



MIST Graduate Capstone 2021

School of Computing and Design
California State University Monterey Bay

Title: Get Up and Move

Student Name: Mark Angel

Advisor: Miguel Lara



Summary:

I discovered the MIST program while searching for a new career after being permanently disabled while working in the emergency medical services. Determined to develop and expand my life-long work as a Taiji and Qigong instructor, as well as develop an internet-based outlet for that teaching, my goal was to create and deliver an effective wellness awareness and training program. I had spent my first career responding to medical emergencies and delivering people into the hospital. I want to make my next career about helping them avoid the medical industrial complex.

I entered the MIST program with a concept for my capstone project that related to wellness and self-cultivation which I called "Transformation Through Qigong." I had no idea that COVID-19 would exacerbate the international sedentary pandemic in the years to come. The courses I took lead me to substantially reduce the scope of my project. It had to fit into a comprehensive hour-long training. I wanted that training to have the most impact possible on the people who most needed it. In the end, it addressed the one key gap that endangers the lives of so many people in our times: sitting too much. It is my hope that the training episode and the accompanying website and app will encourage people to get up and move more throughout their day.

Of all the excellent courses and learning opportunities I was exposed to during the MIST program, what stands out the most is the learning teams in which I had the privilege to participate. Working together on projects helped team members forge bonds of mutual respect, support, and frivolity that remain unwavering. With many of these people, I feel this bond will last for years to come as we bounce ideas off one another and seek each other out for support during our future careers.

My new understanding of learning and teaching theory, methods, and technology will further the reach and accessibility of my teachings and ideas. I look forward to implementing the knowledge and skills I have learned during this program, and further developing the work I have accomplished with my capstone project "Get UP and Move" and the website www.getupandmove.net. I hope to take the small episode of learning I created here and grow it into a valuable and far-reaching program to help people around the world improve their health and wellness by being more physically active. The reduction or even elimination of too much sedentary behavior at work and at home will surely benefit both individuals and society greatly.