



# Heart Pounding Activities and Assessments



Featuring IHT Spirit Heart-Rate Monitors



**BRANDON WOLFF**  
IHT Customer Success

## VISION AND PURPOSE

**To empower individuals to self-manage their health and well-being through daily-to-yearly assessment, accountability, heart-centered learning and support.**

*IHT is a company that provides tools to the field of Exercise Science and human performance capture data that will allow participants to understand their health. IHT is committed to helping solve this challenge of data collection.*

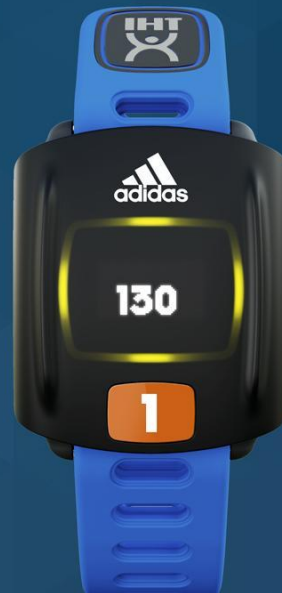
# ADDIDAS Zone - Wrist HRM - No straps

IHT not only the most robust assessment solution in exercise science, we elevate and transform data awareness.

- K-12
- Beyond school
- Athletics
- Adaptive PE
- Human Performance



## ADDIDAS Zone - Zones



# How the Spirit System Works

- Two platforms
  - Desktop
    - Teachers collect data on lessons taught
  - Web base
    - Upload class rosters
      - Individualize fitness level
    - Create activities
      - Individualize lessons
      - Upload PDFs of lesson plans
      - Upload PDFs of rubrics and other assessments
    - Customize measures for assessments
    - Collect data on assessments
    - Make reports for all assessments

# Web Base Platform - same login

You are masquerading as **spirit**.

Quick switches:

- [Switch back](#)

[Dashboard](#)

[Reports](#)

[Participants](#)

[Groups](#)

[Activities](#)

[Assessments](#)

## Latest Activity

### TRAINING VIDEOS AND USER GUIDES

Videos & User Guides for every aspect of the Spirit System! From HRM's, Assessments, Rubrics, Reporting, Fitnessgram, Pedometers. ...

### CLASSROOM PROTOCOL VIDEOS

These 4 videos showcase best practices on setting up your classroom with the Spirit System. A must watch: " How to Put on Your Heart Rate Monitors...

### RUBRIC EXAMPLES

Access and download examples here of rubrics used during IHT's training. Each link has examples of a rubric aligning with the National Outcomes...

### PE 3: TEACHER GUIDE AND STUDENT JOURNAL

Access and download both the PE 3 Teacher Guide / Framework and the Student Journal here. Contact us to get the hard copies of each! ...

### LESSON LIBRARY

Utilize lessons developed for your first 8 days using the Spirit System. Then peruse numerous activities, lessons and templates to make your own...



## Quick Links

- [FAQs](#)
- [User Guides](#)
- [Download Spirit Software](#)

## Tech Support

Phone or email  
(512) 522-9354  
[support@ihtusa.com](mailto:support@ihtusa.com)



# INSTANT FEEDBACK & JOURNALING FOR STUDENTS

As soon as class ends, students AND parents receive an email with all of their data. Students can add a journal entry, taking PE beyond the walls of the gym and into the home.

**Session:** EXSC 181-9/21/15-Spikeball

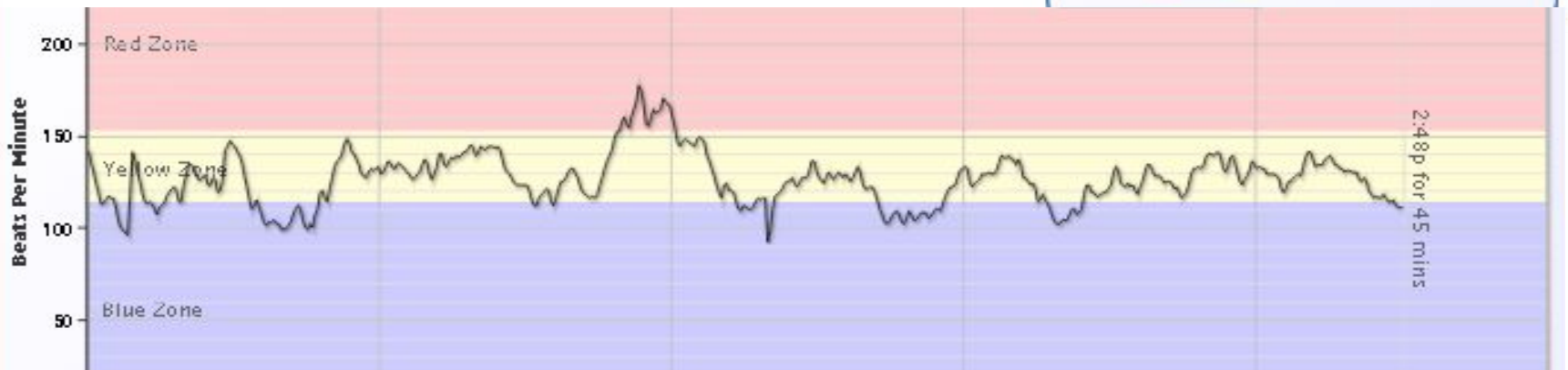
**Heart Rate Monitor:** 35

**Fitness Level:** Moderately Fit

**Calories Burned:** 230 kcal

## Journal Entry

Today Allowed me to be successful by letting me keep moving the whole time and not focusing on one thing for too long



# VALIDATE MVPA DAILY-TO-YEARLY

## Heart Rate Session Report

Date From

2012-09-04

Date To

2013-05-23

Groups

1 selected

Apply

Selected Groups: 5th Period 6th/7th/8th Grade PE

Total Participants: 71

### Group Performances:

- 60,560 min (59%) in the zone
- 692,137 calories burned
- 0 steps

### Per Participant Performance:

- 853 min (59%) in the zone
- 9,740 calories burned
- 0 steps

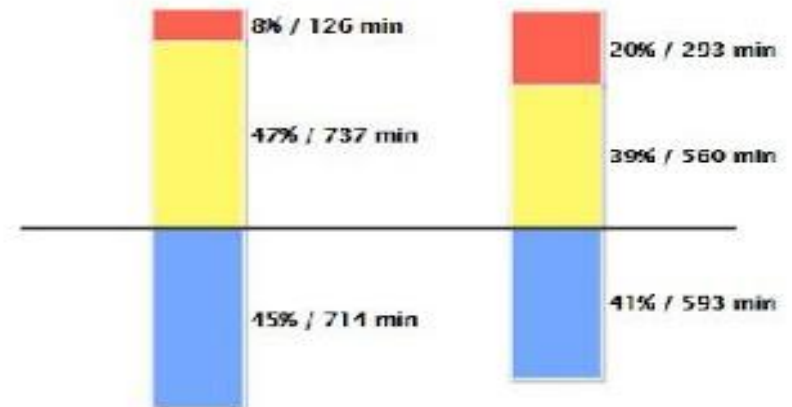
Download to Excel: [Aggregate Report](#) | [Session Detail Report](#)

### Per Participant Goal

863 min

### Per Participant Actual

853 min



Participant	Time in Zone	Sessions	Calories (kcal)	Steps
Landrie	1,053 min (53%)	58	14,836	0
Hannah	1,278 min (63%)	58	17,118	0
Elise	886 min (52%)	52	13,185	0
Olivia	1,495 min (76%)	56	17,090	0



# TAILOR MEASURES - CUSTOMIZED RUBRIC CAPABILITIES

## Measure

Label

Vertical Jump (Leg Muscle Power)

Report Label

Vertical Jump (Leg Muscl

Frequency

Daily

Unit

Inch

Tags

Fitness Assessment

## Measure Rubrics

Female

Male

Worse

Better

Age	Level 1	Level 2	Level 3	Level 4	Level 5	
9	7"	10"	13"	15"	16"	⊘
10	7"	10"	13"	15"	16"	⊘
11	7"	11"	13"	15"	16"	⊘
12	7"	11"	14"	16"	18"	⊘
13	7"	11"	14"	16"	18"	⊘
14	7"	11"	14"	16"	18"	⊘
15	8"	13"	15"	17"	20"	⊘

## COLLECT DATA BY LAPTOP, IPAD OR PHONE IN SECONDS

Data is saved automatically. No downloading, no exporting no transferring data to another program.  
Tap and Report. Simply, Fast.

### S4. K-2 Following Rules Self Assessment - Count

**America**  
Captain

*Last saved 01/14/16*

**Ant**  
Adam

*Last saved 01/14/16*

**Batman**  
Sally

*Last saved 01/14/16*

**Blade**  
Ken

*Last saved 01/14/16*

**Boy**  
Astro

*Last saved 01/14/16*

**Catwoman**  
Sam

*Last saved 01/14/16*

**Dynamo**  
Dick

*Last saved 01/14/16*

**Jones**  
Chris

*Last saved 01/14/16*

**Man**  
Bonic

*Last saved 01/14/16*

**Marvel**  
Captain

*Last saved 01/14/16*

**Prime**  
Optimus

*Last saved 01/14/16*

**Ratchet**  
Kris

**Robin**  
Patty

*Last saved 01/14/16*

**Smith**  
Susie

*Last saved 01/14/16*

**Woman**  
Bonic

*Last saved 01/14/16*

# DETAILED ASSESSMENT REPORTS - INDIVIDUALIZED

YOU decide what is important to your district, teachers, parents.

[Download PDF](#)
[Download Excel](#)

**Student:** America, Captain  
**Student ID:** 9  
**DOB:** 05-09-99

**System:** Buena Vista University  
**Facilitator:** Ahern, Beverly  
**Group:** Training

Assessment Item	Date of Assessment				
S4.E4.7 Working with others		Level 1	Level 2	Level 3	Level 4
	04-12-16	3			
S5.M3.8 Challenge		Level 1	Level 2	Level 3	Level 4
	04-12-16	2			
S1.M6.6 Dribbling Control/hand		Level 1	Level 2	Level 3	Level 4
	04-12-16	3			
S1.M6.6 Offensive Create open space		Level 0	Level 1	Level 2	Level 3
	04-12-16	1			
S5.M6.6 Social Interaction		Level 1	Level 2	Level 3	Level 4
	04-12-16	3			
S2.H1.L1. Rules		Level 1	Level 2	Level 3	Level 4
	04-12-16	4			
Mood Before		Tough Day	Ok Day	Great Day	
	04-12-16	1			
Mood After		Tough Day	Ok Day	Great Day	
	04-12-16	3			

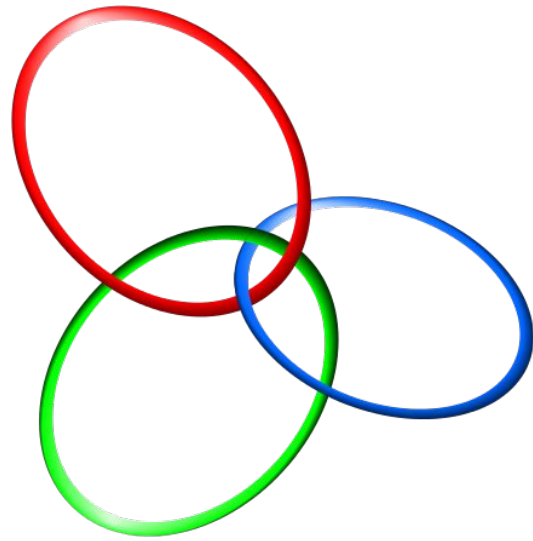
# THE MOST FLEXIBLE ASSESSMENT COLLECTION SOLUTION

IHT not only measures fitness. It is the solution for National Standards, PE Metrics, Any State Standards, Affective, Academic or Nutritional Measures.

Assessment Item	Date of Assessment					
FG-Cardio: 20 Meter Shuttle		Needs Improvement	Low End HFZ	High End HFZ	Above HFZ	
	03-23-16	50				
Wall Sits (Leg Strength)		Level 1	Level 2	Level 3	Level 4	Level 5
	03-23-16	02:03.2				
S3.Dots (agility)		Level 1	Level 2	Level 3	Level 4	Level 5
	03-23-16	00:53.2				
Plank (Stability and Strength Core)		Level 1	Level 2	Level 3	Level 4	Level 5
	03-23-16	00:51.9				
Vertical Jump (Leg Muscle Power)		Level 1	Level 2	Level 3	Level 4	Level 5
	03-23-16	16"				
40 Yard Dash (Speed and Quickness)		Level 1	Level 2	Level 3	Level 4	Level 5
	03-23-16	00:04.6				
Standing Long Jump (Explosive Power)		Level 1	Level 2	Level 3	Level 4	Level 5
	03-23-16	6.9				

# GUARDIAN

## Handout



# UNLIMITED CUSTOMIZED REPORTS

Correlate everything to academic performance success, daily-to-yearly for every student.

## Spring 2015 District Report

From 08-09-15 to 08-12-15

Facilitator: jbibler  
District: Buena Vista University

Group: 7th Period HS

7th Period HS	*BMI	*Resting Heart Rate	Math GPA	Reading RIT	Office Referral	Nurse	Attendance
Ahern, Mable	27.7	65	3.7	190	0	0	0
Allen, Chad	29.2	64	3.1	185	1	1	0
Cooley, Katie	21.6	72	2.4	175	1	0	1
Hamm, Mia	27	56	2.7	170	0	0	2
Johnson, Shawn	29.2	61	2.1	187	0	2	2
Jordan, Michael	30.3	71	2.9	172	1	0	4

Facilitator:  
District:

Group:

	(S1. M2.8) Throwing	(S1.M3.8) Catching	(S1.M5.8) Lead Pass	(S1.M10.8) Scoring on Frame
Bumblebee	2	2	3	1
Captain Health	2	2	3	1
Flash	1	2	2	2



# FITNESSGRAM MADE SIMPLE!

You do Fitnessgram 8 days a year. Why not invest in a software you can also use the other 160 days you teach...at a fraction of the cost?

Assessments

Measures

Reports

FITNESS ASSESSMENT REPORT

From 08-02-15 to 08-19-15

Download Excel

Download PDF

Student: Ahern, Mable

Student ID: 21

DOB: 05-01-02

System: Buena Vista University

Facilitator: ibibler

Group: 7th Period HS

Assessment Area	Assessment Item	Date of Assessment	Needs Improvement	Healthy	Above
Cardiovascular 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.				
	* FG-Cardio-1 Mile Run	08-10-15			08:28.0
Muscular Strength & 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.				
	* FG-Muscular Strength-Curl Up	08-10-15		29	
	* FG-Muscular Strength-90° Push-Up	08-10-15		13	
	* FG-Flex-Right Shoulder Stretch	08-10-15	No		
	* FG-Flex-Left Shoulder Stretch	08-10-15	No		
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.				
	* FG-Flex-Right Sit & Reach	08-10-15	9"		
	* FG-Flex-Left Sit & Reach	08-10-15	9"		
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.				
	* BMI	08-10-15			27.72

# Collecting Data

Assessment [← Back](#)

for **Period 3 B** on **04-24-16**

[Assessments](#) [Measures](#) [Reports](#) bvu

05:46.2 00:00.6 **Stop**

**FG-Cardio: 20 Meter Shuttle**  
**- Laps**

[Last - First](#)



[Reset All](#)

**Total Laps 45** ( 6.55s per lap )

**Robin**

29

Saved at 5:50 PM

**Rogue**

44

Saved at 5:52 PM

**Shadow**  
Cat

33

Saved at 5:50 PM

**Smith**  
Alex

45

**Starfire**

44

Saved at 5:52 PM



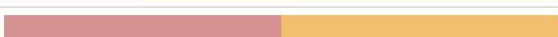










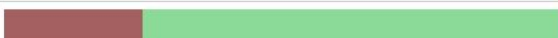
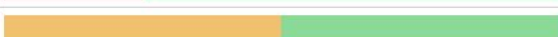
# FG STATE OR DISTRICTWIDE REPORTING

Segment customized reports by teacher, school, district or the state.  
Assess and automate anything you can dream up to measure.

Body Composition	Grade 09,				Download PDF	Download Excel
*BMI	GROUP	TESTED	IN HFZ	PERCENT		
	Total	105	84		80%	
	Boys	63	46		73%	
	Girls	42	38		90%	
^ FG-BComp-Percent Body Fat	GROUP	TESTED	IN HFZ	PERCENT		
	Total	67	65		97%	
	Boys	44	43		97%	
	Girls	23	22		95%	
Flexibility	Grade 09,					
^ FG-Flex-Left Sit & Reach	GROUP	TESTED	IN HFZ	PERCENT		
	Total	180	118		65%	
	Boys	106	66		62%	
	Girls	74	52		70%	
^ FG-Flex-Right Sit & Reach	GROUP	TESTED	IN HFZ	PERCENT		
	Total	180	122		67%	
	Boys	106	67		63%	
	Girls	74	55		74%	

# STATE OR DISTRICTWIDE REPORTING

## Grade 10, Buena Vista University, Buena Vista University - Parent

		GROUP	TESTED	NO RUBRIC	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
S2.M5.7 Reducing Space Denial		Total	8	0%	0%	37%	62%	0%	0%
		Boys	4	0%	0%	25%	75%	0%	0%
		Girls	4	0%	0%	50%	50%	0%	0%
S2.M6.7 Transitions		GROUP	TESTED	NO RUBRIC	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
		Total	8	0%	25%	12%	62%	0%	0%
		Boys	4	0%	25%	25%	50%	0%	0%
		Girls	4	0%	25%	0%	75%	0%	0%
S2.M9.7 Shot selection		GROUP	TESTED	NO RUBRIC	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
		Total	8	0%	0%	50%	37%	12%	0%
		Boys	4	0%	0%	50%	50%	0%	0%
		Girls	4	0%	0%	50%	25%	25%	0%
S4.E4.7 Working with others		GROUP	TESTED	NO RUBRIC	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
		Total	8	0%	12%	25%	37%	25%	0%
		Boys	4	0%	25%	25%	25%	25%	0%
		Girls	4	0%	0%	25%	50%	25%	0%
S4.M3.8 Accepting Feedback		GROUP	TESTED	NO RUBRIC	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
		Total	8	0%	12%	0%	25%	62%	0%
		Boys	4	0%	25%	0%	0%	75%	0%
		Girls	4	0%	0%	0%	50%	50%	0%

# Customizing Measures for Assessments

## Create New Measure

Label

Frequency

Unit

Tags

Save Measure

Laps

**Quantity**

Count

Decimal

Kilogram

Pound

Foot

Inch

Centimeters

Meters

Miles

Kilometers

Temp. °F

Temp. °C

**Text**

Text

Yes/No

Fitness Level

**Duration**

HH:MM:SS.MS

HH:MM:SS

# TAILOR MEASURES - CUSTOMIZED RUBRIC CAPABILITIES

## Measure

Label

S1.E14.4a Throws Overhand

Report Label

S1.E14.4a Throws

Frequency

Daily

Unit

Count

Tags

× Standard 1

## Measure Rubrics

Female

Male

Worse

Better

Age	Emerging	Maturing	Applying		Add Custom	
5	1	2	3			⊗
6	1	2	3			⊗
7	1	2	3			⊗
8	1	2	3			⊗
9	1	2	3			⊗







# Paddle Zlam



# Curriculum Resources to assist teacher and students

Evidence of learning, IHT has teacher Unit plans, lesson plans and student resources

Lesson 1: Putting on Your Heart Rate Monitor The Benefits of a Heart Rate Monitor		HEART RATE ZONE INTENSITY GOAL:	
			
			
Time	Stage 3 - Learning Plan (Activities)		
	<b>Objectives:</b> Attach and wear heart rate monitor Analyze heart rate report  <b>Inclusion Strategies:</b> Teachers can adjust the face of the monitors to show just color or numbers and color.  <b>State the benefits of wearing a heart rate monitor.</b> Student Resource Reading "The Benefits of Heart Training"  <b>Wrist monitors</b> <ol style="list-style-type: none"> <li>1. Explain the checkout system and distribute the pre-assigned HRMs to each student, having each student complete the pickup process by tapping their HRM to the reader.</li> <li>2. Notice student name on the computer monitor and the daily goal.</li> <li>3. Explain to the students to upload their workout the computer must be on the return page. Show students what this looks like.</li> </ol>		
3:00			
3:00	<b>Warm-up - (your choice)</b> Students can line up on the basketball sideline, teacher will designate where to stop on the opposite side of the floor. High Knees    Seat Kicks    Shuffle Right    Shuffle left Skip    Lunges    Tin Soldiers    Backwards jog		
7:00	<b>Fitness Development Activity - Step 3 Health-Related Fitness Education Process - Why is practicing correctly beneficial? Why it is important to perform the correct protocols before assessing?</b> Teacher note: Student will need to know the essential components of each exercise. Students will practice the correct essential components to perform each of the following health-related components. Student will peer assess each exercise with a partner. Students will perform max out on the number of perfectly practiced exercise before switching.  <b>Push Ups</b> <b>Curl Ups</b> <b>Partner Jumping Jacks</b> (Students face each other, after the jump they high five one another with both hands; Encourage conversation about the opening discussion question) <b>Inchworm</b> (Standing with feet together walk hands out into a push up position and then walk hands back to feet to stretch leg muscles and engage core)  <b>Skill Development Repeat protocols to classmate</b> Get a partner demonstrate to your peer how to put on the monitor.		



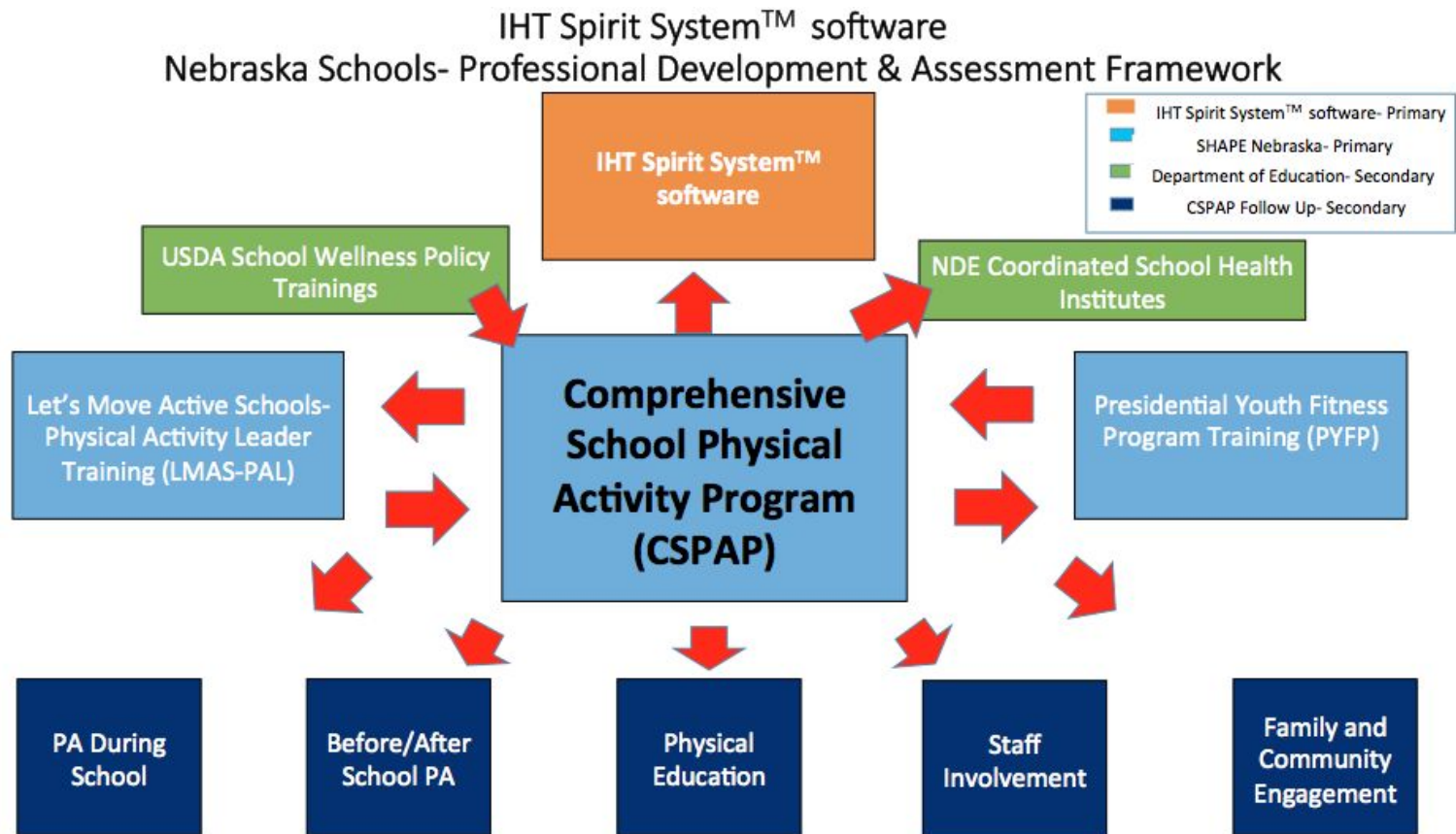
## SPIRIT CURRICULUM STUDENT RESOURCES

Unlock Your Inner Strength  
and Empower Ownership  
of Your Health.



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# Interfacing with various fitness and health needs



*PLUS: IHT eliminates the logistical set-up for teachers each semester of having to import their student rosters and set up their classes. This allows them to start using and enjoying the Spirit System right from the start, semester after semester, year after year!*