



## JISC RSC Scotland South & West Case Study @ Cumbernauld College

### Nintendo Wii



### The arrival of the Wii

In 2008, Cumbernauld College bought the Nintendo Wii with the Wii Fit balance board and Wii Sports as part of the Healthy Working Lives programme for staff. The intention was to site the Wii Fit permanently in the college staff gym so that staff could use it as part of their exercise programme. For logistical reasons, this wasn't possible so new uses were found for this equipment.

### Wii 2008 – 2009

During the academic session 2008-9, the Wii Fit and the balance board were used for:

- learner engagement during Freshers' Week - playing Wii Sports in both Cumbernauld and Kirkintilloch campuses.
- exercise activities for staff and students on Health Promotion Day.
- a "try before you buy" as a short-term loan to staff.

## Wii 2009 – 2010

As most staff and students had seen or played the Wii by the autumn of 2009, we decided to extend its life by adding some extra equipment. The following items were bought:

- Wii Fit Plus – which brought extra activities for the balance board.
- Just Dance – a game which allows the user to copy the moves of the avatar on screen – it can be played competitively by up to four players.
- 3 more Wii controllers to allow competitive games.
- A charger for the controllers and rechargeable batteries.

So far, during 2009-10, the Wii has been used for:

- Learner engagement during Freshers' Week – Just Dance in the Cumbernauld and Kirkintilloch campuses.
- exercise activities for staff and students on Health Promotion Day.
- short term loans for staff.
- short term loans for student projects and fund-raisers, e.g. HNC Computing.
- health and exercise promotion with under 5s in the college nursery.
- demonstrating the use of muscle groups in a Sports Performance class using Wii Sports.



**“The students were asked to undertake a sporting movement (ten pin bowling and tennis) and describe to the class what movements of the body are taking place for this. On completing this task, each student had to use previous unit knowledge to identify the muscle (muscles group) being used for this individual sporting exercise. Students within groups researched the movement of the muscle to investigate the weight training (resistance training exercise) to improve the sporting technique.”**

Sports lecturer, David Mitchell

The Wii now has its own Outlook Calendar for bookings!

Colleen Hurren, Learning and Teaching Technologist