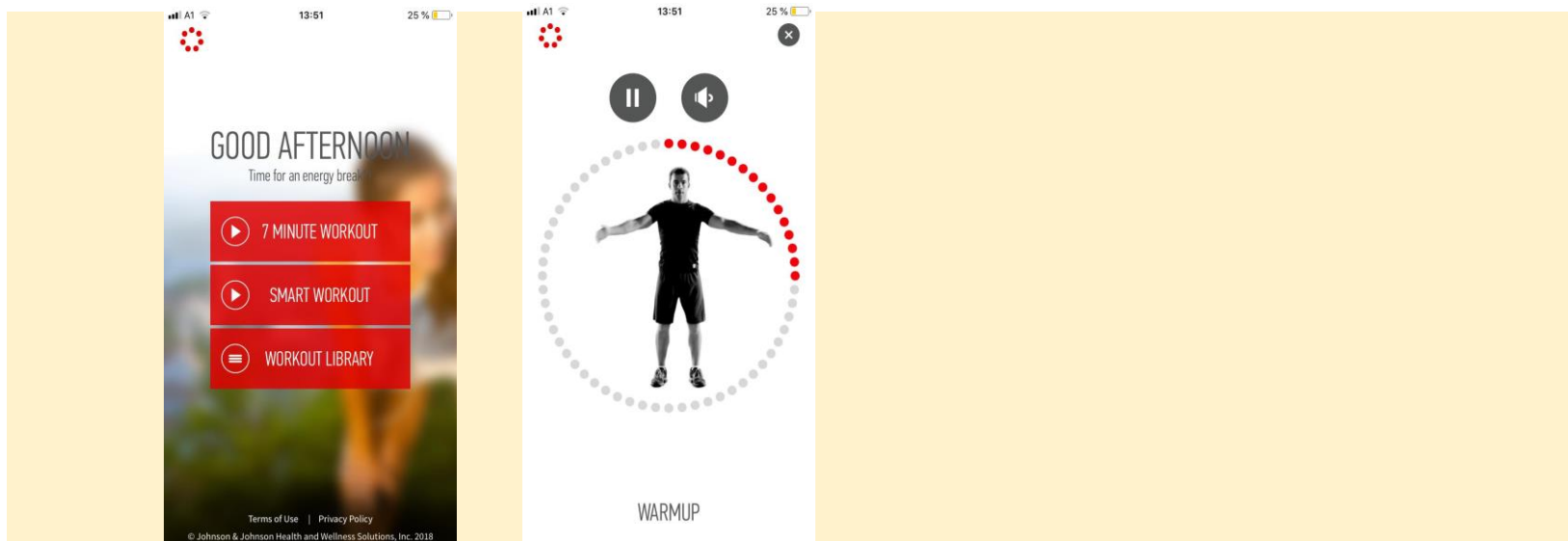


SPORTS APP evaluation:

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

[App Store](#)

2. Screenshot (eg):



3. Name and short description:

J&J Official 7 Minute Workout is an app offering an balanced system of exercises explained in short videos.

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)	4	(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)	4	(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/>