



TECH TO BUSINESS

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Move Improve Application

TECH ID #: 35.4

Background

'Move Improve' is a peer-to-peer and self-learning tool for any movement-based skill. It is currently an iPad application allowing users to accurately and effectively measure their own performance as well as performances of their peers. 'Move Improve' can be leveraged by a range of people who teach basic physical skills and movements, from teachers and trainers to professional coaches and physiotherapists.

The application allows students to access a skill based module, view video examples of essential movements broken down step by step. They can record their own action for playback, and evaluate this movement or the movement of their peer's vis-à-vis a skill checklist. The application facilitates learning through self and peer evaluation.

Areas of Application

'Move Improve' can be used by anyone teaching or learning a new movement based skill, including:

- Physical education, for example throwing, running, swimming
- Organized and professional sport, including dance
- Physiotherapy
- Self-learning in recreational sport, for example fly fishing, bowling

Competitive Advantages

- By breaking down skills into essential basic movements, 'Move Improve' allows the user to easily understand and assess their own or a peer's movement
- Recording the action enables users to view their skills more objectively vis-à-vis the training video and checklist, leading to improved learning outcomes
- It is easy to upload your own exercise or skill to customize the 'Move Improve' application; however users can also choose from a database of pre-created skill modules

Stage of Development

The 'Move Improve' application is in alpha testing. Several skills modules are offered in the database and more are under development.