Review of the current literature on videogames as potential educational tools for Physical Education

Databases and grey literature studied:
- Cochrane Central Database, ERIC, Google Scholar, ISI Knowledge Web, MEDLINE / Pudmed, Scopus, and SPORTDiscus,

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Total previous references: 2648

Selection criteria. Eliminating references

Total selected references: 100

CONCLUSIONS

The 100 studies carried out provide evidence that interactive videogames
1st Increase: • MOTOR skills
• INTELLECTUAL skills
• PHYSICAL skills in relation with the physical activity and physical education
2nd Are viable and constitute an effective alternative to games with traditional tools.
3rd Provide motivation to be more physically active. Users play more happily when they reach a healthier lifestyle.