










Exergames Summary
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Three categories of exergames

Traditional video games are played while sitting in front of a computer or television. There is a new genre of video games and game controllers called “exergames” that require the player to move their body or body parts in order to play the game. We reviewed the many exergames and created three categories; game controllers, game systems, and software.

Game controllers - played on traditional game console systems PS/PS2, Xbox, GameCube, or PC					
#	Name	Price (\$)	Game platform	Description	Photo
1.	DDR dance pad	\$20-300	PS2	Touch sensitive dance pad with four directional arrows (up, down, left, right). Available in hard and soft versions.	
2.	DDR Max I, II Beatmania DDR Ultramix, 1, 2, 3	\$30-40 (game)	PS2 Xbox	The original modern exergame. Step in rhythm and sync to flashing arrows on the screen. DDR is a video game that prompts the player to move to the beat and rhythm of varying types of music by stepping on arrows on a dance pad. Arrows that flash on the TV screen cue players when to take steps. Players receive higher scores when they step in time (in sync) with the flashing arrows. http://www.konami.com/gs/ddrmax2/#	


3.	DDR Extreme DDR Extreme 2	\$40 (game)	PS2	<p>If DDR was too easy, DDR Extreme might be a good choice. DDR Extreme combines the use of a dance pad with the USB EyeToy camera. Now players must dance and move hands at the same time which makes it much more difficult than just dancing. http://www.konami.com/gs/ddrextreme/</p> <p>DDR Extreme 2 includes 100 minutes of new music and the ability to compete online. http://www.konami.com/gs/gameinfo.php?id=146&pid=1</p>	
4.	DDR Disney Mix	\$40 (game)	PS	<p>Dance with your favorite Disney characters like Mickey Mouse and Donald Duck to classic Disney songs like <i>It's a Small World</i> and <i>Supercalifragilisticexpialidocious</i>.</p> <p>http://www.konami.com/gs/gameinfo.php?id=25</p>	



5.	DDR with Mario	\$70 (game and dance pad)	GameCube Japan	The first DDR title for GameCube features one of the more popular game characters. Help Mario to stomp out enemy Goombas using the DDR dance pad. Five difficulty levels and 25 songs, including the DDR workout mode, will keep players dancing and having fun. It will come packaged with a dance pad.	
6.	In the Groove	\$40 (game)	PS2	A highly customizable dance simulation game created by Red Octane with 70 songs and 5 difficulty modes. http://www.redoctane.com/itgameps2.html http://www.inthegroove.com/	 
7.	EyeToy - Play	\$50 (USB camera & game)	PS2	USB camera with 12 games including boxing, kung fu fighting, and window washing (PS2). Small USB camera sits on top of TV and projects live video of player. Players move to try to accomplish tasks like bouncing soccer balls, karate chopping ninjas, cleaning windows, and boxing a robot. http://www.eyetoy.com/english/index.html	 

					
8.	EyeToy - Play 2	\$30 (game)	PS2	Using the EyeToy USB camera, play 12 games including home improvement, making burgers, table tennis and hitting a baseball. Unique in this version is the 3D interaction of your image with the computer. http://www.eyetoy.com/english/index.html	 
9.	EyeToy - Antigrav	\$30 (game)	PS2	Using the EyeToy USB camera, ride your hoverboard down skyscrapers, perform aerial tricks, and dodging flying cars. http://www.us.playstation.com/Content/ogs/SCUS-97414/site/	





10.	EyeToy – Disney Move	£26.99	PS2 UK/Europe	Using the USB EyeToy camera, players can fight Captain Hook, ride on Aladdin’s Magic Carpet, stop Donald Duck from scoring in soccer,	
11.	EyeToy – Groove	\$30 (game)	PS2	Dance in time with 28 licensed songs using the EyeToy USB camera. The cooler you dance the more points you get. http://www.us.playstation.com/Content/OGS/scus-97400/site/groove.asp	
12.	EyeToy Kinetic (PS2)	not released	PS2	EyeToy Kinetic is being co-produced by Nike. Using the USB EyeToy camera, a personalized workout gives players games and exercise to work on posture, balance, and physical fitness. Kinetic will allow you to do aerobically demanding tasks such as kicking, punching, stretching, and jumping in various settings to various styles of music.	
13.	EyeToy – Monkey Mania	not released	PS2	Using the USB EyeToy camera, try to complete three stages to reach the final goal. Move forward by turning the roulette that appears on the screen. Land on spaces to play games like collecting bananas in a jungle or skiing downhill. http://www.eyetoy.com/english/index.html	


					
14.	EyeToy - Sega Superstars	\$30 (game)	PS2	Using the USB EyeToy camera, play 12 games with action stars like Sonic The Hedgehog and Virtua Fighter. http://www.sega.com/gamesite/segasuperstars/base.html	
15.	EyeToy – SingStar & Singstar Party	£14.99 (game)	PS2 UK/Europe	Sing along karaoke-style with real videos or with you on screen http://www.singstargame.com/en_GB/home.html	

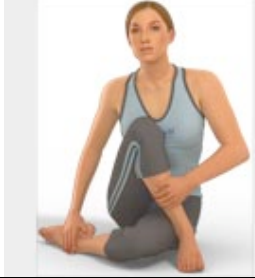


16.	EyeToy SpongeBob SquarePants Movin' with friends	£29.99 (game)	PS2 UK/Europe	<p>Take SpongeBob SquarePants and other Nickelodeon characters bowling, fish bowl repairing, and smashing robots. There are 11 games in this title with room for up to 8 players.</p> <p>http://www.thq.co.uk/ps2/games/product/SpongeBob+Squarepants+Movin'+with+Friends?ProdPlatform=ps2</p> <p>Also released as Nicktoons Movin' but with 13 available games.</p> <p>http://thq.com/game.asp?1055 46052</p>	
17.	EyeToy U-Move SuperSports	£17.99	PS2 UK/Europe	<p>Play 15 different sports games like golf, football, baseball and rugby and never get dirty. For the jockeys at heart try to make your horse gallop faster than your opponents.</p> <p>http://uk.gs.konami-europe.com/game.do?idGame=69&idGamePlatformInfo=102</p> <p>Released as EyeToy Sports in Japan.</p>	




18.	Donkey Konga	\$50 (game & congo drums)	GameCube	<p>A pair of congo drums with a built-in microphone to capture clapping sounds. Tap, and clap in sync with music and on screen prompts.</p> <p>http://www.donkeykonga.com/</p>	 <p>The image shows the box art for Donkey Konga, featuring Donkey Kong and the game's title. Below the box art is a screenshot of the game's interface, showing a 'Jam Session / Gorilla' mode with various controls and a score display.</p>
19.	Donkey Kong Jungle Beat	\$30 (game)	GameCube	<p>Use Donkey Konga drums to take an action packed adventure through jungles to battle enemies</p> <p>http://www.nintendo.com/gamemini?gameid=4a6a4f98-6bcb-414a-b2cf-f8e112c704b9</p>	 <p>The image shows the box art for Donkey Kong Jungle Beat, featuring Donkey Kong and the game's title. Below the box art is a screenshot of the game's environment, showing Donkey Kong in a jungle setting with two red arrows pointing down towards two congo drums.</p>





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20.	Powergrid KiloWatt	\$800-\$1300	PS2, Xbox, GameCube	<p>A force sensitive game controller that requires mainly isometric contractions. The harder you push the faster you go. Play on hundreds of games, but best for racing, driving, and flight simulators.</p> <p>http://www.powergridfitness.com/kilowatt.html</p>	
21.	NeXfit MOG	\$1999	PC	<p>Online fitness bike with force feedback in handles, seat and pedals. Steering control by moveable handlebars. Health management software included</p> <p>http://www.nexfit.com/index.htm</p>	
22.	Cateye Fitness GameBike	\$400	PS2	<p>A game controller that completely replaces the handheld controllers is the Cateye Fitness – GameBike. Once hooked to PS2, Xbox, or GameCube, you can use this fitness bike to pedal any of your speed related games including Off Road Fury and Grand Turismo. Play dozens of PS2 racing, biking, driving games. The faster you pedal the faster you go in the game.</p> <p>http://www.cateyefitness.com/GameBike/index.html</p>	
23.	Electric~spin Golf LaunchPad	\$229	PC	<p>A golf simulator that works with EA SPORTS™ Tiger Woods PGA TOUR® 2004. Strike the ball attached to the LaunchPad and watch the action and your golf ball on screen.</p> <p>https://www.electricspin.com/index.html</p> <p>Sample Video - https://www.electricspin.com/demo_hi.html</p>	



24.	QMotions Golf	\$140	PC	<p>Another golf simulator played with EA SPORTS™ Tiger Woods PGA TOUR® 2004. Drive, chip and put the ball attached to the QMotions device and watch the action on screen.</p> <p>http://www.qmotions.com/</p>	
25.	TrackIR 3 Pro	\$139	PC	<p>An infrared camera detects head movements by reading reflected light off of hat with reflectors. The information is sent back to the computer and the on-screen character moves/looks in the corresponding direction.</p> <p>http://www.naturalpoint.com/trackir/</p>	
26.	XkPad's BodyPad	\$80	PS2 (69 games) Xbox (10 games)	<p>New, interactive accessory for fighting game fans! Attach the 4 BodyPad sensors to your arms and legs and actually punch and kick your opponents in your favorite fighting games. The 2 hand controllers provide the L and R buttons and D-pad function in the game. Uses RF wireless technology.</p> <p>http://www.bodypad.com/eng/Index.php</p>	

Software - software or game that does not need new peripherals to play					
1.	Yourself!Fitness	\$30	PS2, PC, Xbox	<p>An exergame with a personal trainer that helps you with your health and wellness goals. A virtual instructor (Maya) leads you through personalized workouts, stretches, yoga, meditation, and nutrition planning. It is available for PS2, Xbox or PC and users can also order fitness apparel gear (with game logos) from the game's website.</p> <p>http://www.yourselffitness.com/default.aspx</p>	
2.	CycleScore	not released	PC	<p>A research project from MIT that incorporates a motivational game into fitness equipment like a recumbent bike. The goal is to keep a hot-air balloon afloat by pedaling and to occasionally shoot at targets and pick up bonus points. The game is played through a PC hooked up to the bike and the designers hope to have the product on the market within the year.</p> <p>http://www.cyclescore.com/index.html</p>	 

Game systems - proprietary games consoles, controllers, and or software					
1.	SSD XaviX	\$80 XavixPORT game console,	XaviX	XaviX is a new game console system that is played on a television, and there are five sports titles; baseball, bowling, tennis, golf, and fishing. In front of a television screen, players use XaviX sports equipment to play against the computer. The sensors in the equipment interfaces with the sensors in the game console and the action appears on the television. A new game title yet to be released is called Scale and it looks to be similar to Yourself!Fitness. There are personalized health and nutrition activities based on the measurements from the scale and your stated goals. This summer, Jackie Chan will release two new titles for XaviX called Action Boxing and Action Mat. XaviX has over 120 titles available for the Japanese version http://www.xavix.com/main.htm	
2.	XaviX Tennis	\$50	XaviX		
3.	XaviX Baseball	\$50	XaviX		

4.	XaviX Bowling	\$50	XaviX		
5.	XaviX Golf	\$50	XaviX		
6.	XaviX Fishing	\$50	XaviX		
7.	XaviX Jackie Chan Action Boxing	TBA	XaviX	<p>Lace up some wireless gloves and go toe to toe with a virtual boxer. http://www.jcxavix.com/</p>	

8.	XaviX Jackie Chan Action Mat	TBA	XaviX	Dance, run and play games with Jackie Chan on a plastic dance pad with 4 sensors aligned in a straight line. http://www.jcxavix.com/	 <p>The image shows the 'Jackie Chan Action Mat Starter Kit' packaging. It features a red background with the text 'Jackie Chan Action Mat Starter Kit' at the top. Below the text is a photograph of Jackie Chan in a white tank top, standing with his hands raised. In the foreground, there is a computer monitor displaying a game, a white dance mat, and a small box.</p>
9.	XaviX Scale	TBA	XaviX	XaviX Scale measures body weight and body fat percentage. Personal virtual trainer helps you set and reach health goals through fitness and nutrition activities.	 <p>The image shows the XaviX Scale, a white rectangular platform scale with four silver feet. Next to it is a small, silver, rectangular device with a screen, which is the personal virtual trainer mentioned in the text.</p>
10.	Virtual Cycling	\$6000	PC	VCycling is proprietary software program that interfaces with a patented steering and braking systems to play on a PC. Race world class athletes on race courses from around the world. http://www.vcycling.com/	 <p>The image shows a person riding a blue road bike on a stationary trainer. The bike is connected to a PC setup on a desk, which includes a monitor and a keyboard. The person is wearing a dark athletic top and shorts.</p>
11.	Cybex Trazer	\$5995	Trazer	A performance assessment & training simulator that combines some of the footwork required in Dance Dance Revolution but without the dance pad. Using its position tracking devices, TRAZER provides instantaneous feedback on the player's position, speed, and even heart rate while playing one of the many 3D games. http://www.cybextrazer.com/	 <p>The image shows the Cybex Trazer, a large, white, rectangular mat with a grid pattern. A person is standing on the mat, and a computer monitor is visible in the background. The text 'Coming Soon' is written at the bottom of the image.</p>

12.	Makoto Arena	\$5995	Makoto	Three towers with 30 targets. React and hit targets that light up and make sounds. Can be used in martial arts or sports to increase reaction time, and concentration. http://www.makoto-usa.com/	
13.	NordicQuest	Not Available	Nordic Track	This controller is a peripheral for the Nordic Track. You have to hook it up to your Nordic Track's computer, and the faster you ski, the faster you go. The controllers hook onto the handles of the Nordic Track. This worked for both the Super Nintendo and the Genesis.	
14.	Exertainment Interactive Fitness System	\$2000 - \$3500	Super Nintendo	It is an exercise bike that worked with the Super Nintendo. There were two games specially designed: Exertainment Mountain Bike Rally and the Exertainment Mountain Bike Rally/Speed Racer combo cart.	