

# iPE – Maximizing the Use of Your MP3 Player in Physical Education

## Equipment/ Software Recommendations

### 1. Docking Stations

- a. Belkin A/V Tune Commander (works with G5 iPods and older) – This docking station is simple and less expensive than others. It will allow computer, music, and video interfacing. It has a radio frequency (RF) remote. It is a discontinued product but may be found online or in Walmart.
- b. DLO Homedock Music Remote (works with G6 iPods and older) – This docking station only plays music. The remote is RF and has a screen so you can view the next song. It can be purchased at Best Buy, however, you will likely find it cheaper online.

### 2. Computer Software

- a. Videora – a free iPod video conversion program. You can download it at [www.videora.com](http://www.videora.com).
- b. 123 DVD Copy (about \$50) – video conversion program. The program can be purchased at a variety of locations (Best Buy, online, etc.). It is a very versatile piece of software that can “rip” DVDs and convert video files.
- c. Download Helper – free program that can be used to download YouTube video. You can find it at [www.downloadhelper.net](http://www.downloadhelper.net). It is only compatible with the Firefox web browser.

### 3. Podcast Locations

- a. iTunes store – [www.apple.com/podcasting](http://www.apple.com/podcasting)
- b. Podcast.com – [www.podcast.com](http://www.podcast.com)
- c. Zune – [www.social.zune.net/podcasts/](http://www.social.zune.net/podcasts/)

If you have any questions, please feel free to contact me via email:

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