

Exhibition Overview

Like hiking up Mount Evans, visiting *Expedition Health* reveals the amazing, incredible abilities of every person's body, whether they're doing something as simple as walking on a trail or down the street, or something as challenging as climbing a rock ledge.

Visitors move and measure their bodies at a variety of fun and interactive stations throughout *Expedition Health*. They see real specimens that help them understand and appreciate how their bodies work. They compare their heart rates with those of the visitors sitting next to them in the BodyTrek Theater. They harvest their own cells and view them under a microscope in Biology Base Camp. They participate in engaging science demonstrations at the Summit Science Stage. And young learners climb, crawl, touch, engage, and explore in Tykes Peak.

As with any expedition, it's best not to go it alone. In *Expedition Health*, visitors have a virtual learning companion accompany them on their journey, and receive direction and useful information from an expedition leader along the way.

PICK UP A PEAK PASS

The *Expedition Health* experience begins at sign-in stations at the entrance to the exhibition. Here, visitors touch a screen and meet a friendly, high-energy expedition leader named Teal. She walks visitors through the process of getting the Peak Pass that they use at activity stations inside *Expedition Health*. The Peak Pass records personal information about visitors at different stations—things like their heart rate and the length and speed of their stride when they walk. At the end of the exhibition, visitors can print out their own Peak Pass Personal Profile with all their measurements from the different activities. Then visitors can extend their visit on the Museum's website, www.dmns.org/peakpass, by accessing their personal information and additional activities online.

CHOOSE AN EXPEDITION BUDDY

When visitors get their Peak Passes, they select a virtual learning companion—or expedition buddy—to join them on their journey through *Expedition Health*. These buddies aren't the creation of a whiz computer game maker. They are real people who live in Colorado—people who represent the diversity and personality of our community.

"People love to learn, especially when it is fun, hands-on, and involves a friend," said Bridget Coughlin, PhD, curator of human health. "This is really taking that concept into a Museum exhibition."

In addition to their own buddy, visitors encounter each of the buddies at some point in *Expedition Health*. All of the buddies appear in videos and graphics throughout the exhibition, sharing their experiences and personal stories with visitors.

When visitors insert their Peak Pass at different activity stations, their personal expedition buddy appears in a short video clip explaining how the body works and adapts. For instance, as a visitor measures his or her heart rate on a stationary bike, the buddy explains how the heart responds to exertion. Buddies relate this science lesson to their own experience hiking a 14,258-foot Colorado peak.

“Studies show that people learn more when they have a learning companion whom they can relate to on a personal level, even if that companion is virtual,” said Nancy Walsh, lead educator for *Expedition Health*. “Our hiking buddies provide this for our visitors.”

EXPERIENCE *EXPEDITION HEALTH*

The 10,000-square-foot *Expedition Health* gallery is organized into five major components:

The Core Exhibition: When visitors enter *Expedition Health*, they encounter a wide array of interactive components and authentic anatomical specimens. These core exhibition activities offer insights into human biology and health in delightful and entertaining ways that involve the entire body. Visitors have many opportunities to record personal data on their Peak Passes throughout the core exhibition area.

BodyTrek Theater: In the participatory BodyTrek Theater, visitors get a visceral and engaging look at how the body reacts during a trek up Mount Evans. The theater layout and 130-degree panoramic screen format wrap the audience in dramatic imagery, light, and sound, while offering important biological and health information in ways that conventional exhibits and films cannot. Visitors actively participate in the theater experience through pulse-oximeters located at every seat, an infrared camera, and other interactive elements.

Biology Base Camp: This authentic laboratory is designed to appeal to everyone who visits *Expedition Health*. Donning lab coats, gloves, and goggles, visitors test their own hypotheses using the same equipment and microscopes found in research laboratories. Visitors can test antimicrobial soaps on live bacteria, extract DNA, or test the sugar content of cereal in these hands-on, minds-on lab stations. Adjacent to the lab is a Community Research Lab where visitors can participate in actual scientific experiments with the Museum’s scientists and volunteers.

Summit Science Stage: The hub of facilitated educational experiences in *Expedition Health*, the Summit Science Stage is designed to give visitors opportunities to participate in health demonstrations and programs, and to discuss science and health topics with Museum educators. Shows and activities throughout the day change constantly, and range from a sheep heart dissection to a clever show in which cartoon characters star as SuperFood Heroes.

Tykes Peak: An area expressly designed for young learners ages one to five, Tykes Peak provides a mix of full body activity, dramatic play, and multisensory experiences, along with information for parents and caregivers about the biological basis of children’s behaviors.

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Expedition Health and its exhibit names are registered trademarks of the Denver Museum of Nature & Science.

DID YOU KNOW? Most people blink 17,000 times a day. Now try not blinking. Good luck!