

enables inclusive and purpose-driven physical health education for students in grades 7 through



REPerformance: Enabling Inclusive And Purpose-Driven Physical Health Education For Students

~ REPerformance's AI-driven PHE software creates individualized workout programs for students based on assessment results and geared towards their current capabilities.

~ REPerformance is Canada's top PHE software & the official wellness partner to the CIAAA (Canadian Interscholastic Athletic Administrators Association).

~ Unique to the REP platform, the workout builder with 500+ exercises empowers students by allowing them to choose the exercises they want to incorporate into their routines.

March 2022: Fitness lays a strong foundation for physical literacy. But unfortunately, sports specialization for students has gained momentum in the wrong direction because students are expected to choose a niche for themselves too early on their fitness journey. Research proves that narrowing down the focus in the stages of Learning to Train can have a negative impact on the ladder stages. Moreover, the traditional methods of providing Physical Health Education can turn out to be disastrous since fitness is not about one-size-fits-all. Thus, grading in PHE should not be based on what a student is capable of today but rather the progress they show over time.

[REPerformance](#), Canada's top PHE software helps remove this barrier by using technology as the foundation of PHE departments. The platform leverages technology to build a culture that allows for individual success and helps teachers save time. REPerformance's AI-driven PHE software creates individualized workout programs for students that are based on assessment results and geared towards their current capabilities. Additionally, the advanced Machine Learning software also adjusts the intensity of the recommended routine based on personal feedback.

Proud finalists of the Bell Business Innovation of the year award, REPerformance is also the official wellness partner to the CIAAA (Canadian Interscholastic Athletic Administrators Association). The platform has, to its credit, two patents in the US and Canada for identifying sports' potential and recommending a fitness regime based on data-backed insights. Not just this, it provides students with access to a host of activities including Yoga and foundational movement training to help them understand how fitness impacts their health.

Speaking about how REPerformance is emerging to be a game-changer in the PHE space, Callen McGibbon, Founder of REPerformance, said, *"REPerformance is not just a software company. Every member of our team has been uniquely touched by fitness. Our individual stories have ignited a passion for us to reach as many youths as we can, to ensure every child, no matter their demographic, has the opportunity to develop fitness literacy skills for life."*

The importance of being 'physically literate' is just as profound as being literate in reading, language, and other academic aspects. The platform digitalizes student-teacher communication by enabling teachers to upload personalized learning materials and make them instantly accessible to students. Interestingly, trainers and mentors can pick and choose from over 40 different assessment exercises and build specialized assessments for students. Furthermore, they can create a baseline for each student to gauge progress and measure the impact of specific physical activity with the help of advanced analytics reports, available on any personal device.

Unique to the REP platform, the workout builder empowers students by allowing them to choose which exercises they want to incorporate into their routines. This allows them to feel comfortable and confident in their movements. There's indeed no end to PHE, it's a lifestyle. By delivering inclusive and purpose-driven physical literacy to students, REPerformance is committed to creating a healthier generation and athletes of tomorrow.

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About us: REPerformance has been designed and developed to assist PE teachers and coaches inspire physical literacy. The platform aims to uncover what motivates each student to build their personal wellness journey.

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