This thesis investigates the potential for body-controlled dance games to be used as tools for entertainment, education, and exercise. The initial work included investigations into visual, aural, and tactile methods for instruction and feedback. The final study evaluated the fitness potential of the game "Dance Central 2" both by itself and with extra game content, which was unlocked based on the participant's performance. Significant contributions include a framework for running a longitudinal video game study, results indicating high engagement with some fitness potential, and discussion of how dance games could make exercise a more enjoyable experience.

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The public is welcome to attend.