ABSTRACT

DISERTATION/THESIS/RESEARCH PAPER/CREATIVE PROJECT: High School Curriculum incorporating heart rate monitors and PDA’s.

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Obesity has slowly and steadily taken over our society, particularly in children and adolescents. Physical education classes are a vital part in providing a solution to the on growing problem of obesity in youth (Ignico & Corson, 2006). With physical activity and motivation declining drastically in adolescence and with limited information on this issue, it is imperative that information be available for physical educators to help slow and reverse this problem. This can be achieved with the use and application of technology, specifically heart rate monitors and PDAs (personal assistant devices). In order to help implement heart rate monitors and PDAs in the classroom I plan on creating a curriculum for high school. Heart rate monitors would be used on fitness days. Activities for these days would include the mile run, twelve minute run, fitness stations, and personal fitness days. Personal fitness days are days where the students will get to choose their own activities to stay active and keep their heart rates up. Heart rate monitors will help keep students accountable and give them a more accurate assessment
of their fitness level. This curriculum will help structure and organize the classroom in order to provide valuable information about the effects of heart rate monitors on aerobic endurance. This curriculum will also provide information on the effectiveness of PDA's (personal digital assistants). Physical Education classes are on now on a time crunch. Class sizes have been increased and class time decreased. Heart rate monitors and PDA's can help a physical education class be more effective and efficient. Overall, this curriculum may provide important information needed for physical educators to help combat obesity.

This curriculum will also prepare me and equip me with the knowledge I need to implement heart rate monitors and PDA's in my high school physical education classes.