

The Real Health Care System: Taking Physical Education Outside the Walls of the Gymnasium into the Hearts and Minds of Our Community

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Abstract: This will be a hands-on technology session. The presenter will showcase the magic of the integration of all assessment collection and reporting through a handheld computer and the Polar PE Manger Software and TriFit Fitness Assessment Software. Downloadable Polar Heart Rate Monitors will be introduced. Fantastic film from over ten years of implementation and real teaching and management using these technologies will be a part of this presentation. Many technologies will be available for demonstration including computer shoes that were launched in 1985 and will be on display, as well as electromyograms that were used by this presenter in the mid eighties. Watch and listen as outstanding teaching is demonstrated through real life teaching situations with Grades 4-12 students. Touch the technologies that will be used to individualize exercise prescriptions and report and input all data using one handheld computer. Take a look at what is really possible when technology that has been invented for the profession, is truly implemented. Physical education must have the data that can make us an integral part of every health care system for every community.

Beth Kirkpatrick is nationally recognized for her renowned teaching methods with 20 years of experience teaching health and physical education. She has been the recipient of many prestigious awards and titles such as Distinguished Leadership Award – NASPE’s Council on School Leadership in Physical Education and has been the keynote speaker for more than 1000 conferences and conventions worldwide including more than 45 State AHPERD Conventions. Beth is the author of “The Ultra Shuffle” and co-author of “Lessons From The Heart” and designer and author of “STAR TECH PE”. As the pioneer of heart rate monitor use in education, Beth gathered over 30,000 heart rate printouts from her physical education program as well as from students and athletes throughout the U.S. Beth is currently the Director of Education for Polar Electro Inc., a member of the Board of Advisors for Sportime, and the Co-Director of the PE4LIFE Institute, Grundy Center, Iowa.