Play Symposium 2012

Float like a butterfly
Sting like a bee – Using technology to promote physical activity
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Obesity

- Heredity
- Diet
- Physical Activity (PA)

Obesity in Adults

Obesity
**Obesity and Diet**

**Benefits of PA**
- Cardio and fitness enhancement
- Reduces anxiety and stress
- Sensory motor learning
- Increases blood flow to the brain
- Enhancing thinking skills, creativity, and attention therefore
- Academic Performance

**Obesity and Technology**

**Exergaming**
- Dance Dance Revolution
- Wii sport – Wii Fit
- X-box Kinect

- Dance Dance Revolution gets people active and has even been adapted by some states for school fitness programs i.e., West Virginia
- Does have the ability to progressively challenge users.
• DDR Amazing 5 Year Old
  – http://www.youtube.com/watch?v=uysU7cTgk5c
• DDR to help fight obesity
  – http://www.youtube.com/watch?v=63DpzX4MnLs

• DDR in gym class
  – http://www.youtube.com/watch?v=snYM2Artg9M
• Exergame Fitness at Schools is Popular
  – http://www.youtube.com/watch?v=OW306oC6iAQ

• Daily Physical Activity (DPA) and Daily Physical Education (DPE) are different concepts. Physical Activity is body movement that expends energy, while Physical Education is a school subject designed to help children and youth develop the skills, knowledge, and attitudes needed to participate in active healthy living.

Technology as a Tool
• To enhance physical activity experiences
• To enhance physical education experiences
• To measure physical activity

Technology is a TOOL
• When combined with Physical Activity
• Of Social Oppression
• Of Psychological Repression
• Or Utilized with Personal Meaningful Movement - -----------