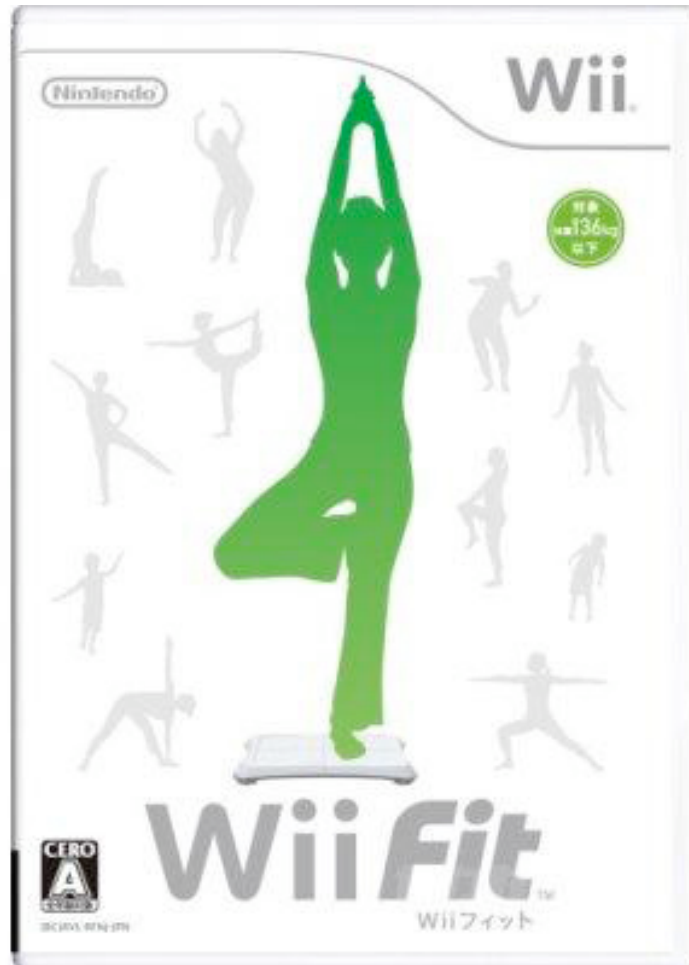


U of C Exergaming Centre Wii Fit Workbook

For Upper Elementary and Middle School Students



UNIVERSITY OF
CALGARY
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U of C Exergaming Centre

Wii Fit Workbook

Learning Outcomes:

- Students will be introduced to the technology of Wii Fit in an educational environment
- Students will follow a structured set of guidelines when using the Wii Fit
- Students will explore the Wii Fit at their own pace with clearly defined expectations.
- Students will be introduced to concepts and exercises related to balance, flexibility, strength and endurance.

Age group:

- Upper Elementary
- Middle School



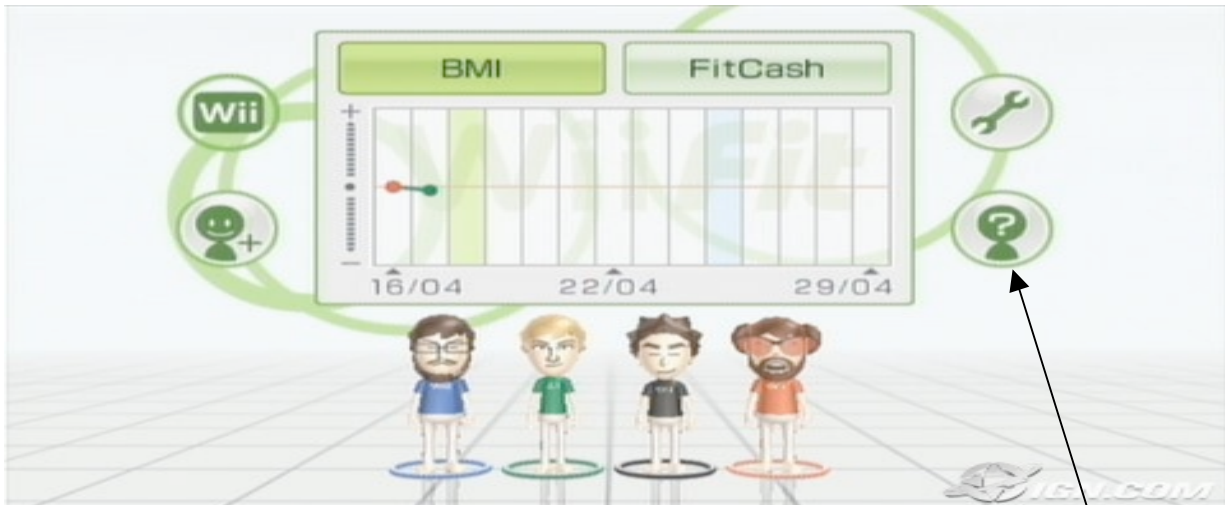
Getting Started

Power up the Wii Fit station by turning on the monitor (bottom button on the right side of the TV) and the Wii console. The power on the Wii system will turn on and the screen will display a prompt for you to activate your remote. After you have read it, press 'A'



Point to the Disc Channel (top left on the Wii Menu) and press 'A'. The Channel Preview page will appear, when you are ready to begin, point to **Start** and press 'A'. The Strap Usage screen will be displayed, once you are ready, press 'A'.

Use the 'A' button for all further selections you require in Wii Fit.



The Wii Fit Plaza allows a player to select their established character or choose the trial mode which allows a player to do a Body Test and/or select from a limited set of activities and exercises without having to create a profile. Unless otherwise indicated, students will only use the trial mode since there is a limit of eight Mii characters per console.

Lesson 1 – Body Testing (follow the directions to begin activity)

- As indicated above, select the Trial Mode
- Choose a Guest Mii to play (your choice)
- OK
- Choose Body Test
- Enter your height in Ft and Inches
- Enter the year you were born
- Enter your birthday (month/day)
- Confirm height and birthdate

Body Test using the Wii Balance Board

- Place the balance board gently on the floor immediately in front of the monitor (approximately 2 meters away)
- Softly use your finger to activate the power on the balance board and wait until you're instructed to stand on it
- Once it's ready, stand on the balance board and let it recognize your body. Hold still while the Wii Fit unit adjusts its sensors to your body weight
- Enter the weight of the clothes you are wearing: for consistency purposes, always choose blue (light – 2lbs)
- Prepare to be weighed by standing still on the balance board and press 'A' when ready
- Hold perfectly still while being measured for weight and centre of balance.

Centre of Balance (COB) and Body Mass Index (BMI)