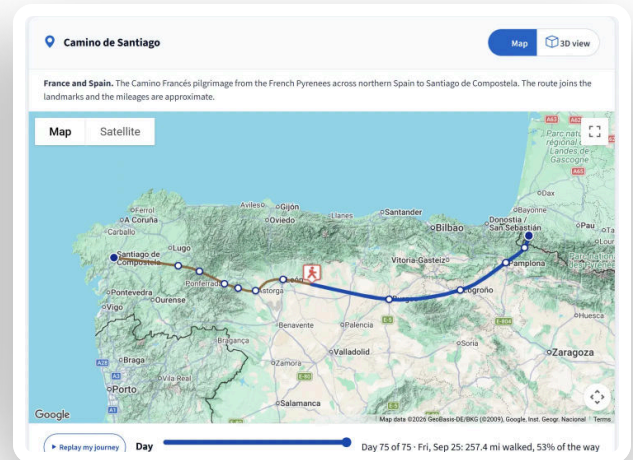
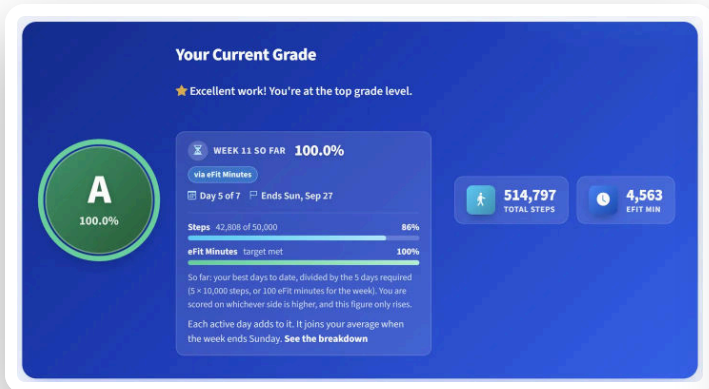




FOR KINESIOLOGY AND PE DEPARTMENT CHAIRS

Fall 2027 planning edition

PHED 1164 · KINE 1164 · walking and conditioning · lifetime wellness

efit.software

Online activity courses are hard to grade the same way twice

An online fitness and wellness course asks students to exercise on their own and prove it. Most sections still collect that proof by hand.

Screenshots and paper logs

Students submit app screenshots or written logs. Dates are easy to change, and adding up minutes takes the instructor's weekend.

A different rule in every section

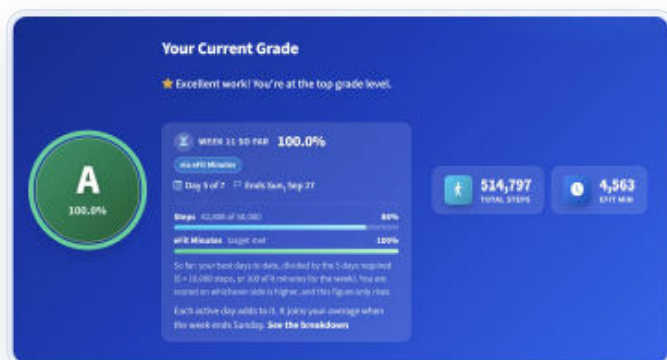
Full-time and adjunct instructors set their own targets and their own evidence rules, so the same week earns different grades.

Little to show at review time

When the department is asked whether students improved, the answer is usually a folder of logs.

What a fair weekly activity scale looks like

- ✓ **Dated evidence.** Each day's activity arrives with its date from the student's own device.
- ✓ **One rule for everyone.** The scale is set once for the department and applied the same way in every section.
- ✓ **Device-neutral.** A student with only a phone can reach full credit.
- ✓ **Room for a bad day.** Grades count the best days of the week, so one sick day does not sink a week.
- ✓ **Visible to the student.** Students can see how far they are from the next grade while there is still time to move.



eFit's default scale: each week counts the student's best 5 of 7 days. The student earns the higher of two scores: average daily steps, where 10,000 earns full credit, or weekly active minutes, where 100 earns full credit. Every row of the scale can be changed.

One term on eFit, from week one to finals

1 Before the term

Quick Setup builds the section's activity tracker, fitness assessment, and course paper, with due dates calculated from the term dates. Sections can share one course template.

2 Week one

Students connect Google Health on Android or Apple Health on iPhone, once. A phone counts steps by itself. Any tracker that syncs to Google Health or Apple Health adds active minutes.

3 Every week

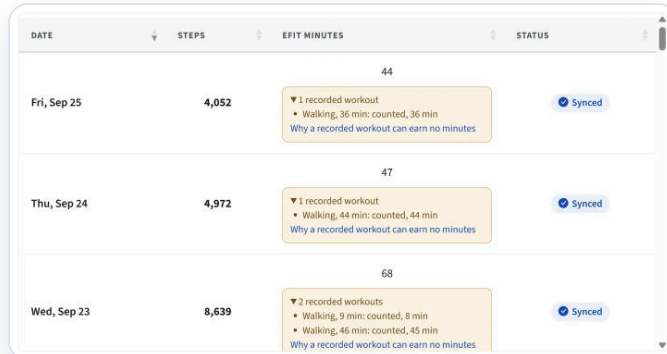
Activity arrives on its own and the week scores itself. Students see their grade and how many steps or minutes stand between them and the next one.

4 When students go quiet

The at-risk report lists students who never connected a device and students whose activity has dropped. Reminder emails go out automatically.

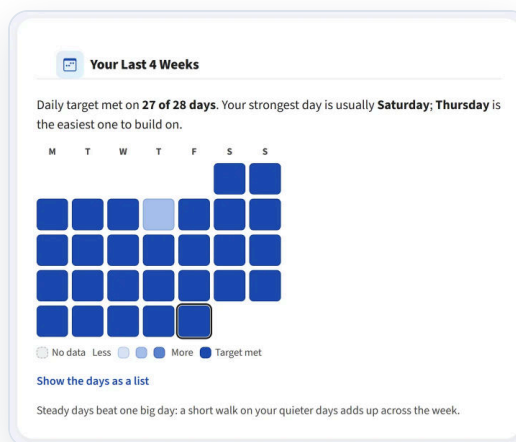
5 Start and end of term

Students complete the pre and post fitness assessments, at home or on campus.



DATE	STEPS	EFIT MINUTES	STATUS
Fri, Sep 25	4,052	44 ▼ 1 recorded workout • Walking, 36 min: counted, 36 min Why a recorded workout can earn no minutes	Synced
Thu, Sep 24	4,972	47 ▼ 1 recorded workout • Walking, 44 min: counted, 44 min Why a recorded workout can earn no minutes	Synced
Wed, Sep 23	8,639	68 ▼ 2 recorded workouts • Walking, 9 min: counted, 8 min • Walking, 46 min: counted, 45 min Why a recorded workout can earn no minutes	Synced

A student's activity log: steps, active minutes from recorded workouts, and synced status for each day.



Students see their own pattern, such as meeting the daily target on 27 of 28 days.

The course text and the activity lab in one place

eFit was built by a kinesiology instructor who teaches PHED 1164. Student access includes the full course.

8 eBook modules

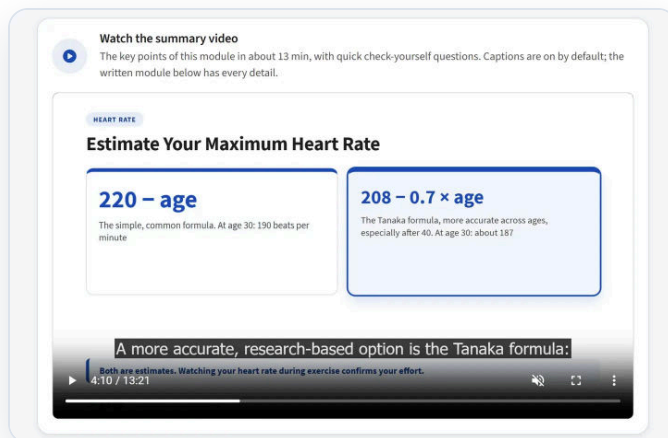
Each with a narrated summary video, audio narration, and slides: health and wellness concepts, cardiovascular fitness, muscular strength and endurance, nutrition, weight management, flexibility, current fitness topics, and wellness issues.

The Walking Journey

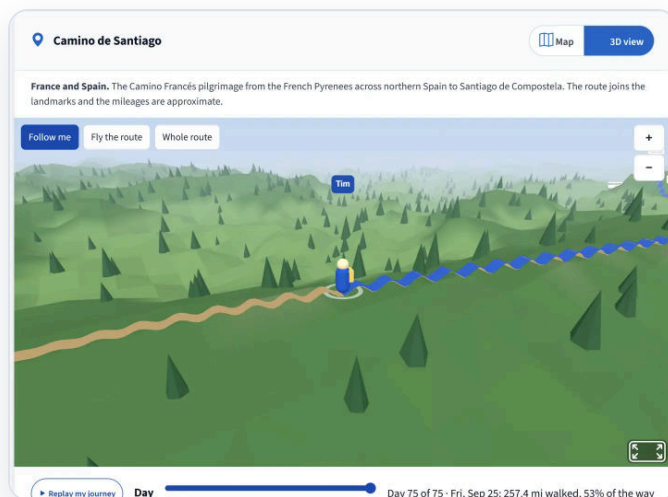
Every activity tracker gets a journey fitted to the class's step goal, on trails such as the Appalachian Trail in Georgia, the John Muir Trail, Hadrian's Wall, or the Camino de Santiago. Classmates appear as unnamed markers.

PocketAI Journal and a certificate

Students reflect on their progress, and earn a completion certificate at 70% or higher on the activity tracker.



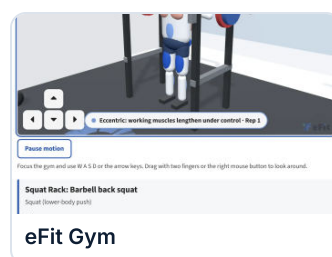
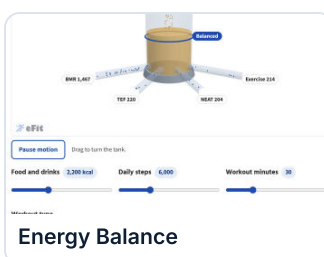
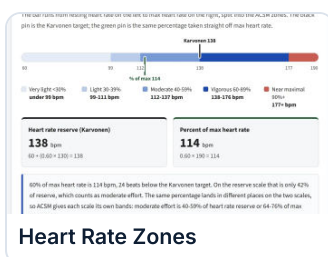
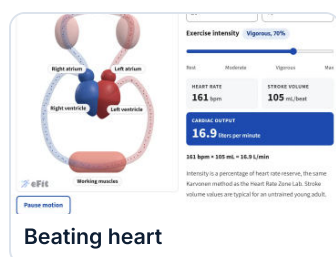
Every module opens with a narrated summary video.



The Walking Journey in 3D view.

12 interactive 3D labs

Predict, change the inputs, check. Every lab works with a keyboard, has a pause control, and includes a full text description.



Pre and post fitness results for every student

Students take the same battery at the start and end of the term. None of the default tests need lab equipment, so online sections assess the same way as campus sections.

1-mile walk

A timed walk used to estimate VO2max, the standard measure of cardiorespiratory fitness.

Push-ups

Upper-body muscular endurance, compared with age and gender norms.

Plank

Timed core endurance with the same pre and post comparison.

What the department gets

- ✓ A beginning-of-term and end-of-term result for every student, with the change in absolute and percentage terms
- ✓ Results compared with published age and gender norms when submitted
- ✓ Section-level results that roll up across instructors
- ✓ Daily activity for the whole term alongside the fitness results
- ✓ A download of the results for the self-study appendix

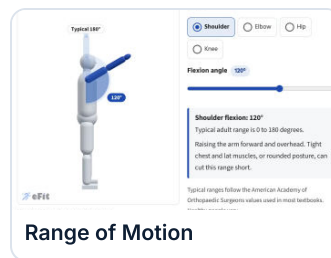
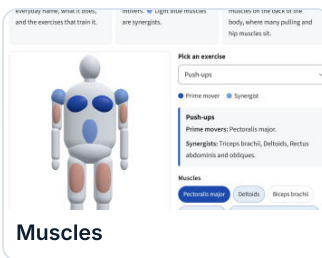
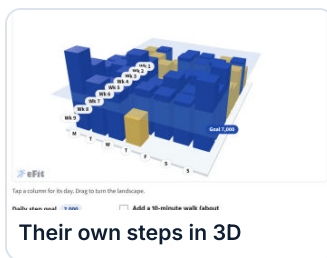
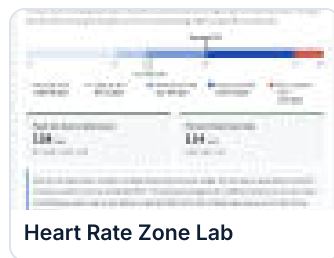
Why a shared template matters here

When every section uses the same battery and the same schedule, results from different instructors can be compared on equal terms. That turns a pile of section reports into one department story.

Track your own hours

Ask one instructor to log grading time for a term before eFit and a term after. That number, from your own department, is the one worth reporting.

Students learn from their own numbers



No license fee for the department

FACULTY

Free

Faculty accounts, the course template, and every report.

STUDENTS

\$59

Per student, per semester. Includes the eBook, the 3D labs, the Walking Journey, assessments, and activity tracking.

DEPARTMENT

\$0

Unless the department chooses to buy seats for its students.

Three ways for students to pay

Route	How it works	Best for
Directly from eFit	Students buy access when they sign up in week one.	A pilot section; no paperwork
Campus bookstore	The bookstore stocks an eFit access code with your other course materials, so financial aid can cover it.	Department adoptions
Department-funded seats	The department or college buys seats in bulk on one invoice or purchase order, quoted per institution.	Dual credit, grant-funded, or zero-cost sections

Course-materials programs

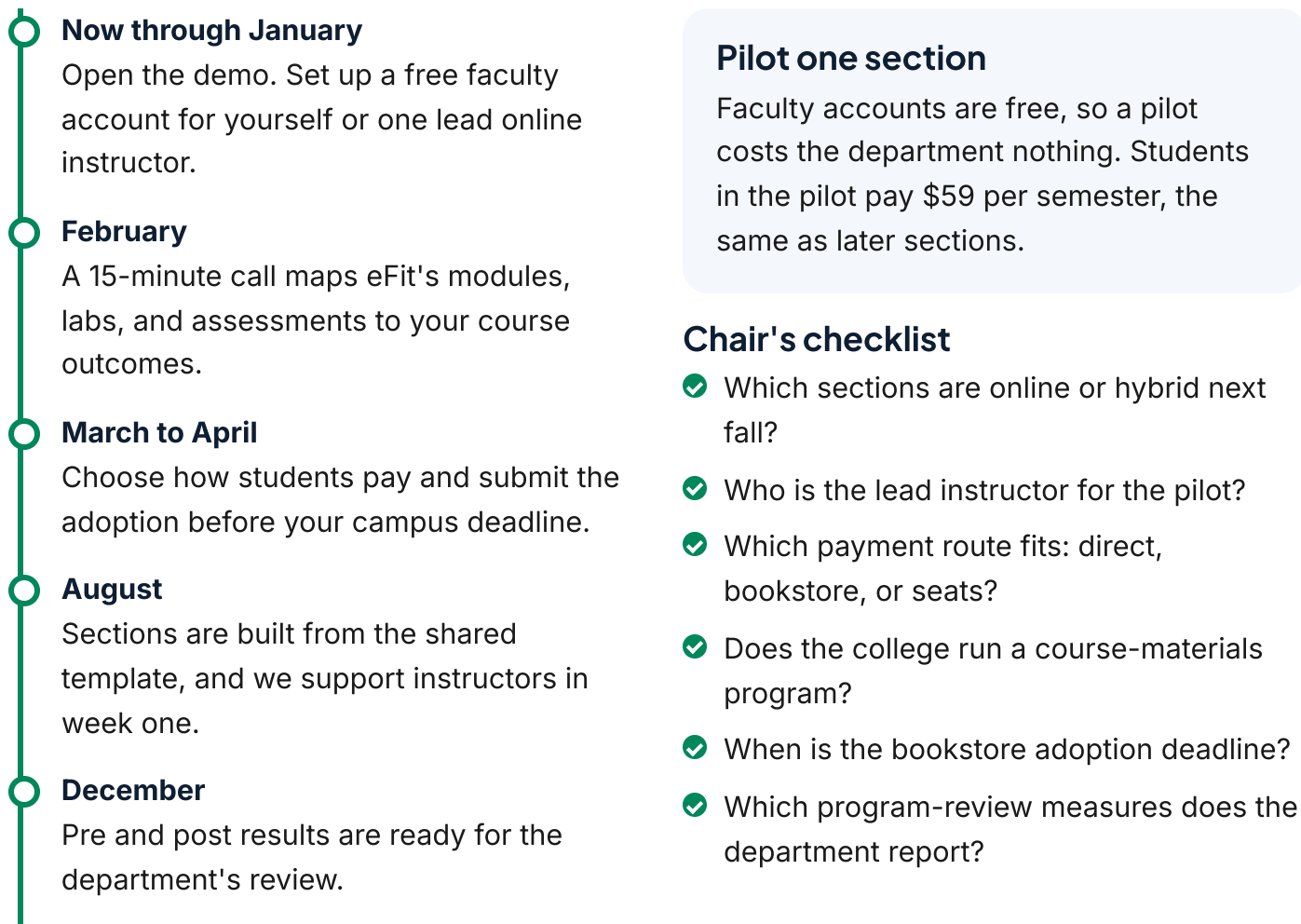
If your college runs First Day, IncludedED, STAR, Open Books, or another course-materials program, contact us before your adoption deadline. We will work with your bookstore on how eFit is listed so students are charged once.

Open textbooks

Keep your open reading. eFit can serve as the lab: activity tracking, assessments, the 3D labs, and the Walking Journey.

From a free account to a fall adoption

Most departments start with one or two online sections and add the rest the following term. Check your own bookstore and adoption deadlines; these windows are typical.



Before you decide

Do students need a fitness tracker?

No. A phone counts steps on its own through Google Health or Apple Health. Fitbit, Apple Watch, Garmin, and Samsung trackers work too.

Is student data private?

eFit is FERPA compliant. Students grant read-only access to activity data, and traffic is encrypted with 256-bit SSL.

Is it accessible?

eFit is built to ADA standards. The 3D labs work with a keyboard and include full text descriptions.

Can dual credit sections use it?

eFit serves students 13 and older. Where dual credit students cannot be charged for materials, the college or district can buy seats in bulk.

Who uses eFit?

17,665 students have tracked their activity with eFit since 2018. In the past 12 months, eFit courses ran at Lone Star College, University of Houston-Downtown, College of the Mainland, and Elizabeth City State University.

What do faculty say?

"The registration process, technical support, and automated activity grading have been awesome and top notch."

Lois Heeren, Physical Education Instructor

"eFit allowed my physiology students to put what they're learning into practice and see their own physiology at work."

Monica Hernandez Valencia, Biology Professor

Open the free demo

A sample class in your browser, no sign-up. Then a free faculty account whenever you are ready.

efit.software · 346-222-3348 · sales@efit.software

