iPE
Using Technology to Improve Health and PE Instruction

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Types of Technology?

- MP3 Players
- DVRs/ TIVO
- Flash Cameras
MP3 Players can be used for more than music

1) Music
2) Power Points
3) Video Playback
4) Podcasting

How can you use these tools???
Music basics

1 Gigabyte (GB) = about 1024 Megabytes (MB)

The average music song is between 3-10 MBs

(depending on formatting)

Therefore; 1 GB of space = about 100 – 340 songs

Formats

1) Standard - .mp3
2) Windows - .wma
3) Apple - .aac

** There are other formats, but these are the most common
Music Tips

- Make playlists practical and accessible
- Check lyrics prior to recording music for use at school
- Use the program that works best with your MP3 player
Let’s focus on video basics

**Formats** (there are lots of them)

1. Common - .avi, .swf, .flv
2. Windows - .wmv, .asx
3. Apple - .mov, .mpe, .mp4, .mpeg

** There are other formats, but these are the most frequent
How to convert video

Sources of video

1. Internet
2. Video camera
3. DVD

Converting the Video

1. Videora (iPod converter) – www.videora.com
2. 123 DVD Copy (software program)
3. DownloadHelper (a foxfire extension) www.downloaderhelper.net
Video Tips

1. Make sure the format of your video matches the format of your MP3 player.
2. Remember the video files often take a while to upload because of their size.
3. To show the video, make sure the proper cables are connected and that the video out setting has been selected.
Now Consider PowerPoints

A powerpoint presentation is essentially a collection of photo slides.

When a powerpoint is completed, select to save the project as a collection of individual .jpeg files.

Upload the slides (in .jpeg format) to the MP3 player in order to select the photo files to show the powerpoint presentation.
Let’s look at Podcasts

**Podcasting** - A form of audio broadcasting using the Internet, podcasting takes its name from a combination of “iPod” and broadcasting.

**Podcasting** can be a great way to get information on a variety of topics that might be useful in the health or physical education classroom.

**Podcasts** can be used on any MP3 player.
Where to get Podcasts

iTunes Store – www.apple.com/podcasts

Podcast.com – www.podcast.com

Zune Podcasts – www.social.zune.net/podcasts/

*There are many other places on the internet to find podcasts.*
Important Accessories

**Docking Stations**
- Transfer data to audio, computer or video systems.
- Recharge Mp3 players
- Utilize remote controls (IR and RF)

**Computer Software**
- Load music, photos, podcasts, or video
- Create or modify media – music/video editing, powerpoint presentations
- Convert video or music formats

**Connection Accessories**
- USB connectors
- Audio connectors
- Video connectors
Digital Video Recorders (DVRs)

TIVO

Connect video camera to DVR/TIVO
Connect DVR/TIVO to TV/ LCD projector
Set time delay

COACH DVR/TIVO provides feedback for your students.
Flash Camcorders

TYPE
- Flip Cameras
- Kodak Zi6/8
- Samsung
- & many, many more.

OPTIONS
- Flash memory can be removed
- USB arm can be plugged directly into computer
- HD or standard definition
- Camera
Flash Camcorders - uses

- Assessment
- Teachback
- Demonstrations
- Other ideas??
QUESTIONS??

- Please feel free to contact me...

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