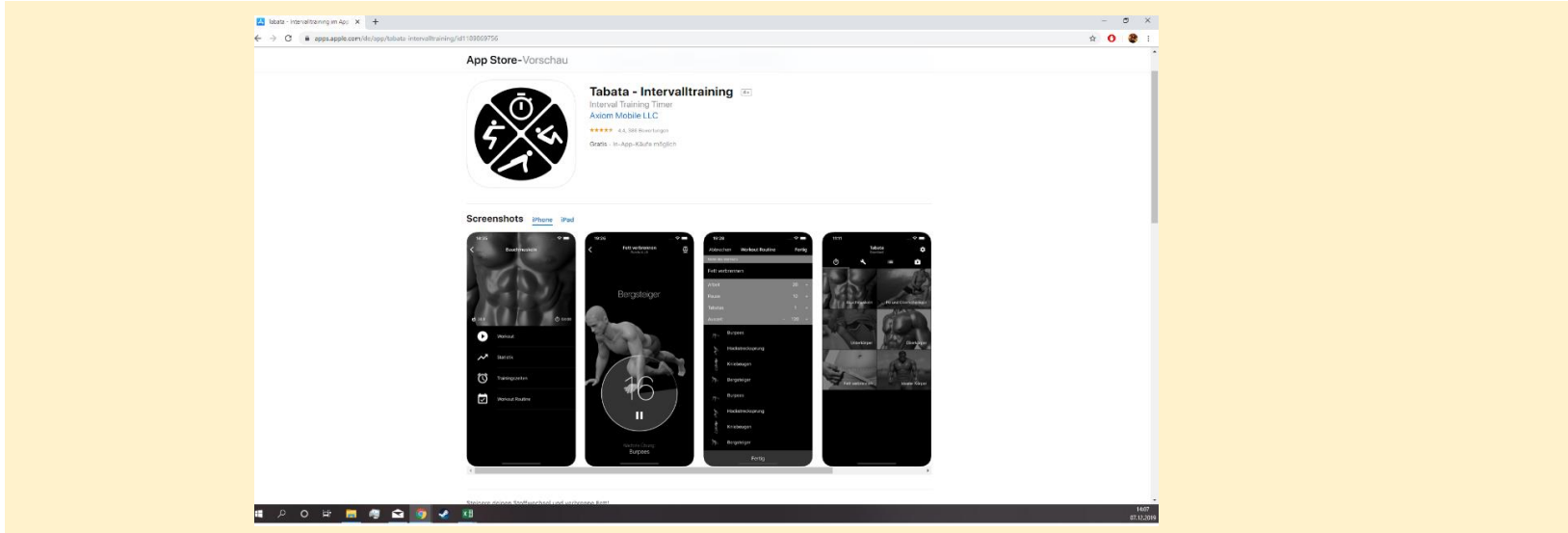


SPORTS APP evaluation:

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

<https://apps.apple.com/de/app/tabata-intervalltraining/id1189869756>

2. Screenshot (eg):



3. Name and short description:

Tabata - Intervalltraining is the perfect guide for the training method with the same name as the app. App includes timers and set routines.

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

5. Summary average calculated (weighted):

4,8

(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/>