



## Polar GoFit Heart Rate Module

Polar technology offers educators a unique option for monitoring, grading and communicating with students and parents – and with a level of objectivity not previously available in physical education.

Using the Polar GoFit Heart Rate app, along with pre-assigned Polar H7 Bluetooth® Smart heart rate sensors and an iPad (3rd generation or newer), instructors can motivate and assess students using various metrics including: heart rate, time spent in target heart rate zones, calories burned and virtual badges earned by accomplishing pre-set goals. Data can be projected onto a large screen during class for instant student feedback, and is automatically saved for each lesson during the course. Parents and students can utilize the [polargofit.com](http://polargofit.com) web tool, which allows them to log on securely to view lessons, track progress and monitor effort throughout the semester.

### Polar GoFit Heart Rate Module:

- Offers individualized heart rate monitoring using the iPad app and pre-assigned sensors
- Provides real-time feedback while also saving the course history for later review
- Gives three live training views: target, heart rate and list view
- Eliminates subjective grading by providing concrete data regarding effort throughout the course
- Serves as a powerful motivation tool for both students and parents
- Provides Physical Education professionals the information necessary to show the impact of a strong physical activity program

### 🔗 Learn More:

Lisa Rothstein / 310.746.6693 / [lisa.rothstein@polar.com](mailto:lisa.rothstein@polar.com)