

USE OF MOBILE PHONES IN TEACHING PHYSICAL EDUCATION

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INTRODUCTION

- ◉ Phones are one of the “most important” items of every individual
- ◉ Fastest and easiest communication
- ◉ Web browsing
- ◉ Numerous applications

HISTORY OF THE PHONE

- ◉ Definition: telecommunications device for receiving and transmitting sound over a long distance
- ◉ The first phone invented Alexander Graham Bell in 1876
- ◉ The first telephone call was from New York to Chicago in 1892
- ◉ In 1978 the first mobile phones

EXERCISE

- ◉ There is an overwhelming amount of scientific evidence on the positive effects of sport and physical activity as part of a healthy lifestyle.
- ◉ Hormones of happiness
- ◉ More physical active people are less vulnerable to illness

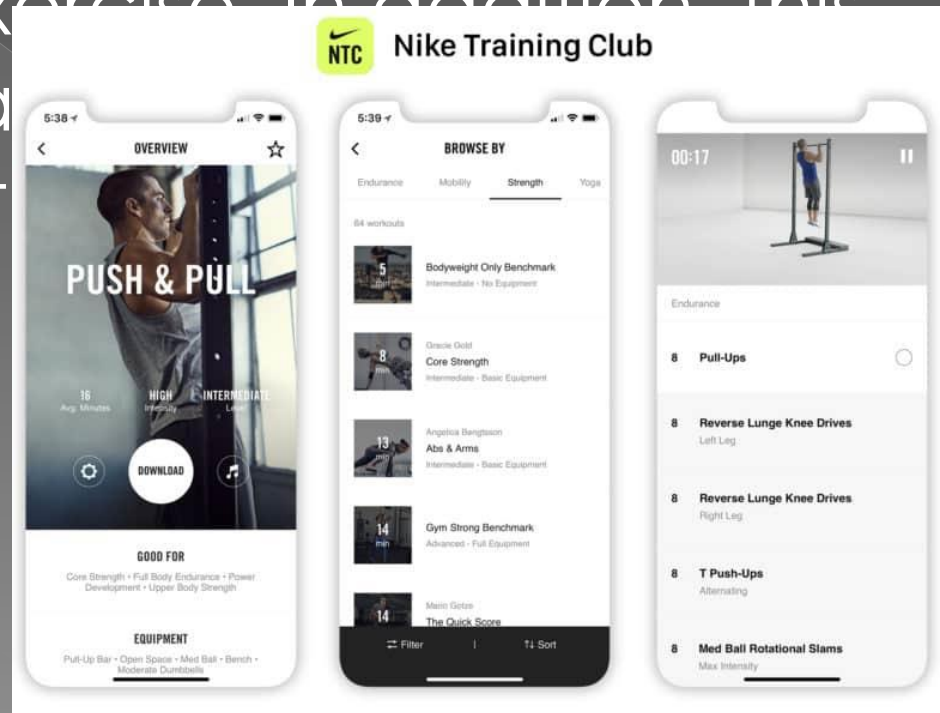
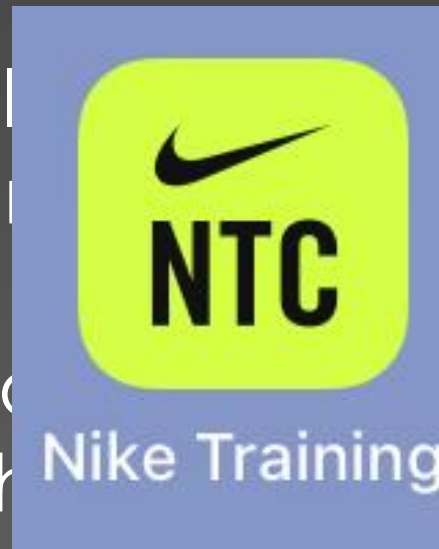
APPLICATIONS

- SWORKIT - fitness training, strength training, stretching, and yoga on this app comes with a free trial and no in-app purchases. The trial includes 7 days of access to all the exercises in the app, plus an additional 30-day trial for the premium version.



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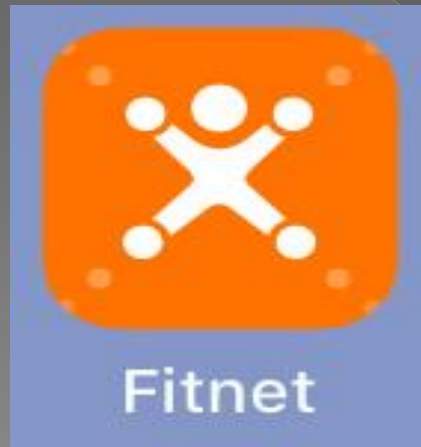
NIKE TRAINING CLUB - app provides a customized training plan that adapts as you progress from a the and get the exercise. In addition, this



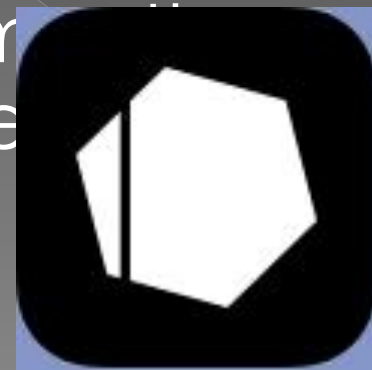
- FITSTAR - has created its own app with personalized video workouts that are versatile and have many options. You can also choose from shorter types of workouts designed to target specific body parts and muscle groups. This is a great option for days when you do not have enough time for the entire workout.



- FITNET - For this app, connoisseurs claim that it is truly the best 'personal trainer' among all fitness apps. Whenever you have time, you can train with a personal trainer who follows you through the video, and at the same time give you some useful advice.



- FREELECTIS - This is one of the most popular applications. So be careful if you are a pure beginner in the gym! Freelectis workouts are mostly High Intensity Interval Training (HIIT) and are combined with strength and endurance training, which also helps you burn calories faster. You can adapt the exercises to your fitness, which means that in a few weeks or months you will not run out of challenges.



Freeletics

CONCLUSION

- ◉ Smartphones are usefull
- ◉ Technology wll progres and features will increase
- ◉ In school smartphones are just gadget – diversification of lessons, teacher is still No.1

Thank you

