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Using Moxy Monitor in the Classroom



“We’ve been using Moxy Monitor to show muscle oxygenation dynamics in response to VO₂max testing with Exercise Science and Bioengineering students. The students love the technology and the additional depth of knowledge it provides!”

Drs. April Chambers and Zack Wilson
University of Pittsburgh - School of Education

Using the Moxy Monitor in our Department's undergraduate exercise physiology labs has provided students with invaluable hands-on experience in understanding bioenergetics and physiological responses to exercise. Moxy allows students to visualize real-time changes in muscle oxygenation, offering a dynamic perspective on the human body's response to exercise.”



Fr. Doug Burns and Dr. Carrie Ellis
DeSales University

Using Moxy, Students Gain:

Practical Applications to Bioenergetics

Directly observing oxygen utilization in muscle tissue deepens comprehension of key physiological principles.

Enhanced Critical Thinking

Analyzing real-time data fosters inquiry-based learning and strengthens problem-solving skills.

interdisciplinary Connections

Exploring NIRS applications bridges concepts from physiology, nutrition, and exercise science, reinforcing integrative learning.

Improved Research Competency

Exposure to NIRS prepares students for advanced research by familiarizing them with contemporary technology used in exercise physiology.

