

Saturday 23<sup>rd</sup> 2010 AEST – Friday night GMT

Rating System 23.01.10

[8:03:19 AM] \*\*\* Call to Stephen Yang, duration 1:56:47. \*\*\*  
[8:09:26 AM] \*\*\* Interactive Fitness and Exergame Network added Tommy Seilheimer \*\*\*  
[8:09:31 AM] \*\*\* Interactive Fitness and Exergame Network added Kim \*\*\*  
[8:09:36 AM] \*\*\* Interactive Fitness and Exergame Network added Ed Kasanders \*\*\*  
[8:09:38 AM] \*\*\* Interactive Fitness and Exergame Network added Bill Abel \*\*\*  
[8:09:40 AM] \*\*\* Interactive Fitness and Exergame Network added Raina Casarez \*\*\*  
[8:09:47 AM] \*\*\* Interactive Fitness and Exergame Network added Sheryl \*\*\*  
[8:09:49 AM] \*\*\* Interactive Fitness and Exergame Network added Helena Baert \*\*\*  
[8:10:06 AM] Helena Baert: I can hear you but no mic :(   
[8:10:21 AM] \*\*\* Interactive Fitness and Exergame Network added Ernie Medina, Jr. \*\*\*  
[8:10:37 AM] Helena Baert: .. it's the aussie voice... :D  
[8:10:44 AM] Gamercize UK: :)  
[8:11:00 AM] Bill Abel: Bill is here  
[8:12:54 AM] Interactive Fitness and Exergame Network:  
<http://exergaming.pbworks.com/Exergame-Rating-System>  
[8:13:11 AM] Gamercize UK: Hi Bill!!  
[8:13:31 AM] Bill Abel: Hi Rich  
[8:14:37 AM] Kim: Kim here....I am actually in another meeting...so am just reading :)  
[8:15:03 AM] Gamercize UK: Hi Kim, we'll keep the transcript updated  
[8:15:29 AM] Interactive Fitness and Exergame Network: Hi Kim, no problem  
[8:16:59 AM] Helena Baert: what is the Q?  
[8:17:06 AM] Helena Baert: google docs?  
[8:17:08 AM] Helena Baert: ok  
[8:17:31 AM] Helena Baert: one sec  
Gamercize UK  
[8:18:41 AM] Helena Baert: does it say something on the top... you should be able to click it to go online  
[8:18:43 AM] Raina Casarez: FYI <http://www.futureoffitnesswhitepaper.com> Les Mills funded, currently circulating amongst fitness professionals  
Gamercize UK  
[8:20:24 AM] \*\*\* Interactive Fitness and Exergame Network added Alasdair Thin \*\*\*  
[8:20:33 AM] \*\*\* Interactive Fitness and Exergame Network added Lisa Hansen \*\*\*  
[8:21:17 AM] Helena Baert: someone in the gym?  
[8:22:40 AM] Gamercize UK: <http://exergaming.pbworks.com/Exergame-Rating-System>  
[8:23:03 AM] Helena Baert: funny... I had the video of my students teaching on... thought someone was in a gym :S sorry  
[8:23:24 AM] Interactive Fitness and Exergame Network: Helena who are you talking to lol :P

[8:23:39 AM] Interactive Fitness and Exergame Network: It begins: Rich gives an overview of the EERS

[8:23:54 AM] Helena Baert: haha sorry

[8:23:59 AM] Interactive Fitness and Exergame Network: :)

[8:24:11 AM] Helena Baert: that is what happens when you listen in from work and not home...

[8:24:36 AM] Interactive Fitness and Exergame Network: No problem Helena..gotta do what you gotta do :)

[8:25:05 AM] Helena Baert: yes give me some research ideas :D

[8:25:28 AM] Interactive Fitness and Exergame Network: well this rating system might well give you some ideas

[8:25:45 AM] Alasdair Thin: Time = Money

[8:27:50 AM] Alasdair Thin: "Semi-Quantitative"

[8:28:02 AM] Alasdair Thin: e.g. low medium high

[8:28:20 AM] Alasdair Thin: i.e. high > medium > low

[8:29:26 AM] Gamercize UK: Wii Fit (Wii) EA SPORTS Active (Wii) Wii Sports (Wii) Rockband (360) Konami DDR (PS2) Eyetoy Kenetic (PS2)

[8:30:03 AM] Alasdair Thin: Objective versus Subjective measure

[8:31:11 AM] Helena Baert: yes :D haven't done many but yes

[8:31:14 AM] Tommy Seilheimer: yes

[8:31:21 AM] Helena Baert: only played DDR

[8:31:35 AM] Raina Casarez: Wii Fit, EA SPORTS Personal Trainer or More Workouts? Wii Sports

[8:31:59 AM] Alasdair Thin: Wii Fit, Wii Sports, DDR, Kinetic

[8:32:02 AM] Helena Baert: I do not have a wii

[8:32:05 AM] Helena Baert: nope

[8:32:10 AM] Helena Baert: I have nothing

[8:32:35 AM] Helena Baert: I am a doctoral student people!!!!!!!!!!!!!!!!!!!!!! I AM POOR :)

[8:32:46 AM] Helena Baert: But that will pass too :D

[8:33:13 AM] Interactive Fitness and Exergame Network: Yes it will Helena..

[8:34:38 AM] Helena Baert: I have actually done the wii a few times

[8:34:43 AM] Helena Baert: I just don't have it

[8:35:00 AM] Helena Baert: I did running and ... well.... you know

[8:35:01 AM] Helena Baert: :D

[8:35:10 AM] Helena Baert: I did enjoy the core stuff :)

[8:35:34 AM] Interactive Fitness and Exergame Network: <http://exergaming.pbworks.com/Exergame-Rating-System>

[8:35:42 AM] Kim: Xavix? Gamebike?

[8:36:42 AM] Helena Baert: The inclusive column is to see what should be for sure in the ratings right? And which or secondary... what is difference between mandatory and required?

[8:36:51 AM] Gamercize UK: GAME PLAY The overall quality and "fun" factor of the game. Are the challenges in the game balanced, well designed and engaging.

[8:37:48 AM] Tommy Seilheimer: Brett points: Essential categories and Required categories

[8:37:58 AM] Gamercize UK: GAME INTERFACE Does the game's interface/s, allow an immersive, seamless and accurate response between the user and the game - Wiimotes, balance board, camera, interactive screen, exercise equipment etc.

[8:38:07 AM] Gamercize UK: EXERCISE & EXERTION How much physical energy is required to complete the challenges or mini-games (approximate average result)

[8:38:21 AM] Helena Baert: yep

[8:38:23 AM] Tommy Seilheimer: yes

[8:38:25 AM] Helena Baert: tx

[8:38:31 AM] Gamercize UK: 1st 3 categories... exer-gaming - the exercise the gaming and how the two are combined

[8:38:40 AM] Tommy Seilheimer: yes Richard

[8:38:44 AM] Helena Baert: should there be an "audience" factor? or is there?

[8:38:47 AM] Raina Casarez: Learning curve

[8:39:01 AM] Helena Baert: fun is different for everybody

[8:39:02 AM] Helena Baert: yep

[8:39:03 AM] Tommy Seilheimer: Very nice Riana -

[8:40:02 AM] Tommy Seilheimer: Learning curve helps with clients that deal with employee high turn-over rate

[8:40:12 AM] Raina Casarez: Thanks Tommy. Makes a big difference to the bottom line also

[8:40:26 AM] Tommy Seilheimer: I couldnt agree more

[8:40:43 AM] Helena Baert: so what I meant by "audience factor" is for whom?

[8:41:00 AM] Gamercize UK: audience = consumer (for now)

[8:41:07 AM] Helena Baert: oh ok

[8:41:13 AM] Gamercize UK: home consumer as these are consumer exergames

[8:41:44 AM] Gamercize UK: Rating on off the shelf produt, no programming, no adpatations, no modification

[8:42:27 AM] Alasdair Thin: Suomi

[8:43:53 AM] Gamercize UK: GAME PLAY The overall quality and "fun" factor of the game. Are the challenges in the game balanced, well designed and engaging.

[8:44:17 AM] Interactive Fitness and Exergame Network:  
<http://exergaming.pbworks.com/Exergame-Rating-System>

[8:44:17 AM] Gamercize UK: Wii Fit (Wii)?

[8:44:31 AM] Raina Casarez: 7

[8:44:51 AM] Gamercize UK: 3

[8:45:21 AM] Raina Casarez: Wow Richard that's big coming from you :O

[8:45:24 AM] Helena Baert: are we doing game play for wii?

[8:45:26 AM] Helena Baert: ok

[8:46:03 AM] Interactive Fitness and Exergame Network: 7

[8:46:08 AM] Helena Baert: 5 from my experience (having only played it over 1 weekend)

[8:46:10 AM] Alasdair Thin: 4

[8:46:11 AM] Gamercize UK: rating system is between 1 - 7

[8:46:52 AM] \*\*\* Gamercize UK added Biray Alsac \*\*\*

[8:47:05 AM] \*\*\* Interactive Fitness and Exergame Network added Judi Cooper \*\*\*

[8:47:13 AM] Gamercize UK: Game Play: Wii Fit (1-7)

[8:47:43 AM] Tommy Seilheimer: <http://exergaming.pbworks.com/Exergame-Rating-System> USE THIS PAGE

[8:48:31 AM] Tommy Seilheimer: Marian Shaw CEO of Makoto USA Skype: makotomarian

[8:48:37 AM] Interactive Fitness and Exergame Network:  
<http://exergaming.pbworks.com/Exergame-Rating-System>

[8:48:57 AM] Biray Alsac: Hello!  
[8:49:03 AM] Helena Baert: Hi biray  
[8:49:13 AM] Tommy Seilheimer: hi Biray!  
[8:50:44 AM] \*\*\* Interactive Fitness and Exergame Network added Marian Shaw  
\*\*\*  
[8:51:01 AM] Tommy Seilheimer: Welcome Marian  
[8:51:11 AM] Interactive Fitness and Exergame Network: Hi Marian  
[8:51:30 AM] Marian Shaw: Thank you! I seem to be having a microphone issue so I'll just listen in today.  
[8:51:39 AM] Interactive Fitness and Exergame Network: Marian please open this link it is what we are doing today: <http://exergaming.pbworks.com/Exergame-Rating-System>  
[8:51:39 AM] Alasdair Thin: Just to be quantitative: 10 ratings X 6 ExerGames = 60 rounds of voting i.e. max 1 minute per vote!!!!  
[8:52:03 AM] Interactive Fitness and Exergame Network: good point  
[8:52:23 AM] Tommy Seilheimer: Wii Fit (Wii) EA SPORTS Active (Wii) Wii Sports (Wii) Rockband (360) Konami DDR (PS2) Eyetoy Kenetic (PS2) << The products we are discussing  
[8:52:42 AM] Helena Baert: so question... if this is a subjective rating...are you trying to make it more objective or what is the purpose? Just trying to figure it out  
[8:52:52 AM] Interactive Fitness and Exergame Network: <http://exergaming.pbworks.com/Exergame-Rating-System>  
[8:52:54 AM] Marian Shaw: my pleasure. Sorry to be late and I'm seeing the link now  
[8:53:06 AM] Marian Shaw: excellent!  
[8:53:10 AM] Gamercize UK: Ok Alasdair - I hear you !!  
[8:53:15 AM] Gamercize UK: :)  
[8:53:16 AM] Alasdair Thin: The rating is semi-objective, semi-quantitative!  
[8:54:08 AM] Helena Baert: subjective opinion, quantifiable rating of a subjective opinion  
[8:54:29 AM] Gamercize UK: Game Play: EA Sports Active (1-7)  
[8:54:33 AM] Gamercize UK: 1  
[8:54:41 AM] Alasdair Thin: 1  
[8:54:45 AM] Helena Baert: sorry have not done it :(  
[8:54:47 AM] Raina Casarez: Personal Trainer or More Workouts  
[8:54:51 AM] Tommy Seilheimer: 2  
[8:54:57 AM] Raina Casarez: Ok  
[8:55:00 AM] Raina Casarez: 7  
[8:55:02 AM] Biray Alsac: haven't played it... :(  
[8:55:08 AM] Interactive Fitness and Exergame Network: 6  
[8:55:12 AM] Marian Shaw: sorry - have not played it  
[8:55:25 AM] Judi Cooper: Neither have I, sorry.  
[8:55:33 AM] Helena Baert: did you see my question? sorry no mic: if this is a subjective rating...are you trying to make it more objective or what is the purpose? Just trying to figure it out  
[8:55:35 AM] Biray Alsac: wii-fit 4  
[8:55:45 AM] Judi Cooper: Wii fit - 4  
[8:56:29 AM] Helena Baert: that is what I understood but you can't really use subjective measure can you such as "fun factor" for example?  
[8:57:28 AM] \*\*\* Gamercize UK added Stephen Yang \*\*\*

[8:57:36 AM] Alasdair Thin: Some of the measures are more objective than others. Fun is more subjective. Customisation will be an explicit feature and therefore objective.

[8:57:58 AM] Gamercize UK: Game Play: Wii Sports (1-7)

[8:58:06 AM] Raina Casarez: Wii Sports - 7

[8:58:14 AM] Interactive Fitness and Exergame Network: right thanks ALasdair

[8:58:15 AM] Biray Alsac: wii sports 5

[8:58:16 AM] Gamercize UK: 5

[8:58:17 AM] Tommy Seilheimer: Wii Sports - 6

[8:58:23 AM] Interactive Fitness and Exergame Network: 8

[8:58:25 AM] Judi Cooper: wii sports 5

[8:58:31 AM] Alasdair Thin: 5

[8:58:32 AM] Raina Casarez: Ha ha

[8:58:34 AM] Helena Baert: I understand yet you can't quantify "fun" as shows the variety in ratings up above... just thoughts :)

[8:58:43 AM] Marian Shaw: Wii Sports - sorry - not played

[8:58:45 AM] Biray Alsac: who wrote 8???? isn't i 1 to 7?

[8:58:52 AM] Raina Casarez: I raise you 10! (y)

[8:58:56 AM] Helena Baert: 5

[8:58:58 AM] Biray Alsac: :OL

[8:58:59 AM] Biray Alsac: LOL

[8:59:05 AM] Gamercize UK: Brett > sin bin

[8:59:08 AM] Biray Alsac: can we go into the -4

[8:59:09 AM] Tommy Seilheimer: (rock) < Brett

[8:59:11 AM] Interactive Fitness and Exergame Network: 7

[8:59:49 AM] Biray Alsac: just kidding

[8:59:53 AM] Biray Alsac: LOL

[9:00:19 AM] Gamercize UK: Game Play: Rockband Xbox 360 (1-7)

[9:00:24 AM] Gamercize UK: 6

[9:00:25 AM] Raina Casarez: N/A

[9:00:25 AM] Biray Alsac: 7

[9:00:31 AM] Judi Cooper: 6

[9:00:33 AM] Tommy Seilheimer: Xbox 360 Rockband - 7

[9:00:39 AM] Marian Shaw: 7

[9:00:55 AM] Interactive Fitness and Exergame Network:  
<http://exergaming.pbworks.com/Exergame-Rating-System>

[9:00:55 AM] Tommy Seilheimer: Wii Fit (Wii) EA SPORTS Active (Wii) Wii Sports (Wii) Rockband (360) Konami DDR (PS2) Eyetoy Kenetic (PS2)

[9:01:07 AM] Stephen Yang: depends on music instrument

[9:02:22 AM] Tommy Seilheimer: remember to pause your mic when not talking (y) - helps with background noise :)

[9:03:17 AM] Tommy Seilheimer: Rockband XBOX 360 gameplay 1-7 (7 highest)

[9:03:23 AM] Stephen Yang: Game play 7

[9:03:28 AM] Tommy Seilheimer: thats my boy!

[9:03:32 AM] Biray Alsac: let's face it... rock band rocks.

[9:03:37 AM] Biray Alsac: :)

[9:04:12 AM] Gamercize UK: Game play: DDR (PS2) - rating from 1-7

[9:04:25 AM] Tommy Seilheimer: Konami DDR (PS2) - 7

[9:04:26 AM] Biray Alsac: 7 7 7 7 7 7 7 7 no doubt!

[9:04:27 AM] Gamercize UK: 1

[9:04:27 AM] Judi Cooper: 7  
[9:04:38 AM] Stephen Yang: DDR game play = 6  
[9:04:49 AM] Alasdair Thin: 5  
[9:04:52 AM] Raina Casarez: DDR Wii - 7  
[9:05:08 AM] Helena Baert: 7  
[9:05:23 AM] Tommy Seilheimer: ohhh nice!  
[9:05:28 AM] Biray Alsac: are the games we're going over listed on the wetfish somewhere?  
[9:05:39 AM] Helena Baert: haha :D  
[9:05:41 AM] Interactive Fitness and Exergame Network: 5  
[9:06:00 AM] Alasdair Thin: Wii Fit (Wii) EA SPORTS Active (Wii) Wii Sports (Wii) Rockband (360) Konami DDR (PS2) Eyetoy Kenetic (PS2)  
[9:06:17 AM] Alasdair Thin: 6  
[9:06:18 AM] Tommy Seilheimer: Eyetoy Kenetic - 2  
[9:06:24 AM] Gamercize UK: Game Play: Eyetoy Kenetic (rating 1-7)  
[9:06:27 AM] Biray Alsac: oh, old school... LOL  
[9:06:31 AM] Gamercize UK: 2  
[9:06:32 AM] Biray Alsac: that's what I did my thesis on!!!  
[9:06:41 AM] Alasdair Thin: Those were the days!  
[9:06:42 AM] Judi Cooper: 4  
[9:06:44 AM] Biray Alsac: LOL.  
[9:06:49 AM] Biray Alsac: 6  
[9:06:54 AM] Interactive Fitness and Exergame Network: 7  
[9:07:03 AM] Alasdair Thin: 6 - was in first  
[9:07:10 AM] Stephen Yang: eyetoy kinetic - 6  
[9:07:22 AM] Biray Alsac: me too 6  
[9:07:29 AM] Biray Alsac: 2nd  
[9:07:40 AM] Stephen Yang: kinetic combat only in uk for now  
[9:07:47 AM] Biray Alsac: yup  
[9:07:56 AM] Biray Alsac: i liked it  
[9:07:59 AM] Biray Alsac: 6  
[9:08:55 AM] Tommy Seilheimer: refer to wiki page  
[9:09:26 AM] Gamercize UK: <<<<<<< EXERCISE & EXERTION: Wii Fit (rating between 1-7) >>>>>>>>  
[9:09:35 AM] Gamercize UK: 3  
[9:09:43 AM] Raina Casarez: Wii Fit 7  
[9:09:46 AM] Biray Alsac: 3  
[9:09:47 AM] Judi Cooper: Wii Fit 5  
[9:09:48 AM] Interactive Fitness and Exergame Network: 3  
[9:09:48 AM] Tommy Seilheimer: 4  
[9:09:55 AM] Stephen Yang: EE wii fit 4  
[9:10:03 AM] Biray Alsac: LOL  
[9:10:15 AM] Alasdair Thin: 3  
[9:10:29 AM] Tommy Seilheimer: where is the ninja?  
[9:10:33 AM] Gamercize UK: <<<<<<< EXERCISE & EXERTION: EA SPORTS Active (rating between 1-7) >>>>>>>>  
[9:10:48 AM] Gamercize UK: 5  
[9:10:50 AM] Tommy Seilheimer: 4  
[9:10:56 AM] Alasdair Thin: ??  
[9:10:58 AM] Interactive Fitness and Exergame Network: 4

[9:11:02 AM] Biray Alsac: 4  
 [9:11:09 AM] Stephen Yang: EA SPORTS Active - EE 4  
 [9:11:18 AM] Biray Alsac: sorry - void my rating  
 [9:11:27 AM] Biray Alsac: i haven't played the game - i thought we were doing wii sports  
 [9:11:28 AM] Biray Alsac: sorry  
 [9:11:37 AM] Biray Alsac: (blush)  
 [9:11:40 AM] Gamercize UK: <<<<<<< EXERCISE & EXERTION: Wii Sports (rating between 1-7) >>>>>>>>  
 [9:11:49 AM] Gamercize UK: 1  
 [9:11:55 AM] Tommy Seilheimer: 3  
 [9:11:55 AM] Biray Alsac: 4 :)  
 [9:11:55 AM] Judi Cooper: Wii Sports -2  
 [9:12:00 AM] Interactive Fitness and Exergame Network: 5  
 [9:12:06 AM] Alasdair Thin: 2  
 [9:12:11 AM] Raina Casarez: EA Sports Active- 7    Wii Sports - 7  
 [9:12:48 AM] Stephen Yang: Wii Sports EE 3  
 [9:13:02 AM] Stephen Yang: "How effective is the Nintendo Wii Fit game in delivering health benefits on aerobic fitness, body-fat composition and cholesterol compared to a traditional training regime?"

Westcombe, F.W

University of Durham

Background and Purpose

Whilst the number of articles investigating the health benefits of exergames has increased in the past few years, studies have not yet yielded conclusive evidence supporting their usage (Baranowski et al., 2008; Bausch et al., 2008; Chamberlin and Gallagher, 2008; Graves et al., 2008). The objective of this study was to examine the chronic physiological adaptations and the subsequent potential health benefits of an aerobic training programme, consisting of the national recommendations for physical activity, on the Nintendo Wii Fit game and compare these results to a traditional training programme of similar nature. The results of this study would provide more information on the effectiveness of the game investigated, allowing for advice to be given

[9:13:33 AM] Biray Alsac: cut/paste it steve... :P  
 [9:13:37 AM] Gamercize UK: <<<<<<< EXERCISE & EXERTION: RockBand (rating between 1-7) >>>>>>>>  
 [9:13:46 AM] Gamercize UK: 5  
 [9:13:49 AM] Tommy Seilheimer: 1  
 [9:14:02 AM] Marian Shaw: 1  
 [9:14:04 AM] Judi Cooper: Rock Band -1  
 [9:14:15 AM] Gamercize UK: 1  
 [9:14:18 AM] Alasdair Thin: 1  
 [9:14:24 AM] Tommy Seilheimer: good point - !!!!!  
 [9:14:25 AM] Gamercize UK: (blush)  
 [9:14:52 AM] Gamercize UK: EE from the game not adaptation ;)  
 [9:15:07 AM] Biray Alsac: 2

[9:15:10 AM] Biray Alsac: 1  
 [9:15:38 AM] Stephen Yang: Rock Band 2  
 [9:15:41 AM] Biray Alsac: 1  
 [9:15:46 AM] Biray Alsac: 1  
 [9:16:00 AM] Raina Casarez: I won't be playing with you. How many people have you hit with your wiimote?!? (shake)  
 [9:16:03 AM] Gamercize UK: <<<<<<< EXERCISE & EXERTION: DDR (soft pad) (rating between 1-7) >>>>>>>>  
 [9:16:04 AM] Biray Alsac: "/  
 [9:16:06 AM] Biray Alsac: :/  
 [9:16:12 AM] Biray Alsac: 7  
 [9:16:16 AM] Gamercize UK: 4  
 [9:16:18 AM] Tommy Seilheimer: 5  
 [9:16:18 AM] Judi Cooper: DDR - 4  
 [9:16:24 AM] Raina Casarez: 7  
 [9:16:27 AM] Interactive Fitness and Exergame Network: 6  
 [9:16:27 AM] Alasdair Thin: 5  
 [9:16:28 AM] Helena Baert: 7  
 [9:16:31 AM] Judi Cooper: That really depends on the song  
 [9:16:41 AM] Marian Shaw: DDR - 4 (avg song)  
 [9:17:00 AM] Gamercize UK: <<<<<<< EXERCISE & EXERTION: Eyetoy Kenitic (rating between 1-7) >>>>>>>>  
 [9:17:12 AM] Stephen Yang: DDR 5  
 [9:17:19 AM] Biray Alsac: 7  
 [9:17:20 AM] Gamercize UK: 6  
 [9:17:22 AM] Stephen Yang: EyeToy Kinetic 7  
 [9:17:26 AM] Tommy Seilheimer: 4  
 [9:17:32 AM] Interactive Fitness and Exergame Network: 7  
 [9:17:32 AM] Alasdair Thin: 7  
 [9:17:36 AM] Judi Cooper: Eye Toy - 5  
 [9:17:41 AM] Biray Alsac: brb  
 [9:18:03 AM] Marian Shaw: sorry - not familiar  
 [9:18:19 AM] Biray Alsac: i'm back  
 [9:18:27 AM] Marian Shaw: GREAT!  
 [9:18:56 AM] Tommy Seilheimer: marian can u mute  
 [9:18:57 AM] Tommy Seilheimer: :)  
 [9:19:08 AM] Tommy Seilheimer: brets interrupting himself lol  
 [9:19:13 AM] Gamercize UK: GAME INTERFACE Does the game's interface/s, allow an immersive, seamless and accurate response between the user and the game - Wiimotes, balance board, camera, interactive screen, exercise equipment etc.  
 [9:19:14 AM] Interactive Fitness and Exergame Network: lol  
 [9:19:15 AM] Marian Shaw: mic not plugged in  
 [9:19:32 AM] Biray Alsac: yes, just like the oscars, but without any badly written jokes.  
 [9:19:40 AM] Interactive Fitness and Exergame Network: lol  
 [9:19:48 AM] Alasdair Thin: I'd like to thank.....  
 [9:19:53 AM] Helena Baert: will be back, need to get home and eat, will run :)  
 [9:20:09 AM] Gamercize UK: k Helena  
 [9:20:12 AM] Biray Alsac: .. my agent... my director...



[9:20:18 AM] Gamercize UK: <<<<<<< GAME INTERFACE: Wii Fit (rating between 1-7) >>>>>>>>  
[9:20:24 AM] Gamercize UK: 1  
[9:20:45 AM] Interactive Fitness and Exergame Network: 5  
[9:20:48 AM] Judi Cooper: Wii Fit - 4  
[9:20:52 AM] Tommy Seilheimer: 3  
[9:20:52 AM] Biray Alsac: 3  
[9:21:01 AM] Alasdair Thin: 4  
[9:22:13 AM] Stephen Yang: 3  
[9:22:26 AM] Biray Alsac: ugh.. yes, i agree...  
[9:22:40 AM] Gamercize UK: <<<<<<< GAME INTERFACE: EA SPORTS Active (rating between 1-7) >>>>>>>>  
[9:22:45 AM] Gamercize UK: 3  
[9:22:50 AM] Gamercize UK: no 4  
[9:23:14 AM] Gamercize UK: er, changed my mind again 3  
[9:23:24 AM] Tommy Seilheimer: 4  
[9:23:40 AM] Biray Alsac: (side note: I was playing SKATE 2 yesterday... it took me 24 minutes to design my character... but lemme tell you, my avatar rules! LOL)  
[9:23:47 AM] Interactive Fitness and Exergame Network: 5  
[9:24:02 AM] Biray Alsac: LOL  
[9:24:31 AM] Stephen Yang: EA SPORTS Active 4  
[9:24:36 AM] Biray Alsac: good point.  
[9:24:50 AM] Biray Alsac: awesome  
[9:24:59 AM] Gamercize UK: <<<<<<< GAME INTERFACE: Wii Sports (rating between 1-7) >>>>>>>>  
[9:25:09 AM] Gamercize UK: 1  
[9:25:14 AM] Tommy Seilheimer: 1  
[9:25:31 AM] Judi Cooper: 2  
[9:25:38 AM] Biray Alsac: 2  
[9:25:44 AM] Biray Alsac: wii resort is better, tho  
[9:25:50 AM] Tommy Seilheimer: :) yea Biray  
[9:26:00 AM] Biray Alsac: yup  
[9:26:10 AM] Biray Alsac: sword fighting... yes!  
[9:26:10 AM] Interactive Fitness and Exergame Network: 5  
[9:26:12 AM] Alasdair Thin: 4  
[9:26:28 AM] Biray Alsac: (ninja)  
[9:26:32 AM] Gamercize UK: <<<<<<< GAME INTERFACE: Rockband (rating between 1-7) >>>>>>>>  
[9:26:35 AM] Gamercize UK: 7  
[9:26:49 AM] Judi Cooper: Rockband - 7  
[9:26:56 AM] Stephen Yang: drums  
[9:26:59 AM] Tommy Seilheimer: 7 Rockband - Bass!  
[9:27:07 AM] Biray Alsac: maybe we should have a category for how much damage these games create in your family room...  
[9:27:19 AM] Biray Alsac: 7  
[9:27:24 AM] Judi Cooper: Good point Biray  
[9:27:26 AM] Alasdair Thin: 6  
[9:27:48 AM] Gamercize UK: lol biray  
[9:28:00 AM] Stephen Yang: rockband - 6  
[9:28:02 AM] Gamercize UK: in fact we do... saftey s a cat

[9:28:15 AM] Gamercize UK: <<<<<<< GAME INTERFACE: DDR (rating between 1-7) >>>>>>>>

[9:28:21 AM] Gamercize UK: 5

[9:28:24 AM] Biray Alsac: good point.

[9:28:25 AM] Biray Alsac: :)

[9:28:37 AM] Tommy Seilheimer: 4

[9:28:38 AM] Alasdair Thin: Need to add "Pet Friendly" as a category??

[9:28:50 AM] Judi Cooper: DDR - 4

[9:28:51 AM] Biray Alsac: 6

[9:29:01 AM] Interactive Fitness and Exergame Network: 6

[9:29:01 AM] Alasdair Thin: 5

[9:29:05 AM] Stephen Yang: ddr 5

[9:29:13 AM] Alasdair Thin: See Biray's point above

[9:29:32 AM] Gamercize UK: <<<<<<< GAME INTERFACE: Eyetoy Kenetic (rating between 1-7) >>>>>>>>

[9:29:35 AM] Stephen Yang: Gotta run - any more ratings?

[9:29:57 AM] Alasdair Thin: 6

[9:29:59 AM] Gamercize UK: 2

[9:30:02 AM] Tommy Seilheimer: 3

[9:30:06 AM] Biray Alsac: 5

[9:30:12 AM] Interactive Fitness and Exergame Network: 5

[9:30:12 AM] Judi Cooper: EyeToy - 4

[9:30:14 AM] Alasdair Thin: 6 (with a good background!)

[9:30:34 AM] Stephen Yang: game interface eyetoy kinetic - 6 with wireless controller

[9:30:45 AM] Biray Alsac: foil on your hands

[9:30:45 AM] Tommy Seilheimer: good point guys

[9:30:56 AM] Gamercize UK: loonies

[9:31:00 AM] Biray Alsac: exactly...

[9:31:25 AM] Stephen Yang: good?

[9:32:01 AM] Gamercize UK: thanks Stephen

[9:32:05 AM] Biray Alsac: thanks

[9:32:34 AM] Biray Alsac: i'm surprised you didn't create a polldaddy, polleverywhere or google form ...

[9:32:34 AM] Tommy Seilheimer: maybe we should do these online at some point...save the forms?

[9:32:52 AM] Biray Alsac: use google spreadsheet and share

[9:33:34 AM] Gamercize UK: CUSTOMISATION Can 'game play' aspects be altered and reorganised to suit the player's preferences (e.g. can you customize your avatar, can you choose which exercises to combine)

[9:33:35 AM] Tommy Seilheimer: can we call Sheryl? She is available...

[9:33:42 AM] Biray Alsac: survey monkey would be great, yes

[9:34:00 AM] Sheryl: thanks guys!

[9:34:02 AM] Sheryl: Hello everyone

[9:35:06 AM] Gamercize UK: SKILL SCALEABILITY Does the game allow for a player of any skill level to take part, and does the game scale in difficulty with the players increasing skills and abilities.

[9:36:11 AM] Gamercize UK: AGE SCALEABILITY How successful is the game at scaling to suit young to elderly players OR how well does the game function for it's designed and rated age group.

[9:36:48 AM] Marian Shaw: Due to my unfamiliarity with most of these systems I feel it's best to take me out of the ratings. I would love to see the input on our equipment - the Makoto Arena.

[9:36:59 AM] Biray Alsac: why is this important?

[9:37:29 AM] Biray Alsac: why is age category important?

[9:37:29 AM] Marian Shaw: Thanks -

[9:38:18 AM] Biray Alsac: well most games are rated E or Mature anyway

[9:39:02 AM] Gamercize UK: BIOMETRIC FEEDBACK Is the player able to view, store and retrieve fitness, health and competition data from the game (e.g. the players score, their BMI, skill level graphs, etc)

[9:39:23 AM] Biray Alsac: weird dancing avatars in DDR... creepy or sexual? I've heard teachers find this inappropriate although some may say it is applicable to all ages...

[9:40:15 AM] Alasdair Thin: Issues with lyrics too!

[9:40:26 AM] Gamercize UK: Yes Alasdair!

[9:40:45 AM] Gamercize UK: NOt as bad as Rockband....

[9:41:58 AM] Gamercize UK: INTERVENTION CAPACITY Does the game promote interest in pursuing conventional exercise or activity as a result of participation in the Exergaming experience (e.g. Does Wii Tennis encourage the player to try real tennis)

[9:43:24 AM] Ernie Medina, Jr.: Just a quick "Hi!" all! Just got back from swimming in the freezing rain and slammed here at work with a big event this Sun...

[9:43:32 AM] Tommy Seilheimer: NINJA!!!!!!!!

[9:44:07 AM] Gamercize UK: <http://exergaming.pbworks.com/f/EERSResponse.xls>

[9:44:12 AM] Gamercize UK: fill the above in....

[9:44:16 AM] Gamercize UK: after reading....

[9:44:40 AM] Gamercize UK: <http://exergaming.pbworks.com/Exergame-Rating-System>

[9:45:25 AM] Gamercize UK: and email it back to gamercize@gmail and/or able.tasmann@gmail.com

[9:45:55 AM] Gamercize UK: We have the first 3 category scores for most, but add in again if you have 2nd thoughts

[9:46:02 AM] Gamercize UK: thnks

[9:46:36 AM] Gamercize UK: BTW, my vote, bin the age cateory

[9:46:43 AM] Gamercize UK: HI Ernie :)

[9:47:06 AM] Ernie Medina, Jr.: Hi Richard! Just listening to Alasdair and doing some work here...

[9:47:31 AM] Gamercize UK: cool - great debate on FB... love your positive attitude (y)

[9:47:44 AM] Ernie Medina, Jr.: Thx!

[9:49:11 AM] Sheryl: it works fine on the MAX

[9:49:13 AM] Sheryl: MAC

[9:49:18 AM] Sheryl: yep

[9:49:22 AM] Sheryl: MAC MAC MAC

[9:49:33 AM] Ernie Medina, Jr.: YEAH MACS!!!! Macs rule!!!!

[9:50:01 AM] Gamercize UK: <http://exergaming.pbworks.com/f/EERSResponse.xls>

fill the above in....

after reading....

<http://exergaming.pbworks.com/Exergame-Rating-System>

and email it back to gamercize@gmail and/or able.tasmann@gmail.com

[9:50:34 AM] Gamercize UK: SOCIALISATION Does the game offer local and online multiplayer or cooperative play, which offers support & socialization between players.

[9:51:40 AM] Tommy Seilheimer: good points Brett - tahts really crucial

[9:51:46 AM] Gamercize UK: in fact you can fill in the spreadsheet now, while Brett reminises about Finland

[9:51:52 AM] Sheryl: i agree- its crucial...

[9:51:57 AM] Gamercize UK: Finland?

[9:52:13 AM] Gamercize UK: SUSTAINABLE Does the overall exercise and gaming experience lead the user to desire repeton of the experience. This factor is the ability gain health benefits through prolonged use.

[9:52:32 AM] Ernie Medina, Jr.: Sustainable on own or with group or both?

[9:52:33 AM] Biray Alsac: technology? sustainable?

[9:52:34 AM] Biray Alsac: LOL

[9:52:39 AM] Gamercize UK: big up Flinland Brett - WTG (y)

[9:52:47 AM] Gamercize UK: hey Biray!! GZ.... hellow!!

[9:53:26 AM] Ernie Medina, Jr.: I agree...once the sizzle wears off, what happens to the game and exergamer?

[9:53:39 AM] Interactive Fitness and Exergame Network: exactly Ernie

[9:53:46 AM] Tommy Seilheimer: good point Ernie

[9:53:52 AM] Ernie Medina, Jr.: And are we just looking at sustainability inherent in the game itself?

[9:53:55 AM] Sheryl: question- sustainable to finish the game or to go out to and try the sport in real life, or both?

[9:54:08 AM] Sheryl: ok

[9:54:30 AM] Gamercize UK: Better phrases welcome

[9:54:39 AM] Gamercize UK: SAFETY A genuine effort to outline how to safely utilize the product/service that is understood by any and all participants, and is the product robust and reliable to suit its purpose.

[9:54:41 AM] Tommy Seilheimer: agree!

[9:55:08 AM] Tommy Seilheimer: I saw it

[9:55:08 AM] Gamercize UK: deal-break

[9:55:09 AM] Tommy Seilheimer: LOL

[9:55:21 AM] Biray Alsac: send us the link..

[9:55:24 AM] Tommy Seilheimer: We have had 2 pop at our testing and research facility in Peoria, IL

[9:55:34 AM] Gamercize UK: ouch Tommy!

[9:55:43 AM] Tommy Seilheimer: wiimote + LCD = (punch) ha

[9:56:11 AM] Tommy Seilheimer: Anything about quality?

[9:56:15 AM] Gamercize UK: <http://www.youtube.com/watch?v=0CkU2j8XXOw>

[9:56:32 AM] Tommy Seilheimer: haaa!

[9:56:33 AM] Helena Baert: you all still on the call?

[9:56:47 AM] Gamercize UK: 0:34 LOL

[9:57:03 AM] Tommy Seilheimer: haaaaaaaaa!

[9:57:05 AM] Tommy Seilheimer: Love it!

[9:57:14 AM] Gamercize UK: \$2 accessory vs \$1200 LCD

[9:57:20 AM] Sheryl: that is hilarious!

[9:57:30 AM] Tommy Seilheimer: "make sure" lol classic

[9:57:32 AM] Biray Alsac: LOL

[9:57:57 AM] Biray Alsac: the price should have been dropped even more after that

[9:58:42 AM] Ernie Medina, Jr.: That's too funny!  
[9:59:02 AM] Helena Baert: funny  
[9:59:13 AM] Gamercize UK: THE EERS (version 4):

There are 3 MANDATORY components allowing for a perfect score of 21, 7 SECONDARY & 1 REQUIRED component, with a maximum possible rating of 77. The rating of an Exergaming 'Experience' is given in two parts.

1. M21 Rating: Possible score out of 21 for Mandatory components
2. SR56 Rating: Possible score out of 56 for all Secondary plus the one Required component

The M21 Rating is critical. Should this score be below 11, then the SR56 rating is irrelevant. The true value of the Exergaming experience is represented by the M21 Rating. Safety must be a consideration for all fitness/health activities, regardless of whether it is an exergaming activity or a conventional activity.

[10:01:54 AM] Tommy Seilheimer: Ernie your mics on (call) :)  
[10:01:56 AM] Sheryl: ernie, can you mute yourself...thanks...getting  
[10:02:01 AM] Sheryl: some feedback...  
[10:02:21 AM] Tommy Seilheimer: ninjas work in code.... ;)  
[10:02:29 AM] Ernie Medina, Jr.: sorry!  
[10:02:32 AM] Sheryl: thanks!  
[10:02:32 AM] Tommy Seilheimer: lol  
[10:02:33 AM] Ernie Medina, Jr.: Gotta work...  
[10:02:37 AM] Gamercize UK: Ernie is ordering (^)  
[10:02:42 AM] Ernie Medina, Jr.: but listening with one year  
[10:02:48 AM] Ernie Medina, Jr.: Ninja technique...  
[10:02:50 AM] Biray Alsac: gotta go guys!  
[10:02:51 AM] Gamercize UK: lol  
[10:02:53 AM] Gamercize UK: k Biray  
[10:02:58 AM] Tommy Seilheimer: Bye Biray!  
[10:03:01 AM] Biray Alsac: have a great weekend... :)  
[10:03:21 AM] Interactive Fitness and Exergame Network: thanks Biray!!  
[10:04:33 AM] Helena Baert: trying  
[10:04:42 AM] Interactive Fitness and Exergame Network: Helena can you mute your mic ty  
[10:05:16 AM] Helena Baert: I turned it off I think... sorry  
[10:05:25 AM] Interactive Fitness and Exergame Network: no problem  
[10:05:43 AM] Gamercize UK: SKILL SCALEABILITY

##### 5. SECONDARY

Does the game allow for a player of any skill level to take part, and does the game scale in difficulty

[10:05:53 AM] Gamercize UK: <<<< including age????  
[10:06:13 AM] \*\*\* Call ended \*\*\*  
[10:06:29 AM] Sheryl: i think I lost you guys...  
[10:06:32 AM] Gamercize UK: Indeed  
[10:06:36 AM] \*\*\* Conference call \*\*\*  
[10:06:37 AM] Gamercize UK: I am lost too  
[10:06:38 AM] Judi Cooper: Me too.

[10:06:39 AM] Tommy Seilheimer: i got dropped  
[10:06:49 AM] Marian Shaw: I got dropped, too.  
[10:06:53 AM] Gamercize UK: in fact we are all here - Brett is lost  
[10:06:56 AM] Gamercize UK: ;)  
[10:06:59 AM] Sheryl: rain in Los Angeles?  
[10:06:59 AM] Marian Shaw: But - have to leave now.  
[10:07:02 AM] Sheryl: oh  
[10:07:03 AM] Marian Shaw: Many thanksk to all.  
[10:07:09 AM] Gamercize UK: Thanks for joining!  
[10:07:12 AM] Judi Cooper: See you next week Marian  
[10:07:15 AM] Tommy Seilheimer: Thanks Marian I will fill you in next week  
[10:07:18 AM] Tommy Seilheimer: :) :)  
[10:07:31 AM] Marian Shaw: Thanks, everyone! See you next week.  
[10:08:12 AM] Gamercize UK: Just hang if you like, we're going to end the call real soon if you want to head off  
[10:08:32 AM] Alasdair Thin: bye  
[10:08:33 AM] Tommy Seilheimer: :)  
[10:08:42 AM] Gamercize UK: cheers Alasdair!  
[10:08:48 AM] Sheryl: funny  
[10:08:57 AM] Sheryl: can u add Belinda too  
[10:08:59 AM] Sheryl: she just got home  
[10:09:46 AM] Sheryl: MAC MAC MAC!!!!!!!!!  
[10:09:50 AM] Gamercize UK: lol  
[10:09:53 AM] Sheryl: MAC MAC MAC MAC!!!!!!!!!!!!!!  
[10:10:00 AM] Sheryl: I think it is AWESOME!!!  
[10:10:02 AM] Gamercize UK: Im A PC  
[10:10:05 AM] Sheryl: indeed!  
[10:10:08 AM] Gamercize UK: oh dear thats lame!  
[10:10:10 AM] Gamercize UK: lol  
[10:10:12 AM] Sheryl: very unique and VERY Valuable!  
[10:11:55 AM] Sheryl: Brett, can you add Belinda Lange (she just got home and has coffee)  
[10:12:05 AM] Interactive Fitness and Exergame Network: absolutely  
[10:12:09 AM] \*\*\* Interactive Fitness and Exergame Network added Belinda Lange \*\*\*  
[10:12:36 AM] Gamercize UK: Hey Belind  
[10:12:40 AM] Interactive Fitness and Exergame Network: Hi Belinda :)  
[10:12:49 AM] Belinda Lange: Hi! sorry for being late!  
[10:13:15 AM] Tommy Seilheimer: its ok - GRET TO HEAR FROM YOU!  
[10:13:23 AM] Tommy Seilheimer: I cant type...long week haaa  
[10:13:26 AM] Gamercize UK: Sustaining exergames:  
[10:13:40 AM] Gamercize UK: 1. Programming (ourneys, lesson plans, objectives)  
[10:13:57 AM] Gamercize UK: 2. Products (Gamercize, balance board, natal)  
[10:14:39 AM] Gamercize UK: i.e. exergames is not just 1 game at home, replaced with the next expensive toy  
[10:15:36 AM] Gamercize UK: <http://exergaming.pbworks.com/f/EERSResponse.xls>  
[10:16:01 AM] Gamercize UK: <http://exergaming.pbworks.com/Exergame-Rating-System>

[10:16:23 AM] Sheryl: I saw something about survey monkey on an earlier chat before I got on...and wanted you to know I have a survey monkey account if needed...I'm happy for you to use it to post a survey

[10:16:24 AM] Gamercize UK: gamercize@gmail and/or able.tasmann@gmail.com

[10:17:48 AM] Interactive Fitness and Exergame Network: <http://www.facebook.com/#!/group.php?gid=164931727126>

[10:18:02 AM] Sheryl: Can I make a suggestion....

[10:18:07 AM] Gamercize UK: yep...

[10:18:08 AM] Tommy Seilheimer: sure!

[10:20:22 AM] Ernie Medina, Jr.: Sorry guys, I really wanted to be a part of this call but have several deadlines I need to take care of in the next hour or so, so gotta jet. I copied down the URLs for the rating system and will look at those later this weekend. Have a good one all!

[10:20:33 AM] Interactive Fitness and Exergame Network: Thanks Ernie!!

[10:20:54 AM] Ernie Medina, Jr.: Will keep posting on FB, etc. Keep things going! ;)

[10:20:57 AM] Tommy Seilheimer: Its ok Ninja! We know your a busy guy! Im getting prepped for my Atlanta race! Lets do it!

[10:21:01 AM] Interactive Fitness and Exergame Network: lol

[10:21:59 AM] Ernie Medina, Jr.: Yeah Tommy...that's another thing I'm working on as we get closer to the kick-off...have to prep all the team member's packet and log sheets! Brett is joining us, right? Richard already did--I've been telling them we have some internaional presence on our team. ;) Later!

[10:22:13 AM] Tommy Seilheimer: Oh awesome

[10:23:54 AM] Gamercize UK: Yeah, I need to get that PDF to you Ernie!!!! :)

[10:23:58 AM] Tommy Seilheimer: (toivo)

[10:24:26 AM] Interactive Fitness and Exergame Network: Please do....

[10:25:16 AM] Tommy Seilheimer: (bandit) < Ernie the Exergaming Ninja!

[10:25:22 AM] Interactive Fitness and Exergame Network: lol....

[10:25:29 AM] Interactive Fitness and Exergame Network: gotta have that emoticon

[10:25:39 AM] Tommy Seilheimer: <http://factoryjoe.com/projects/emoticons/>

[10:25:57 AM] Interactive Fitness and Exergame Network: ty

[10:28:01 AM] Gamercize UK: <http://www.youtube.com/watch?v=T-nzkOU-rQc> (NSFW, probably)

[10:28:09 AM] Gamercize UK: GTA4 Comedy Club

[10:28:17 AM] Belinda Lange: thanks!

[10:29:07 AM] Sheryl: say it

[10:29:07 AM] Helena Baert: hey ... did you see they are trying new slogans for PE?

[10:29:19 AM] Belinda Lange: I can never remember them when I get put on the spot!!

[10:29:46 AM] Belinda Lange: Just been to JB-Hi-Filooking for the game Grand Theft Auto. The sales assistant asked me if i could describe it for her. I told her its about a black guy driving around with an iron bar, crashing cars, rooting whores and evading the police. The stupid bitch gave me Tiger Woods 2010

[10:30:08 AM] Sheryl: NO SHE IS WITH ME!!!!

[10:31:19 AM] Gamercize UK: [http://www.dailymotion.com/video/xb25uh\\_grand-theft-auto-vs-frogger\\_fun](http://www.dailymotion.com/video/xb25uh_grand-theft-auto-vs-frogger_fun) ;) )

[10:31:39 AM] Helena Baert: one second... I have something to share

[10:31:47 AM] Tommy Seilheimer: How about -- Yo' mama's so fat - Linens 'N Things went out of business because they weren't specific enough.

[10:31:48 AM] Belinda Lange: I laugh every time I look in the mirror!!!

[10:31:59 AM] Helena Baert: <https://app.icontact.com/icp/sub/survey/take> check out the fifth one.....

[10:32:03 AM] Helena Baert: please

As a volunteer member of the not-for-profit collaborative Interactive Fitness group “TEN”, I serve as the spokesperson for games for rehabilitation. This group fuses exergaming and healthy active fit lifestyles with video game technology and exercise.