

CARDBOARD COURT



Chloe Elmer/Collegian

Carina Osborn (sophomore-kinesiology), right, votes for the Homecoming Court in the HUB-Robeson Center on Wednesday afternoon. Royalty Captains Sarah Frankwich (junior-supply chain and information systems), left, and Jackie Kline (senior-hotel, restaurant and institution management), middle, were in the HUB, laptops set up, encouraging people to vote for the court members.

Students to weigh in on ANGEL decision

By Micah Wintner
COLLEGIAN STAFF WRITER

sar's office, University Registrar Karen Schultz said.

Penn State's decision to find a new long-term course management system will not be made without student representation, ANGEL program manager Terry O'Heron said.

"We talk about all kind of issues, but primarily the services offered by those three offices," Schultz said of the SAB.

Council of Commonwealth Student Governments President Mohamed Raouda said he is happy the university is considering new course management systems that students may like more than ANGEL.

ANGEL and eLion are two of the main issues talked about on the board, she said.

But he also said the problem could've been addressed much earlier if students had a say in the Information Technology fee board.

Raouda was a member of the SAB last year and said there was a common negative consensus among students about ANGEL.

The IT fee, which pays for ANGEL, currently has no student input.

With student opinion in mind, O'Heron said the university is working to decide on a new course management system.

"If the [IT] board took student input on a regular basis they would've known about the complaints years ago," Raouda said.

Blackboard, Inc. (Bb) purchased ANGEL Learning, Inc. in 2009. Penn State's Information Technology Services is renewing its ANGEL license and maintenance agreement with Bb for next year while ITS considers new options for a course management system, O'Heron said.

The eLearning Strategic Committee is evaluating Penn State's options for a new course management system. The committee is waiting for a recommendation from the University Park Undergraduate Association and Student Affairs for a student representative for the committee, O'Heron said.

Two new potential systems, Desire2Learn and Moodle, are currently being piloted by students and faculty this semester, O'Heron said.

Raouda said students have had a platform to voice their opinion about ANGEL in the Shields Advisory Board (SAB).

Surveys will be given to faculty and students to gain feedback on these systems. ITS might decide to keep and maintain ANGEL, which it can do because of its perpetual rights to ANGEL's software license and source code.

The SAB was established last year by the registrar's office, the Office of Student Aid and the bur-

O'Heron said "cost-benefit analysis" will play a big role in what new course management system the university decides on.

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Website monitors eating habits, exercise program goals

By Cassandra Wiggins
FOR THE COLLEGIAN

With laundry, midterms and homework, many students don't have time to think about working out or getting adequate nutrition — but a new fitness program has come to Penn State to make living a healthy lifestyle a little easier.

With the help of students Andrew Kinek (senior-advertising and public relations) and David John "DJ" Holland (senior-marketing), ActivTrax — a fitness program founded in Gaithersburg, Md. — is now available at Penn State.

ActivTrax is an online program that contains customized nutrition and exercise plans based on an

individual's wants, needs and goals.

Brian Atlas, director of business development for ActivTrax, said it is the only system that can correctly prescribe the appropriate workout for students based on the actual equipment available.

He said it works by tailoring workout in conjunction with food tracking, based on the student's preferences and the results of the strength test outlined in the program.

After the strength test has been completed, students can access their profile on any device that has Internet access.

With the program, students aren't tied to a specific gym or fitness center, he said.

"ActivTrax is available at all the fitness facilities on campus. Even when a student leaves campus, they can still get customized workouts wherever [they] go," Atlas said. "The workouts are different every time they walk into the gym or workout at home. If a student goes from Gym A to Gym B, their workout is going to automatically reflect the equipment in each of those facilities."

The program contains a weight management tool that includes more than 75,000 foods in its database.

The exercise component, which corresponds to the nutrition component, factors in the exercises completed by the student to show how many calories were con-

sumed that day, Atlas said.

"There are a lot of students who are intimidated by the gym and there are a lot of students that even when they are in the gym, they don't know how to properly work."

This program can solve both those problems," Atlas said. "Because ActivTrax constructs a customized exercise program along with nutritional tracking, it makes getting in shape easy."

Kinek, an ActivTrax user and intern, said ActivTrax is a great motivator and navigator for students.

"It's almost like a GPS for the gym," he said.

Melany Cordova (freshman-criminal justice) agrees.

"As a student, it's hard to keep track of what you're eating, how often you're working out and if you're doing it right. I like how ActivTrax tailors to you," Cordova said. "It seem like it would make it easier for me to get the most out of my workout. It's like a personal trainer."

If you click

Students can enter the promo code "state" to get a student rate at the fitness website www.activtrax.com. The site provides customized exercise and nutrition plans for its customers, and the cost is less than 50 cents per week.

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