

Evaluation of the Game Exermon – a Strength Exergame Inspired by Pokémon Go

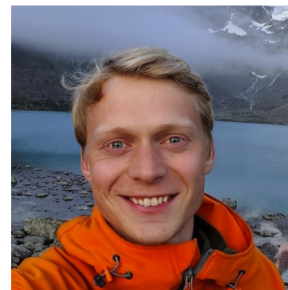
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Om

Utgitt Des 2017 av:

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Bakgrunn



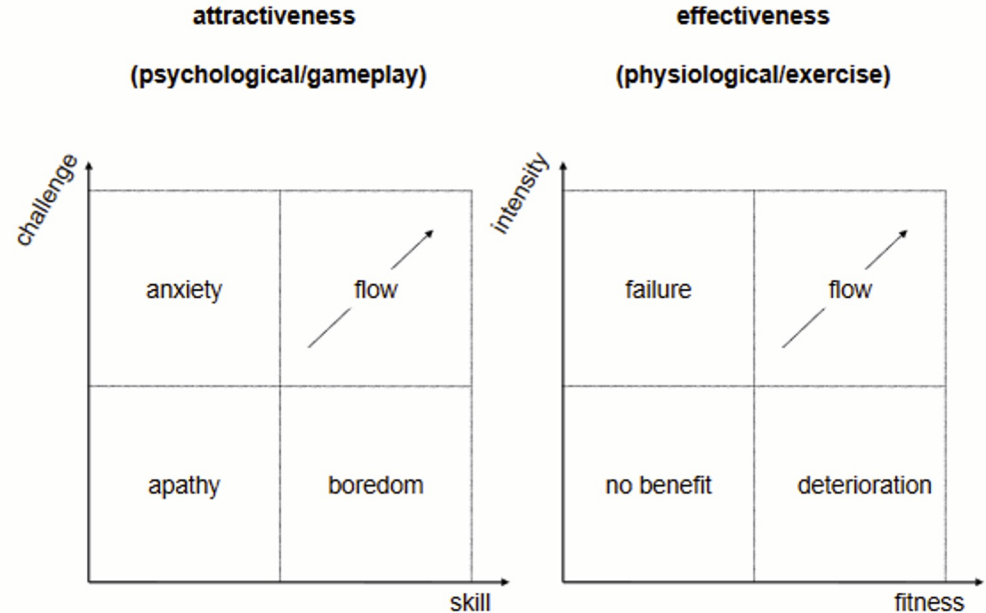
<https://www.fusionoh.com/documents/effects-of-sedentary-lifestyle/people-are-spending-more-time-on-electronic-devices-and-sat-down-in-work-2848.jpg>

Designprinsipper

- Utfordring
- Fantasi
- Nysgjerrighet

Designprinsipper

- Game flow
- Dual flow

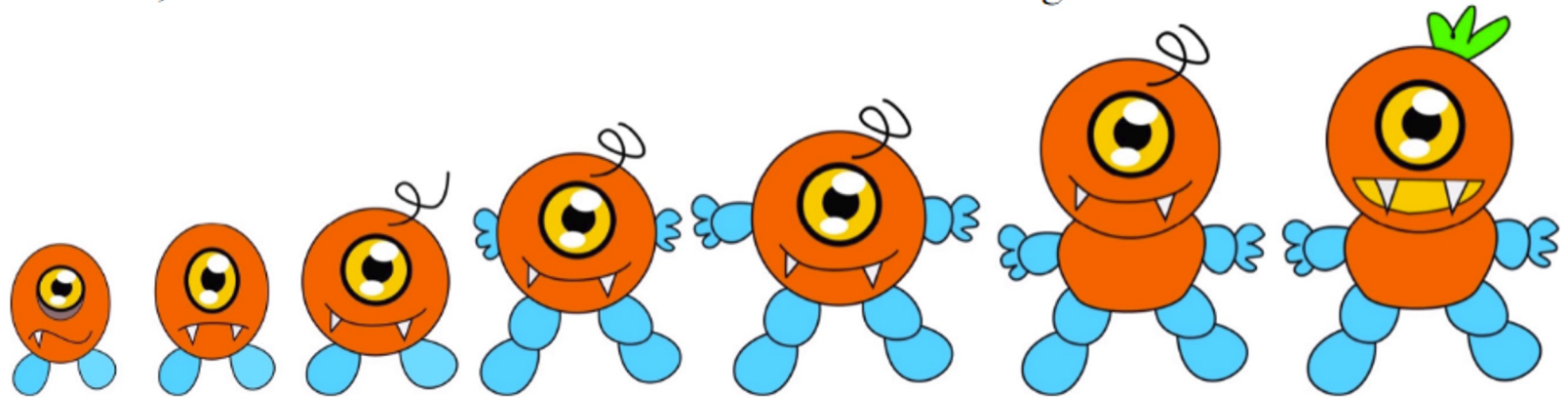


Exermon

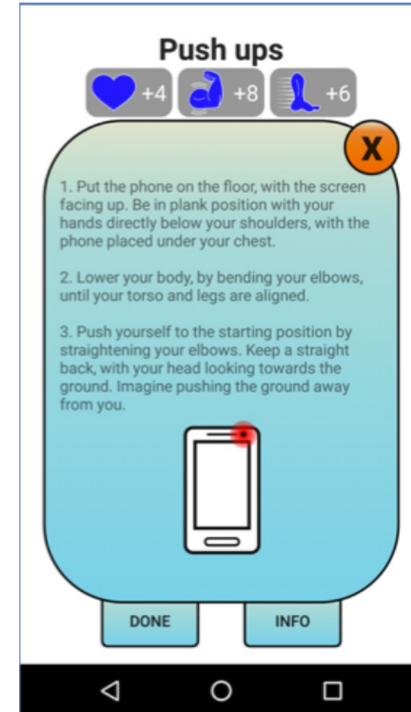
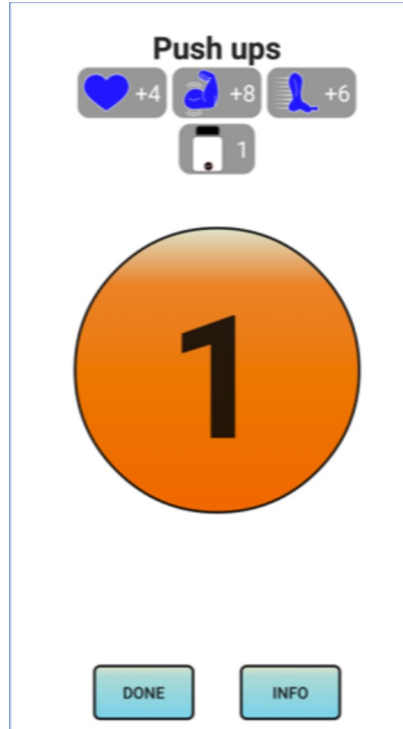
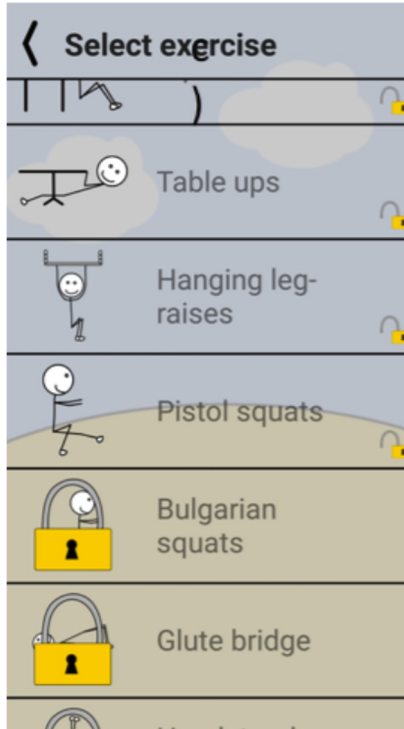


https://play-lh.googleusercontent.com/LWoOqiNLVM_MjXGjRhU51ogFA_PuviGWm4Coj5nN9166U0-O9OhbAIPd_pUfNwApLA

Exermon



Trening



Planlegging



Slåssing



Metode

- Goal/Question/Metric metoden

1-4:

What is the *physical/motivational/enjoyment/engagement* effect of playing the Exermon game?

5:

How does the control, progression and social interaction affect the Exermon game experience?

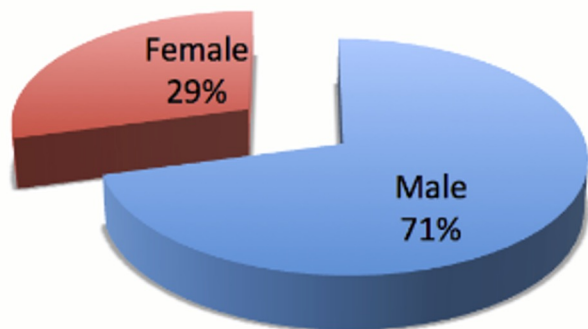
Metode

- Spørreundersøkelse (24/24)
- Brukerobservasjon (8/24)
- Intervjuer (8/24)
- Logging av spillaktivitet (24/24)

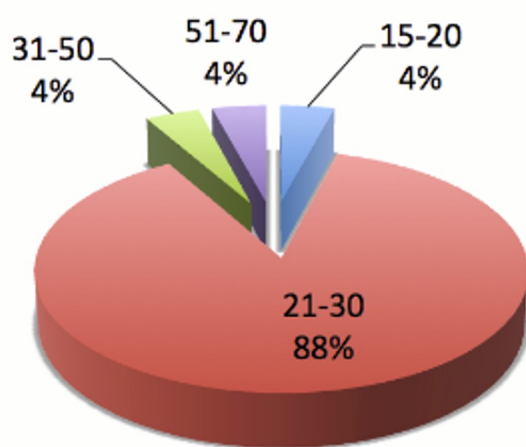
Alle spilte spillet i 2 uker

Resultater

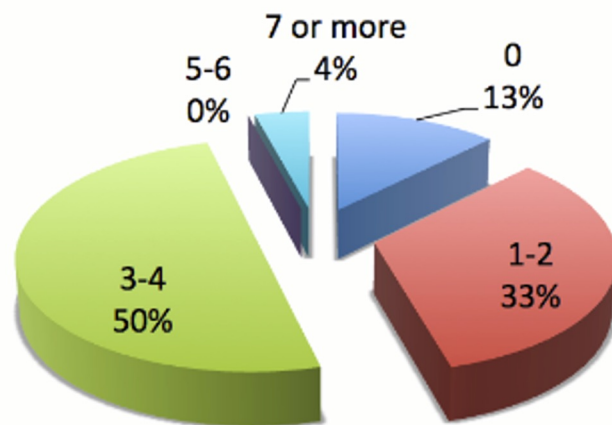
Gender distribution



Age distribution

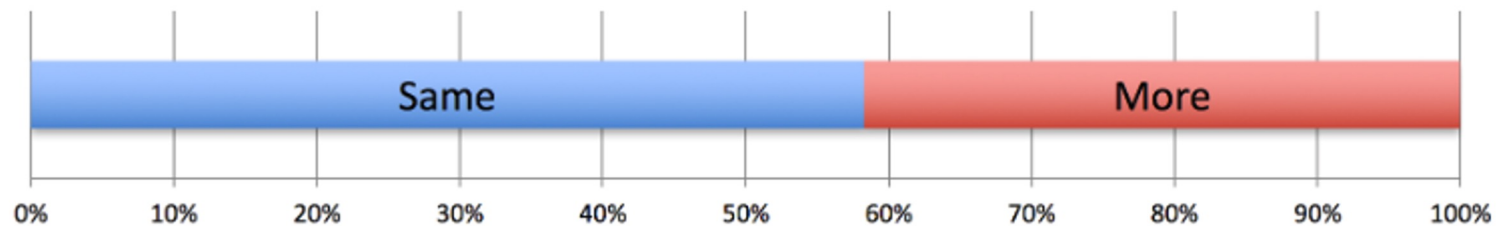


Number of exercises per week



Resultater

Change in weekly exercise



Resultater

- 80% enige i at øvelsene matchet formen deres
- Gjennomsnittlig 3 øvelser per pers per dag
- 90% enige i at de var motiverte for å spille
 - utseende
 - risiko for at monsteret dør
 - slå en vanskelig motstander
 - sammenligne med venner

Resultater

- 90% følte de ble bedre jo mer de spilte
- 80% like fantasien
- 90% følte seg engasjert
- Kun 25% så engasjert at de mistet fokus på alt rundt

Utfordringer

- Variasjon i sensor kvalitet i telefoner
- Enkelt å jukse
- Hawthorne-effekten

Takk for oss!