper - Scissors



**Bronze - Do 15 Jumping jacks and then play R–P–S**

☺ **Win** = Run to the silver medal line

☹ **Lose** = Do 15 jumping jacks  
and then play R–P–S again



**Silver - Do 20 ski jumps and then play R–P–S**

☺ **Win** = Run to the gold medal line

☹ **Lose** = Run back to bronze and start again



**Gold - Do 6 Squat Jumps and then play R–P–S**

☺ **Win** = Stay at gold and do 6 Squat jumps

☹ **Lose** = Run back to bronze and start again



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