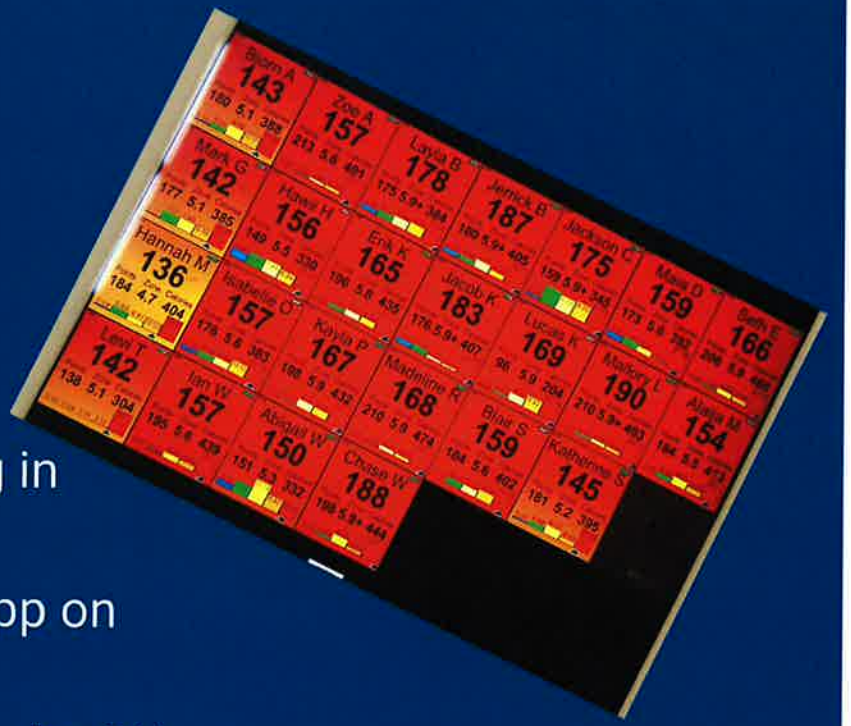
OHA Heart Rate Monitors

Overview

- Program called HeartZones
- Students wear an armband that shows how many beats per minute their heart is beating in real time.
- Data is transmitted to the heartzones p.e. App on the ipad.
- Heart rate data is projected onto a screen in the OH gym through apple tv.
- We purchased 4 wasps to enable us to record data outside as well.



Purpose

- To motivate, increase movement. Brain based research.
- Learn
- Assessment
- Future planning with unit plans and lesson plans.

Thank You's

- District Tech support (Patrick & Tonya)
- SHIP Health Grant (Megan McMahon)
- MAEF