



## **INFORMATION DATA FORM**

- 1. Project Name: Health Games and Exergaming**
- 2. Project Director: Deborah Solomon and Karen Thomas**
- 3. Project Starting and Ending Date: 1/2006-5/2007 (preparation for a class to be taught Spring 2007)**
- 4. Brief description of the project:**

This request was for video game equipment for a course on exergaming (exercise games) and health games (games that promote health and fitness). We are developing a learning community-style combination of two courses from different departments: CA 190: Introduction to Game and Simulation Development and HE 109: Principles of Health Fitness.

Students will use video games to promote their own physical fitness, to demonstrate the potential of health/exergames to others in the community, to create new games of their own, and to explore career opportunities in this hot, new emerging technology field.

The grant request is for game equipment (game consoles, cameras, dance pads and games).

- 5. State fundamental need or concern addressed in this project.**

To encourage student discovery and participation in the emerging technology field of exergaming and "serious" games.

Many American demonstrate poor health habits including inadequate nutrition and a lack of physical activity, which the current Surgeon's General Report called a national health crisis. This is especially true of individuals who are involved in the computer and video game fields. Traditional physical activity classes tend to not interest these individuals. This class will actively engage students in physical activity through exergames while increasing their understanding of the necessity of a healthy lifestyle.

## **6. List the project's core goals and/or objectives.**

- Students will learn the dynamic interaction of video game design and fitness and health concepts.
- Students will improve their health and fitness using the new and innovative world of exergames and “serious” games.
- Students will engage in the video game design process using the health and fitness concepts learned in class.
- Students will effectively use the behavior change process in the design of “serious” video games.
- The project will incorporate service learning, collaborative learning, and multicultural learning.
- Exposing students to this new career path will attract new students to both gaming and health studies, increasing student achievement and retention.

## **7. Who will benefit from this project?**

HE109 will meet the Health General Education requirements in the Gaming Degree (and other A.A. degrees). CA190 is a required class in the Gaming Degree. These classes not only will appeal to gaming students required to take a health class; students in the Health Enhancement, Exercise Science and Physical Education programs also will be attracted to these classes to learn about innovations in their field. Similarly students in business, biotechnology and other disciplines may be attracted to the new business opportunities that health gaming presents. Finally, we also plan to market the LC to local teachers and education majors to capitalize on the new trend of using Exergames to engage school children in exercise and combat obesity.