

Online PE 40F InformNet & Fitness Tracker Training Session

Login to the computer

a. Username: _____

b. Password: _____

Today's training session will cover 2 topics:

- Using MECY's Website to complete course modules and tests.
- Using Fitness Tracker to track your fitness hours and submit progress reports.

MECY

- 2) Login to the computer using your standard user name and password.
- 3) Launch your web browser
- 4) Go to this URL <http://bblearn.merlin.mb.ca>
- 5) Enter Your Username as password. Your password is your student/MET number (9 digits, starting with 1 – found on your student ID & report card.) Your user name is your first initial, last name, and the last 3 numbers of your student/MET number)

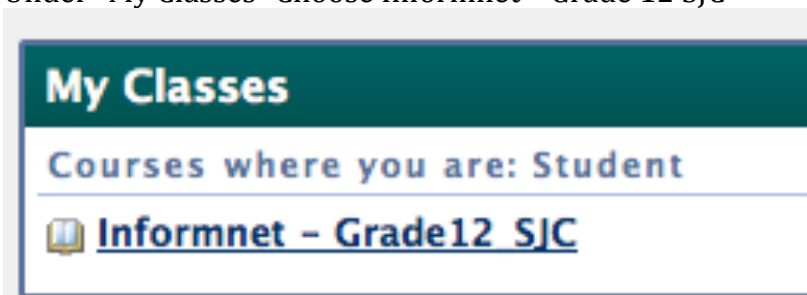
Ex: User name: JRobson123 Password: 123456123

You may write your information below:

a. Username: _____

b. Password: _____

- 6) If the computer asks you to deny or allow, say allow.
- 7) Under "My Classes" Choose Informnet – Grade 12 SJC



- 8) In the learning Modules window choose Module A – Physical Activity Program



Module A – Physical Activity Practicum

- 9) You can read through all of the lessons in each module by clicking on the links in the left navigation menu
- 10) Choose the Assessments Button on the far left menu.

Assessments

11) Choose Module C Test - Nutrition

Assessments



[Module C Test-Nutrition](#)



[Module D Test Personal & Social Development](#)



[Module E - Healthy Relationships](#)

Note: Tests are available to be taken at any time, but you must read the content for each module before taking the test. If you fail a module test (a mark less than 21/30). If you fail a test, you can take it again. ***If you fail any test 5 times, you will be locked out of that test and you will have to complete and alternate project to submit for marks.***

You must read all modules (A-E) as questions from module A or B may appear on Tests for Modules C-E)

12) Log Out of the MECY Website

Fitness Tracker

- 1) Visit www.misterjrobson.com. There is a link to the PE40F info on the home page.
- 2) Locate the Fitness Tracker information.
- 3) You must decide whether you plan to use Fitness Tracker on a PC or a Mac. **YOU CAN NOT SWITCH!**
- 4) Download the appropriate Fitness Tracker File.
- 5) Double click on the fitness tracker file to expand it. This will create a Fitness Tracker PC or Fitness Tracker Mac folder on your computer.
- 6) This folder and ALL of the files inside MUST be uploaded to DropBox or Google Drive.
- 7) Both Drive and DropBox are installed on all computers in room 200 and 213. If using a PC or a computer in another location, you must access the sites on the web.
- 8) Open the Fitness Tracker file **WITHOUT MOVING IT.**

Once you get to this point, please wait for your teacher to show you how to use the Fitness Tracker program.