

Technology, Health, & Fitness

What is iQ: smartparent?

iQ: smartparent is an Emmy-winning multimedia television and web series designed for parents that will empower them with new knowledge, tools, and abilities to successfully guide their children through the changing landscape of digital media and technology. It's a growing community of caregivers, national experts, educators, and parent bloggers who want to understand the opportunities and challenges of media as it relates to the development of their children. *iQ: smartparent* was created by WQED Multimedia in 2012.

About this Episode

In this episode of *iQ: smartparent* learn all about fitness – with a digital twist! Experts reveal the newest technologies that support and promote health and fitness. Discover the latest new trend of “exer-gaming”; find out how to choose the best fitness apps for kids; and learn all about the revised national standards for physical education in schools, incorporating everything from video games to virtual reality. Build healthy habits for the 21st century on this episode of iQsmartparent.

Discussion Questions

1. Does your child's school use any fitness technology in their physical education classes? If yes, which ones? If not, how can you get the school to incorporate things like fitness apps, exercise-gaming, etc.? What are some barriers faced by the school?
2. Wearable technology is a growing field, how does it affect health and fitness?
3. Some people argue that technology is making us sit more, but how does it encourage us to move more?
4. How has the idea of fitness changed with the onset of entertainment fitness, fun exercise classes, and/or social media?
5. Dr. Beckford says to manage expectations in order to have effective results when using exercise gaming. How can we teach our kids motivation, goal setting, and consistency when it comes to exercise?
6. What are healthy habits your family has? What are some you would like to start? How can technology help you with this goal?
7. How can your family use technology as an opportunity to bond with one another?
8. This episode talked about how technology and exercise gaming can increase exposure to a variety of activities that otherwise would not have been possible depending on individual circumstances. What do you think? What are some other pros? Cons?

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About the Guests



Dr. Ellen Beckjord is an Assistant Professor at the University of Pittsburgh in the Biobehavioral Medicine in Oncology Program at the University of Pittsburgh Cancer Institute. Her doctoral work in clinical psychology at the University of Vermont focused on delivering psychosocial interventions to breast cancer survivors and she completed her clinical internship at the Vanderbilt VA Internship Consortium. Dr. Beckjord was a post-doctoral fellow at the National Cancer Institute (NCI). Her first year of fellowship was spent obtaining an MPH in Epidemiology and Biostatistics at the Johns Hopkins Bloomberg School of Public Health, and she went on to join the Health Communication and Informatics Research Branch in NCI's Division of Cancer Control and Population Sciences. Dr. Beckjord's research has focused on health communication and behavioral informatics, including projects addressing the role of affect in information processing, use of health information technology to facilitate patient provider communication, health information management among chronically ill individuals, and use of mobile smartphone applications to support self-regulation, with an emphasis on regulation of health behaviors related to cancer prevention and control. Currently, she is a Clinical Research Scholar (KL2) at Pitt; her project is focused on developing a context aware, mobile application for smoking cessation called QuitSmart.



Amanda Budzowski MS, MPH, CHES, NBC-HWC – Health Coach Training & Quality Assurance, UPMC Health Plan

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Online Resources

SHAPE America - Comprehensive School Physical Activity Programs
www.shapeamerica.org/CSPAP/

National Standards & Grade-Level Outcomes for K-12 Physical Education
www.shapeamerica.org/standards/pe/

National Standards for Sports Coaches - Quality Coaches, Quality Sports: National Standards for Sport Coaches, 2nd Edition
www.shapeamerica.org/standards/coaching/

Centers for Disease Control - Comprehensive School Physical Activity Programs: A Guide for Schools
www.cdc.gov/healthyschools/professional_development/e-learning/CSPAP/assets/FullCourseContent-CSPAP.pdf

American Heart Association – Play 60 Challenge –LESSON PLANS
www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.WfjZ1tWnG72

Move to Learn Initiative <https://movetolearnms.org/about/move-to-learn-initiative/>

Common Sense Media – Health & Fitness APP
REVIEWS www.commonsensemedia.org/reviews/category/app/genre/health-fitness-65

Texas A&M Study Transforms Traditional Perceptions of Physical Activity
<https://vitalrecord.tamhsc.edu/texas-am-study-transforms-traditional-perceptions-of-physical-activity/>

U.S. News & World Report – *Schools Use Technology to Improve Gym Classes*
www.usnews.com/news/best-states/pennsylvania/articles/2017-03-06/schools-use-technology-to-improve-gym-classes

Exer-Gaming: Game Play and Exercise FUN
www.upmcmymyhealthmatters.com/exer-gaming-game-play-and-exercise-fun/

The Role of Exergaming in Improving Physical Activity
www.ncbi.nlm.nih.gov/pmc/articles/PMC4180490/

American Academy of Pediatrics - Can Exergaming Contribute to Improving Physical Activity Levels and Health Outcomes in Children?
<http://bit.ly/2z8q3yo>

Exergaming – Not Just for Kids Anymore!
www.acefitness.org/certifiednewsarticle/1184/ace-sponsored-research-exergaming-not-just-for-kids-anymore

Entertainment Software Association – *2017 Sales, Demographic and Usage Data: Essential Facts about the Computer and Video Game Industry*
www.theesa.com/wp-content/uploads/2017/04/EF2017_FinalDigital.pdf

Best Fitness Games for Kids www.commonsensemedia.org/lists/best-fitness-games-for-kids



Best Health Apps and Games for Kids

www.commonsensemedia.org/lists/best-health-apps-and-games-for-kids

Best Health and Wellness Sites for Kids and Teens

www.commonsensemedia.org/lists/best-health-and-wellness-sites-for-kids-and-teens

Making Art? Getting Healthy? There Are Kids' Apps for That -- and More

www.commonsensemedia.org/blog/making-art-getting-healthy-there-are-kids-apps-for-that-and-more

Wearable technology catapulting health and fitness into future

<http://www.latimes.com/health/la-he-future-wearables-20150124-column.html>

iQ: smartparent is created with support from:



iQ: smartmedia is an educational initiative of
WQED Multimedia.
4802 Fifth Avenue • Pittsburgh, PA 15213
wqed.org/edu

