

Polar GoFit Heart Rate

Course Settings & iPad App Info

iPad App and Website Info

- When using iPad during class, don't need wifi
- App will save heart rate data
- When iPad connects with wifi, data will synch with website
- iPad Bluetooth range for sensor signals: 60 Meters (66 yards)
 - o half a football field

Target Heart Rate Zone (adjustable on website or iPad app)

Performance (70-100% of maximum heart rate): develops maximum performance and speed,

Healthy heart (70-90% of maximum heart rate): improves aerobic fitness and performance capacity,

Active (60-80% of maximum heart rate): improves basic endurance and muscle tone, and

Free (no zone target).

Color	Heart Rate Zone
RED	90-100%
ORANGE	80-90%
GREEN	70-80%
BLUE	60-70%
GREY	50-60%



Time in Target Heart Rate Zone: 20 min (adjustable on website or iPad app)

For every ten minutes spent in the target zone, a student receives a reward badge.

Features in all 3 Views

- Goal for time in target zone
- SORT: sort by student, target, heart rate, or signal strength
- Arrow in Red Box: click to use & unuse your finger as a pointer

iPad App 3 Live Training Views

Target

- Green check mark: student is in target zone
- Red arrow: student not in the target zone target zone
- Time spent in target zone
- Gold star: achieved goal for time spent in target zone
- Achieved Badges: a badge illuminates every 10 min in target zone
- Background color of student indicates current HR zone



Heart Rate

- Current beats per minute
- Current % of individual max heart rate
- Background color of student indicates current HR zone



List View

- Average, maximum, time in target zone, time in different heart rate zones, achieved badges
- Click on student to see heart rate graph (time sensor was recording)
- Background color of current HR %/beats indicates current HR zone
- Lesson averages for class



Anecdotal Data

Responses to Quiz Question

Question: Describe 2 benefits of using heart rate technology in a physical activity setting.

Response
To understand peaks of heart rates. Knowing when someone is working at full capacity. Another benefit is the duration or time the elapses working at higher stressed heart beats.
See who is working the hardest and helping people stay in shape.
It allows you to detect how hard a certain person is working. It gives people something to work towards each class.
You can look at the data to see who is working hard and can help change lesson plans to make there be more movements.
To be able to track physical progress/fitness. To see who is pushing themselves physically at an individual level.
It helps us be physical active during the class to earn our badges. It is a good gage for the teacher to see how much movements the students are doing.
They motivate less athletic students and motivate stronger athletes to work harder.
Make sure you're in target zone. Make sure you're not over-working yourself.
To achieve healthy rate and check our actual physical activity zone.
You can see who is pushing themselves and you can find important info about your heart health.
One benefit see how much you are working out during class. Two shows how your heart rate can go up and down.
Let's the people know how effective their specific activities are. Let's people know their individual health status.
Keep accountable: makes responsiveness and effort increase. Record achievements: boosts confidence
Analyze fitness level and how hard is the practice
You can monitor your heart rate and earn badges for the amount of time you're in a certain zone. It also allows you to access it at home and you're able to see the amount of calories you burn in class.
Allows the teacher to monitor the efforts of students. Allows the learners to track their progress.
Technology helps the student/athlete see where they are in terms of progress and helps the teacher so when people are working hard even if their performance is not as well as the other students
Heart rate technology allows the professor to gauge how hard a student is working in the class. Provides student/parent with concrete data based on how hard their heart is working in a class. Makes them feel they are actually making a difference and improving themselves.
To see how hard a student is working during class. To have a better understanding of what gets the heart rate up for students and what does not.
To be able to see how often you hit your heart rate max during exercise and to be able to cater/create a workout routine to an individual.
See if people are working hard and see who is in shape
To know when you get your best workout. To know where you should be personally with your health/fitness.

Individualized Polar Heart Rate Sensors

Student Info

First Name: _____

Last Name: _____

Date of Birth (mm.dd.yyyy): _____

Height (in): _____

Weight (lbs): _____

Gender: _____

Student ID: _____

Course: _____

Graduation Year: _____

Age: _____

Maximum Heart Rate (220-age): _____

Polar Heart Rate Bands Care, Instructions, and Agreement

Heart Rate Band Care

- Wear band to every class meeting
- Return band at end of the course on the day requested by the professor
- Hand/machine wash band in cold water
- Hang band to dry
- **NO MACHINE WASH OR DRYER:**
 - Doing so will ruin the conductivity of the electrodes on the band

Heart Rate Band Instructions

- Band attaches directly against skin, snugly, level around your chest at the xiphoid process of sternum
- Adjust the size of the band so it feels as tight as a compression shirt or sports bra
 - If you can fit more than two fingers between band and skin = it is too loose
- Position with attaching clip in front, once attached, spin the band until the electrodes are in front against the sternum
- Snap connector onto band with Polar logo face up
- Troubleshooting
 - Uncomfortable: adjust snugness, rotate connector to back
 - No signal on iPad: increase conductivity by using sponge or water to get electrodes wet

Heart Rate Band Agreement

I, _____, have read the instructions describing how to wear and care for the heart rate band I have been assigned. I agree to follow the instructions. If I fail to return my assigned band or if I return my assigned band in poor working condition (frayed/discolored band and/or malfunctioning electrodes), I agree to pay for a replacement band at my own personal cost of \$15.00.

Printed Name: _____

Signature: _____

Date: _____