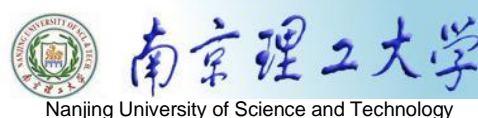


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**Using a Multimedia Learning Resource to Enhance Understanding of Daily Exercise:  
Practical Considerations**

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Anatomy, physiology, fitness theory, training sciences, gym work, practical physical fitness and biomechanics are for the most part compulsory courses in the training process of future physical education and movement teachers, in advanced studies, medical faculties with specializations in physical therapy and in departments of kinesiology. The literature in these subjects is both extensive and expensive. Many of the subjects are complex and require both understanding and memorization. Some require good visual perception and many entail abstraction and three-dimensional perception. In light of these requirements, can a technology based learning resource be used to help in the learning process and at the same time stimulate curiosity, and provide insights by combining various domains of knowledge? Moreover, can this multimedia tool be used to motivate those with sedentary lifestyles to be physically active and achieve training aims, reduce sport injuries, and encourage continued physical activity?

A multimedia program has been developed which was designed to help individuals understand the why and how of exercising in the gym. It provides a general awareness of physical activity as well as specific and practical understanding of the processes needed to work out safely and effectively. The program is based on the book *The Complete Guide to working out in the Gym* published by the University of Calgary Press. It includes five different components: Education, Surface Anatomy, Stretching, Exercise, and developing Personal Programs. This presentation discusses how the multimedia program is being used with students, fitness specialists and individuals who work out on both a regular and irregular basis. Practical considerations for using this and other similar programs will be discussed. Issues related to the adoption of innovation will also be discussed.