Widening the competition environment to improve health

Using heart rate monitors in PE lessons

During 2017 a high school in Iowa, United States, trialled using heart rate monitors for students in PE lessons. The aim was to motivate those students who were not engaged with PE. The heart rate monitors generated individual reports that showed how long students had spent in their heart rate goal zone. They also enabled teachers to set goals for classes and individuals based on need.

What are the benefits?

Teachers involved in the trial found that students’ motivation increased and gave more students the opportunity to engage in understanding their body and the impact of exercise.