



## Free Must-Have iPad Apps for Health and PE

**BMI Caculator** - You can easily calculate your BMI (Body Mass Index).

**Calorie Counter by FatSecret for iPad** - Calorie Counter is the essential app to simply find nutritional info for the food you eat and easily keep track of your meals, exercise and weight.

**Carb Counting with Lenny for iPad** - Let Lenny help you learn carb counting in a fun and easy way!

**Dartfish EasyTag** - With EasyTag, notational analysis comes to iOS. Start the timer at the beginning of the game, then a fully customizable tagging panel is used to time-stamp the key performance indicators (KPI) of your sport and display instant statistics of their frequencies. EasyTag creates a .csv file which can be further analyzed by spreadsheet software.

**Fitness Free HD** – This app includes over 700 exercises for men and women with photos, text instructions, and pictures of muscles involved for each exercise.

**Fitness Pro** – This app includes 450+ exercises photos with reference information.

**GoMealsHD** - GoMeals is three applications in one: a database full of nutritional information on your favorite foods and restaurant menu items, a food tracking tool to record your meals, and a restaurant locator.

**Human Kinetics Now** - Human Kinetics will help you to stay current and up to date with any and all trends and news in the world of sport, fitness, physical education, and exercise science.

**Nexercise** - Discover a new and exciting way to get motivated, lose weight, and stay in shape. Play with friends, earn rewards, defeat challenges, and track your progress on the largest fitness mobile interactive game of its kind.

**The PE Geek** - The PE Geek app is the one stop shop for teachers interested in utilizing emerging technologies within Physical Education.

**PlatoSport** – This app allows anyone to conduct match analysis on the go, using an extremely flexible recording environment. Any combination of Player, Location, Action, Time, and Outcome (PLATO) can be recorded. It also allows you to graph the results directly on your device and then share them by email.

**Pocket Scoreboard** - Whether you want to keep score of a table football game or “proper” football game, this app will help you out.

**Relax Melodies HD** - Just custom mix your favorite sounds from a selection of 41, then slip naturally into a relaxed state or a deep, rejuvenating sleep.

**Scoreboard HD** - Scoreboard HD is a simple two-player flip scoreboard with two-digit score and one-digit set per player.

**SportsTap** - SportsTap is the ultimate sports portal, providing detailed News, Stats, Schedules, and in-depth Box Scores.

**TempoPerfect** - TempoPerfect is free metronome software for keeping a clear and precise beat. Metronomes are essential for keeping time, improving practice sessions, and for developing a consistent rhythmic feel.

**TimeMotion** - TimeMotion takes the hassle out of conducting time-motion studies.

**TrainingLoad** - TrainingLoad allows anyone to record and track the “dose” of exercise for a single person with two common methods used by sport and exercise scientists: Session-RPE and the Training Impulse (TRIMP).

**VCE PE** - VCE PE allows students studying senior Physical Education in Victoria to keep up to date with the latest podcasts, videos, websites, and content surrounding the study and the world of sports.

**WebMD for iPad** - Check your symptoms, access drug and treatment information, get first aid essentials, and check local health listings from the most trusted brand in health information.