

## **Augmented Reality in Physical Education**

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Augmented reality has become a popular technological tool in the 21<sup>st</sup> Century. This type of technology is a mixture of your own reality with a virtual reality. Essentially, the user of this type of technology is able to see their reality through a virtual overlay. As it relates to physical education, augmented reality can be used in a variety of ways. For example, students can wear the Oculus headset to warm-up or participate in individualistic physical activities. Or the physical educator might prompt their students to use their smart phones to be physically active through the use of augmented reality by scattering fiducial markers throughout the activity area. Fiducial markers are placed in the field of view of an imaging system. Once the smart phone's camera is pointed at the fiducial marker, an image appears. By pointing a smart phone towards a fiducial marker, an avatar can appear and demonstrate various exercises for the student(s) to perform. There are multiple types of augmented reality hardware and software that physical educators can use to increase physical activity levels amongst students. From a pedagogical standpoint, there are several mobile applications that physical educators can use. For example, physical education teachers can have their students download Pokemón Go!, Jurassic World Alive, AR Runner, Skill Lab, Zombie Run, Follow JC Go, Sharks in the Park, and Biba to name a few. Integrating augmented reality may motivate students to be physically active without feeling shame or embarrassment when performing activities in front of their peers.