

LingoActive 2.0: Transforming Italian Grammar Learning through Interactive Play and Physical Exercise

Suhardi bin Kram^{1*}, Piermauro Catarinella², Cyndra Robert Budull¹, Adjullea James¹, Theresa Ahing¹, Asmalini binti Che Abu Shafie¹

¹Faculty of Sports Science and Recreation, UiTM Samarahan Sarawak, Malaysia

²Academy of Language Studies, UiTM Shah Alam Selangor, Malaysia

*Corresponding Author

DOI: <https://dx.doi.org/10.47772/IJRISS.2025.925ILEIID000046>

Received: 23 September 2025; Accepted: 30 September 2025; Published: 05 November 2025

ABSTRACT

In today's fast-paced digital era, integrating education, physical activity, and entertainment is essential. LingoActive 2.0 builds on the success of its award-winning predecessor, LingoActive 1.0 (Gold Medal, i-SPIKE 2023), by retaining its interactive, game-based approach while focusing more on fundamental Italian grammar, including nouns, plurals, and the verb "to be." Designed for UiTM students in Basic Italian Level 1 (TIC401), the tool addresses common challenges in recalling grammar and vocabulary. A semester survey and exam results showed significant improvements: of 54 students, 85% scored A range (A+, A, A-), confirming its effectiveness. Players progress by answering grammar-based questions while performing physical exercises, creating a fun, holistic learning experience that strengthens both mind and body. Building on this success, future efforts for LingoActive 3.0 will focus on digitalizing the board game into a mobile application, making learning more accessible, trendy, and convenient while ensuring long-term engagement and language retention.

Keywords: Educational innovation, Game-based learning, Italian grammar, Language acquisition, Physical exercise

INTRODUCTION

In an increasingly digitalized world, the demand for innovative methods that combine education, entertainment, and physical health is more critical than ever (Blumberg & Randall, 2021). LingoActive 2.0 addresses the challenges of language learning by blending fundamental Italian grammar lessons with physical activities in a board game format. Building upon the foundation of LingoActive 1.0, which primarily focused on vocabulary and numbers, LingoActive 2.0 introduces a more structured grammatical approach, making it particularly suitable for learners aiming to acquire essential Italian language skills. The inclusion of physical activities keeps learners engaged while promoting both cognitive and physical well-being.

Problem Statement

Traditional language learning methods often struggle to maintain student engagement, particularly when focusing on grammar, which many learners perceive as difficult and monotonous (López-Belmonte et al., 2022). Furthermore, sedentary lifestyles are increasingly linked to various health risks. Students frequently lose interest when learning a new language, as it involves unfamiliar concepts and structures (Nichols & Patel, 2023). Additionally, when lessons rely solely on lectures and note-taking, not all students actively participate, resulting in disengagement and diminished learning outcomes. LingoActive 2.0 tackles these challenges by integrating basic Italian grammar into an enjoyable, physical, and interactive board game. This innovative approach enhances motivation by making grammar more approachable and engaging while also encouraging active participation. By offering a dynamic alternative to traditional methods, the board game combats classroom monotony and fosters student engagement. Simultaneously, it promotes a healthy lifestyle through physical activity, creating a more holistic learning experience.

Objectives

1. To improve the retention of fundamental Italian grammar (including masculine and feminine nouns, singular and plural forms, and the verb "to be") among UiTM students enrolled in Basic Italian Level 1 (TIC401).
2. To enhance student engagement and active participation in learning Italian grammar through the use of an interactive, game-based tool that goes beyond traditional classroom methods.
3. To provide a dynamic alternative to note-based lectures and passive learning approaches, addressing student boredom and lack of participation in language classes.
4. To encourage a healthy lifestyle by incorporating physical exercise into the language learning process, enabling students to stay active while acquiring Italian language skills.
5. To enhance academic performance for students using LingoActive 2.0, as demonstrated by higher success rates in assessments and exams, particularly in the final examination.
6. To offer an out-of-class learning tool that students can use to reinforce language skills in a fun and interactive environment, bridging the gap between classroom instruction and independent study.

Product Description

This board game is meticulously crafted for students who taken the third language course, TIC401, focusing on basic Italian grammar and exercises. However, LingoActive 2.0 is also suitable for anyone interested in learning Italian, including beginners. Before initiating the game, players must scan a QR code that provides foundational information on masculine and feminine nouns, singular and plural forms, and the verb "to be" (essere). The game's questions are aligned with these video notes and interactive lectures, facilitating accurate responses. These video guides act as supplementary resources for students, enhancing their understanding and enjoyment of Italian grammar concepts.

As players progress through the game, they perform exercises associated with their designated spaces, thereby improving both their language skills and physical fitness. The game features interactive Q&A segments on topics such as masculine/feminine nouns, singular/plural forms, and the verb "to be," promoting social interaction. Correct answers yield rewards, while incorrect responses result in entertaining penalties, adding a layer of excitement. Victory is achieved by being the first player to complete five rounds. During gameplay, players roll dice to advance on the board. Upon landing on exercise spaces, they select and perform exercises labeled with Italian names from cards. To support their language development, players can access video guides via QR codes on the cards, which provide visual demonstrations of each exercise. This combination of visual and auditory learning fosters a comprehensive understanding and accurate pronunciation of the terms. Additionally, Q&A spaces involve posing and answering questions related to grammar topics, where incorrect responses lead to lighthearted penalties, while correct answers result in rewards. The game typically lasts 1-2 hours, with detailed instructions provided in the manual.

Visuals

Figure 1 Design of Lingo Active 2.0 Boardgame



Table 1 list of items in Lingo Active 2.0: Boardgame

Items	Size & Measurement	Quantity
Retractable Board Tube	10cm x 108cm	1
Board Game (Paper Tarpaulin)	50.8 cm x 50.8cm	1
Dice	1cm x 1cm	2
Marker (Pieces for Movement)	2.3cm x 2.3cm	20
Q&A, Esercizi, Rewards & Penalty Cards	5cm (H) x 9cm (W)	60
Manual Guideline for <u>Gameplay</u>	14.8cm (H) x 10.5cm (W)	1

Potential Commercialisation

1. Language Educators: Those seeking interactive and innovative teaching tools to enrich their language instruction methods.
2. Fitness Instructors: Professionals interested in integrating cognitive elements into their physical training programs.
3. Individuals Learning Italian: Those looking for an enjoyable and engaging way to acquire Italian language skills.

Novelty and Uniqueness

1. Inclusivity: The game effectively integrates Italian language exercises with physical activities and interactive challenges, creating a holistic and engaging learning environment.
2. Motivation and Engagement: If an opponent fails to provide an accurate response, a "penalty" card is introduced, adding an element of fun and unpredictability. Successfully addressing these challenges allows players to draw "reward" cards, which provide benefits such as advancing additional spaces.
3. Physical and Cognitive Stimulation: LingoActive 2.0 not only promotes physical activity but also provides cognitive stimulation. Players are required to memorize and apply Italian grammar concepts to answer questions correctly and achieve victory, thus engaging both mind and body.
4. Customizability: The game's modular design offers adaptability, enabling players to modify the number of rounds to suit their preferences.

Impact on Society

1. Enhanced Language Acquisition: LingoActive 2.0 offers a novel approach to learning Italian by combining grammar-focused questions with interactive gameplay.
2. Promotes Physical Well-being: By integrating mental and physical stimulation, it supports a balanced lifestyle, contributing to overall health and fitness.
3. Increases Student Engagement: LingoActive 2.0 transforms the often monotonous task of learning grammar into an interactive and enjoyable experience.
4. Addresses Classroom Monotony: It offers a refreshing approach to education, revitalizing the learning experience and making it more enjoyable for students.
5. Potential for Broader Impact: Its innovative approach could serve as a model for future educational tools aimed at enhancing both learning and well-being.

POTENTIAL FINDINGS AND RECOMMENDATIONS

The findings of this study indicate that LingoActive 2.0 significantly enhanced students' academic performance, with 85% of learners achieving results in the A range. In addition, the market survey revealed strong user demand, as 88.4% of respondents preferred a digitalized version of the product, and 53.6% expressed willingness to pay RM19.90 for lifetime access. Based on these outcomes, it is recommended that future development focuses on LingoActive 3.0, which will digitalize the board game into a mobile application. This transition will enhance accessibility, ensure wider reach, and sustain engagement while maintaining the integration of language learning and physical activity.

Figure 2 Percentage of students who want LingoActive to be digitalized

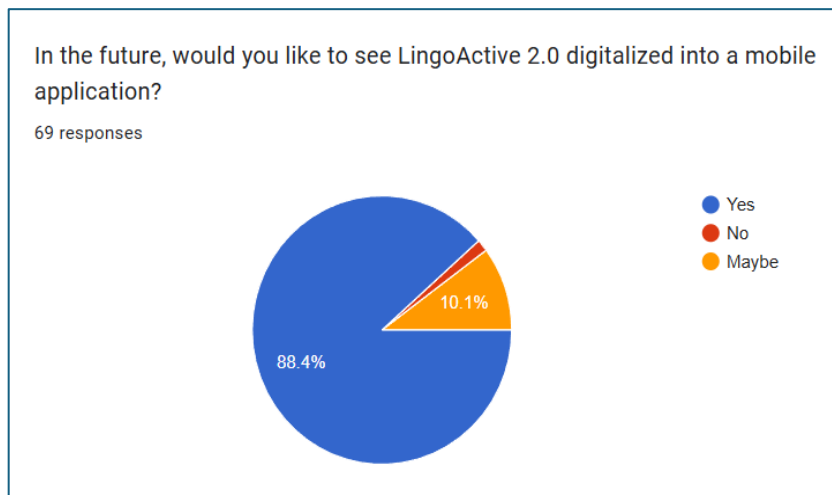
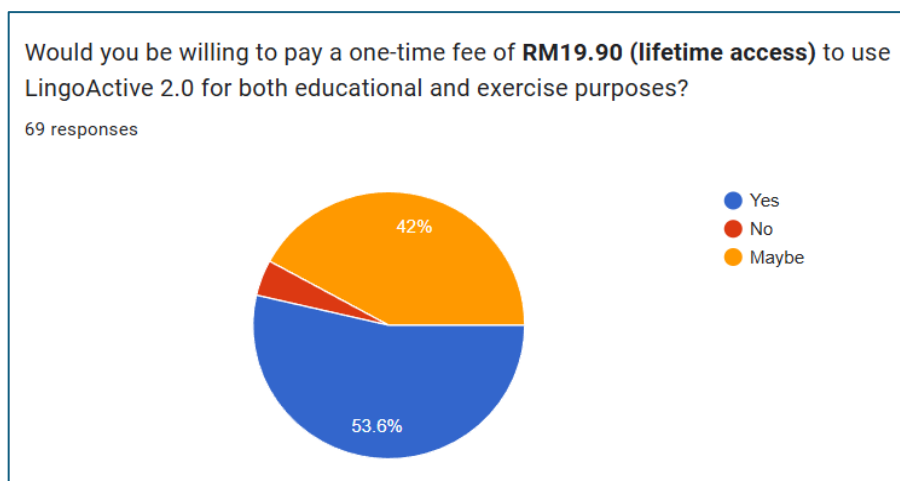


Figure 3 Percentage of students willing to pay for app access



CONCLUSION

LingoActive 2.0 advances the innovative concept introduced in LingoActive 1.0 by concentrating on fundamental Italian grammar. By integrating language learning with physical exercise, LingoActive 2.0 offers an engaging and interactive platform that facilitates the acquisition of Italian grammar in an active and enjoyable way. This distinctive combination of education, fitness, and entertainment positions LingoActive 2.0 as a highly effective tool for both language learners and fitness enthusiasts (Moro, Phelps, & Redmond, 2022).

ACKNOWLEDGEMENTS

The authors would like to express sincere appreciation to the students who participated and engaged with Lingo Active 2.0 in an academic setting. Their commitment, feedback, and enthusiasm were invaluable in testing and validating the effectiveness of this product.

REFERENCES

1. Blumberg, F. C., & Randall, J. D. (2021). Interactive learning and the role of digital games. *Current Opinion in Behavioral Sciences*, 36, 100–105.
2. López-Belmonte, J., Segura-Robles, A., Fuentes-Cabrera, A., & Pozo-Sánchez, S. (2022). Educational games and sustainable active learning: Examining the effects on learning performance, engagement, and motivation in high school students. *Sustainability*, 14(3), 1173.



3. Moro, C., Phelps, C., & Redmond, P. (2022). The effectiveness of game-based learning for medical education: A systematic review. *Virtual Reality*, 26, 231– 247.
4. Nichols, T., & Patel, K. (2023). Physical activity and its impact on cognitive function in educational settings: A systematic review. *International Journal of Educational Research*, 117, 101032.