

**ACTIVITY WRITE-UP**

**Name of Activity: Biofeedback App How-to (Runtastic Heart Rate PRO App)**

Type of modality	Technology
Type of play	Solitary
Interaction pattern	Extra-individual
# of participants required	1
Equipment/supplies	Iphone or Ipad
Facilities required/environment	Somewhere that allows participant to access the internet.
Precautions	-If participant works out after navigating to the app, make sure he/she stretches prior and engages in proper rest and nutrition. -Do not press too hard on lens, otherwise blood circulation could be altered and results affected. -Do not measure with cold fingers.

**Directions**

1. Have leader explain what app the participant is going to find and download (Runtastic Heart Rate PRO App).
2. Participant will navigate to app store.
3. Once at app store, search for app and download.
4. Once app is downloaded, go over instructions with participant.
5. Let participant place and lightly hold their index finger against the back camera lens and flashlight.
6. App will scan finger.
7. The participants HR, BP, and O2 levels will appear on the Iphone or Ipad.
8. Explain results to participant.
9. If participant works out after, have them check their stats during and after as well to compare results.

**Activity Analysis**

Category	Skills
Primary body position	Sitting
Part of the body required	Upper extremities

Movement	Carrying in hands, palmar grasp, lifting, picking up, turning or twisting hands or arms
Physical	Dynamic sitting, fine muscle coordination, bilateral integration, active range of motion: upper extremities, visual-motor integration
Cognitive	Attention: focused and sustaining, concentration, Orientation: Topographical, organization and planning, reading, spelling
Social	Relating with persons in authority, regulating behavior, self-expression
Perception	Visual, tactile
Communication/language	Reception of spoken language, expression of written language, reception of signs and symbols
Self-care	N/A
Psychological/emotional (possible)	Joy, fear, frustration

**How to Simplify the Activity**

Navigate to app for participant and just have them put their finger to the flashlight.

**How to Make the Activity More Complex**

Have participant find and navigate to app themselves.

**Other Comments**

Be conscious of people’s feelings (especially embarrassment) towards their HR/BP.