

# Personalize PE



With the IHT ZONE heart rate monitor teachers can provide students with personalized learning that can engage heart rate data while measuring the effectiveness of their K-12 PE program.



# What's Inside

**Case Study: Bermuda Teachers Motivate Students with Heart Rate Feedback**  
How Bermuda's teachers are training to utilize new PE technology..... 3

**IHT Zone Spirit Heart Rate Monitor Software Free** ..... 4

**Spirit System Bundles, Pricing** ..... 5

**Case Study: Massachusetts AHPERD Tracks SEL Through IHT Spirit**  
Massachusetts teachers are assessing Social-Emotional Learning during physical education..... 6

**Assessing FitnessGram® with IHT Spirit Assessment Measures** ..... 7

**IHT Spirit System Software** ..... 7

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**No Buttons...No Batteries...No Limits**

## New: The IHT Spirit App

- Designed for distance learning and active homework
- Available for both ios and android cellphones
- Allows registered Sprint System students flexibility in workout schedule
- Manage adidas ZONE just like you're on campus
- Available for the 2017-18 school year



**Call for a Custom Quote: 512.522.9354**

# Case Study: Bermuda Turns to IHT Spirit System to Give Students Daily PE Feedback

Searching for an effective way to motivate students to take personal responsibility for their fitness through physical education, Bermuda's Ministry of Education turned to the IHT Spirit System, training teachers to give students daily feedback showing how their physical activity level compared to their goals.

When implementing new education technology, making sure teachers receive the proper training and professional development is essential to a successful start. Bermuda's teachers and coordinators went through multi-faceted training on IHT's adidas Zone for IHT Spirit wrist heart rate monitors and the Spirit System Assessment Measures software suite.

"...The Spirit System application training and heart rate training is happening this month to coincide with schools' midterm break," wrote Jeanne J. Atherden, the Minister of Health and Seniors in a report to Bermuda's House of Assembly. "By the end of March all P5 [elementary school] to S3 [middle and secondary school] students will be wearing Heart Rate monitoring devices during their PE classes."

Bermuda's Ministry of Education will utilize IHT's heart rate technology and assessment software to motivate and inspire students to take charge of their own health. Teachers understand that putting students in touch with their heart rate data will be a powerful tool.

"The most important thing I learned in the training was that IHT Spirit aims to encourage students to develop an internal awareness and intrinsic motivation to improve and succeed," said Lyndsy Ford, one of more than 40 teachers who trained on the technology with IHT's Lois Mauch and Jen Reeves.

Bermuda and IHT are midway through a long-term plan that began in 2015 when Ministry Curriculum Officer for Physical Education & Health Arnold Manders identified the IHT Spirit System as the best way to assess Bermuda's school PE program. While he studies the data teachers can provide via the heart rate monitors and software, IHT staff will begin implementing the final aspects of the initial plan. That includes further defining desired student outcomes and developing new ways to promote student fitness.

Ford is grateful her nation is a part of that process.

"I think that using the [Spirit System] will bring evidence of learning, participation, growth and development more to light for PE teachers, administrators and our global teammates," she said.

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For the full story, visit:  
[www.ihtusa.com/bermuda](http://www.ihtusa.com/bermuda)

For more on IHT Training and Professional Development, visit: [ihtusa.com/training](http://ihtusa.com/training)



“Proper training and professional development is essential to a successful start.”

## Spirit HRM Software Free with ZONE

New for 2017, to make it even easier for schools to enjoy the benefits of heart rate training, IHT is now including free IHT Spirit Heart Rate Monitor software with the purchase of any new adidas ZONE for IHT Spirit wrist heart rate monitor or bundled package. The software collects student heart rate data and assesses the students' according to each individual fitness profile and class goals. The reports generated through the Spirit HRM software are emailed directly to students, the teacher and – if desired – the student's parents at the end of each physical education class.

**Call for a Custom Quote: 512.522.9354**



# Custom Packages Allow Schools to Engage with IHT Spirit

The Spirit System is priced and packaged to fit your individual goals and budgetary needs. Start your savings with one of our discounted bundled solutions and then add to it for tailor-made savings. Or, let us create your package with no minimum quantities for a customized solution as unique as you are. Keep in mind, you only need as many monitors as you have students in your largest PE class. The adidas ZONE for IHT Spirit is designed to last throughout the day, across multiple classes, every day.

## Custom IHT Spirit Packages

### **STARTER PACKAGE | \$899**

- 4 adidas ZONE for IHT Spirit Monitors
- 1 adidas ZONE USB Charger
- 1 IHT Spirit Classroom Reader
- 3-year license for IHT Spirit HRM Software
- 1-hour "Introduction to IHT Spirit" Webinar

### **CLASS PACKAGE | \$4,599**

- 28 adidas ZONE for IHT Spirit Monitors
- 1 adidas ZONE Charging Case
- 1 IHT Spirit Classroom Reader
- 3-year license for IHT Spirit HRM Software
- 1-hour "Introduction to IHT Spirit" Webinar

Package pricing less than \$5 per student per semester over 3 years.

### **CUSTOM PACKAGE**

For more Information, email us at [spirit@ihtusa.com](mailto:spirit@ihtusa.com)

*Invest in your students' future today.  
Customize Your Own Spirit Package.*



# Case Study: Massachusetts PE Teachers Measure SEL Through IHT Spirit System

With its Board of Education focusing on Social-Emotional Learning across the commonwealth, Massachusetts physical education teachers now have a way to quantify how students master those essential skills.

IHT and the Massachusetts Association of Health, Physical Education, Recreation and Dance (MAHERPD) have integrated SEL protocols into IHT's Spirit Assessment Measures software. Teachers at 79 participating schools are assessing how students master SEL skills and will send assessment reports to state leaders, including MAHERPD Executive Director Maria Melchionda.

"We are ready to go with not only the PE metrics, which focus on the psychomotor [skills], but also the Social-Emotional Learning at each level as part of our data collection," Melchionda said. "I told the board, 'You know, as long as I've been in education, and that's about 35 years, we've always done SEL in physical education and health. In fact, I don't know of a teacher out there in the classroom or in these two disciplines who hasn't done SEL. It's ingrained in us.'"

As MAHERPD enters the second year of its relationship with IHT, leaders have included SEL lessons and assessments within a framework that already tracks PE-specific skills and proficiencies. Participating MAHERPD teachers are now tracking student progress on the five core principles of SEL: Self-management; Relationship skills; Social awareness; Responsible decision-making; and Self-awareness.

Within IHT's Spirit Assessment Measures software, teachers can find lessons designed around grade-specific national standards and track how students improve their proficiencies in each. Teachers can also create their own measures to assess different skills.

By the end of the school year, Melchionda plans to return to the state board of education with data showing how Massachusetts' students are progressing in mastering SEL's skills. The SEL data will be part of a package that shows MAHERPD has tangible evidence detailing the importance of PE as part of the whole child approach to education.

For the full story, visit: [www.ihtusa.com/SEL](http://www.ihtusa.com/SEL)

“We’ve always done SEL in physical education and health. It’s ingrained in us.”



# Record FitnessGram® Assessments Using IHT Spirit

The Presidential Youth Fitness Program (PYFP) has adopted FitnessGram® as part of a national standard for assessing student health-related fitness. The IHT Spirit System software enables schools to assess students using PYFP standards including FitnessGram® norms. The user-friendly IHT Spirit FitnessGram® software enables teachers to collect data in seconds. The software generates reports with ease from the individual, class, school, district and state levels. Customized measures and personalized feedback provide objective, positive reinforcement which is vital to changing behavior.



## Assessment Measures Gives Students Individual Connections and Instant Feedback

The IHT Spirit Assessment Measures Software is the perfect PE management tool that expands beyond heart rate data collection to include FitnessGram® assessments and reporting, automated Pacer and Mile Run timing, rubrics and customized assessments of physical literacy, Social-Emotional Learning, mobility and sport-specific testing.



### IHT Spirit Software License Options

Spirit FitnessGram® Data Collection: \$149/year

Spirit Customized Assessment Measures: \$300/year

FitnessGram® is a brand name trademarked by The Cooper Institute®, Dallas, Texas.

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