

SPORTS APP evaluation:

1. Source (link to website or Appstore download):

https://play.google.com/store/apps/details?id=homeworkout.homeworkouts.noequipment&hl=en_US

2. Screenshot (eg):



3. Name and short description:

Home Workout - No Equipment. Even though the app is called "home workout" you can easily use it in sports class to train your muscles. It shows you different types of workouts to train different regions and muscles of your body - without having to go to the gym or having to buy expensive equipment!

4. Evaluation criteria:

Points:

✓ IOS and Android: (1/2)	2 (1 / 2)
✓ Price or free: (0/1/2)	2 (0 / 1 / 2)
✓ Measurement & sensors used: (0/1/2/3/4/5) sensors used (altitude, air pressure, moisture, magnetic field, temperature, motion, gyroscope, luminosity, GPS)	0 (0/1/2/3/4/5)
✓ Visual design and functionality: personal rating How easy is the APP to use? (1/.../5)	5 (1/2/3/4/5)
✓ App in multiple languages: Does the APP meet our criteria for intercultural usage – is it available in English and multiple languages? (1/2)	1 (1 / 2)
✓ Relevance for lesson & topic: personal rating How relevant is the APP to the target audience – lessons/lections/short usage in our classrooms? (1/.../5)	3 (1/2/3/4/5)

5. Summary average calculated (weighted):

4,1

(6 subcriteria with 100% = 6.0 as best possible rating)

Further sources for APP evaluation:

<https://www.edugroup.at/innovation/tablets-mobiles/apps/wissenswertes/detail/wie-kann-ich-eine-app-evaluieren.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5748471/>

<https://www.gcu.ac.uk/library/smile/evaluation/evaluatingapps/>