

Appendix A: Glossary and Definitions

Screen-Related Terms

TERM	DEFINITION
Book reader or tablet	A handheld device with Internet capabilities (but no phone capabilities). It organizes media such as photos, books, music, movies and videos. Example (2011): iPod
Handheld video gaming device	A unit that can connect to a wireless network so games can be played with others. Some models also have camera and video viewing capabilities. Examples (2011): Wii, XBox, Playstation
Portable gaming device	Any handheld electronic device that can play video games.
Portable music and media player	A unit that may have a screen (sometimes touch-screen) and can sometimes be used to watch movies, and may have wireless Internet capabilities. Example (2011): MP3 Player
Smart phone	A cell phone with a larger screen (sometimes a touch-screen) with Internet and multimedia (music, movies) capabilities.
Social media	Media for social interaction, using highly accessible and scalable publishing techniques. Social media use web-based technologies to turn communication into interactive dialogue (Wikipedia)
Video game	An electronic game (active or inactive) played on any screen,
Video game console	A unit featuring motion sensing controllers, so games involving movement or exercise can be played. Some games can also be played while sitting or lying down. Example 2011: Wii Fit

Activity and Health Terms

TERM	DEFINITION
ACTIVE card	Screen Smart Passport cards are named ACTIVE cards (instead of Activity) because the focus of the Grade 4 Passport goal setting activity is physical activity.
Activity	A variety of pursuits, ranging in movement intensity from vigorous, organized or individual sports to inactive behaviours such as reading or sitting still while watching TV.
Active play	Any activity where a child is moving.
HCE	Health and Career Education. The aim of Health and Career Education K to 7 is to provide students with the knowledge, skills, and attitudes necessary to be informed decision makers and to make healthy and safe choices.
DPA	Daily Physical Activity. To help students achieve their best, the Ministry of Education has implemented Daily Physical activity for all schools and students in B.C. Schools provide 30 minutes of daily physical activity for students up to Grade 9.
Healthy Eating	Healthy eating is balanced eating, where you consume a variety of foods. It includes protein, carbohydrates (especially fibre), fats and fluids. (ActNowBC)
Physical activity	Any bodily movement produced by skeletal muscles that require energy expenditure. This includes any movement such as crawling, walking, running, or lifting that one engages in. (World Health Organization)