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## 05. Physical Education

University of Central Oklahoma

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## **Abstracts from the 2013 Oklahoma Research Day**

**Held at the University of Central Oklahoma**

### **02. Education and Professional Studies**

#### **05. Physical Education**

##### **02.05.01 The Effect of Gender and Town Size on Stress Levels of University Freshman**

**Mark Giese, Kassie Kerns,**

*Northeastern State University*

The Effect of Gender and Hometown Size on Stress Levels of University Freshman Kassie Kerns and Mark L. Giese Abstract: The purpose of this study was to determine if either gender or hometown size had an effect on the stress levels of University freshman. Two hundred and twelve (212) freshmen enrolled in eight sections of a Personal Health General Education class served as a convenience sample. After proper IRB approval, the subjects were administered a 20 question stress questionnaire taken from their course textbook. The answers to the stress questionnaire served as the dependent variable and gender and town size were the two independent variables. A two way Analysis of Variance (X2 ANOVA) indicated that hometown size was significant ( $F = 3.3, p = .04$ ) at the .05 level of significance. A Scheffe post hoc analysis indicated that the difference was between the large and small towns with the students from the smaller towns reporting higher levels of stress. The implication is that students from smaller towns may need more encouragement and additional means of support in an effort to reduce stress levels during and prior to the end of their freshman year in college.

##### **02.05.02 Making the Grade in Physical Education: Why Effort and Participation Should Not Count**

**Tim Baghurst,**

*Oklahoma State University*

Assessment in physical education is not a new topic, yet opinions regarding how physical education should be assessed vary greatly. Although some argue for skills-driven measures of competency, others believe that attributes such as attitude, effort, and participation are equally or even more important. The purpose of this presentation is to provide an overview of the current literature surrounding effort and participation as a component of grading in physical education. Using an historical approach, this presentation will explain how grading in physical education has changed over time, yet remains steeped in tradition, sometimes to the cost of the profession. Discourse on the impact that varying methods for assessment have on the physical education profession is provided, followed by a best-practice method for including effort and participation in assessment.

### **02.05.03 Successful use of pokéwalker: one girl's story**

**Yoonsin Oh,**

*Cameron University*

This qualitative case study was conducted to investigate how girls used pokéwalkers in an exergaming program. A pokéwalker is a special pedometer made for the Nintendo DS games Pokémon HeartGold and SoulSilver. A pokéwalker allows players to walk pokémon, collect an in-game currency by walking, and connect with other pokéwalkers. The girls in the program walked together and played either Pokémon HeartGold or SoulSilver using a pokéwalker. The pilot program was with 6-8th grade girls attending Girls Incorporated (Girls Inc.) in Spring 2011. The summer program was with 5-6th grade girls attending a local community center's summer camp in 2011. Data collected includes observations, field notes, interviews, documents, and audio and video recordings of interactions and conversation. As Stake (1995) suggests, two strategies were used to draw meanings: direct interpretation and aggregation of instances. One girl in the summer program continued to wear her pokéwalker for another eight weeks after the program was finished. The researcher examined this girl's case to understand the reasons for differing pokéwalker use. This case study helps us understand girls' usage of pokéwalkers and provides insight in developing technology to promote physical activity in girls. Stake, R. E. (1995). The art of case study research. Sage Publications, Inc.

### **02.05.04 The Energy Expended While Playing the Xbox Kinect**

**Isaac Henry, Greg Farnell,**

*University of Central Oklahoma*

The Centers for Disease Control and Prevention reported in 2009 that only 18% of high school students participated in at least 60 minutes of physical activity per day. Playing video games has become a significant part of children's leisure time activities. This has led to increased time spent being inactive thus being a possible contributor to the current childhood obesity epidemic. The purpose of the current study is to determine energy expenditure of three different Xbox Kinect interactive video games. Students at the University of Central Oklahoma will be recruited to participate in the study. Participants will play UFC Personal Trainer, Zumba Rush, and Just Dance 4. Each game will be played for 20 minutes totally 60 minutes of activity. Oxygen consumption and energy expenditure will be continually measured by a Parvomedics metabolic cart. It is anticipated that if participants fully engage in the video games they will reach a level equivalent to moderate intensity exercise. The results of the current study may provide fitness professionals, parents, and teachers an additional option to increase physical activity levels in children.