

The 9th Physical Activity Measurement Seminar 2018 PROVISIONAL Programme

Hosted by the Physical Activity Group, MRC Epidemiology Unit, Cambridge

Day 1 Agenda

Møller Centre, Cambridge

Tea/Coffee available from 8:00am in Møller Study Centre

Monday 10th September

Time	Topic
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Session 1

08:50 – 09:00	Møller Centre Introduction
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09:00 – 09:20	Introductions and welcome
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09:20 – 10:05	General principles of physical activity testing
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10:05 – 10:30	Coffee Break
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Session 2

10:30 – 11:15	Accelerometry: Part 1
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11:15 – 11:45	Practical Workshop: Accelerometers
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11:45 – 12:30	Accelerometry: Part 2
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12:30 – 13:15	Lunch
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Session 3

13:15 – 14:15	Combined Heart Rate and Movement Sensing
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14:15 – 14:45	Practical workshop: Combined Heart Rate and Movement Sensing
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14:45 – 15:15	Coffee break
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Session 4

15:15 – 16:15	Introduction to Individual Calibration
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16:45	Social event: Outside Games
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The 9th Physical Activity Measurement Seminar 2018

Day 2 Agenda

Addenbrooke's Hospital, Cambridge

Tuesday 11th September

Minibus outside Møller Centre to Addenbrooke's Hospital departing 8.15am

Practical workshops will be held at the **MRC Epidemiology Unit, Institute of Metabolic Science, Addenbrooke's Hospital**:

You will be split into 2 groups (A & B). Both groups will do the following:

- Questionnaire workshop
- Individual calibration workshops (treadmill, bike, step & walk testing)

Group A

Time	Topic
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Session 6

09:00 – 12:00	Individual calibration workshop
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12:00 – 12:45	Lunch
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Session 7

12:45 – 15:45	Questionnaire workshop
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Group B

Time	Topic
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Session 6

09:00 – 12:00	Questionnaire workshop
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12:00 – 12:45	Lunch
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Session 7

12:45 – 15:45	Individual calibration workshop
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15:45 – 16:30	Question Time: Free Discussion for any specific questions	Optional
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The programme will finish at Addenbrooke's Hospital

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Day 3 Agenda

Møller Centre, Cambridge

Wednesday 12th September

Time	Topic
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Session 8

08:30 – 09:30	Sedentary Behaviour
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09:30 – 10:30	Principles of doubly labelled water
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10:30 – 11:00	Coffee Break
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Session 9

11:00 – 12:45	Waveform accelerometry and Postural assessment Workshop
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12:45 – 13:30	Lunch (including Group Photo)
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Session 10

13:30 – 14:30	Inference of sleep
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14:30 – 15:30	Practicalities of field testing and diverse populations
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15:30 – 16:45	Study design/scenarios workshop
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Refreshments available throughout the afternoon

16:45 – 17:15	Question Time: Free discussion for any specific questions
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Optional

The 9th Physical Activity Measurement Seminar 2018

Day 4 Agenda

Møller Centre, Cambridge

Thursday 13th September

Time	Topic	
Session 11		
08:30 – 09:30	Feedback to volunteers	
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09:30 – 11:45	Analysis workshop 1: processing and interpreting personal data collected during the week	
Coffee available throughout the morning		
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11:45 – 12:45	Data Cleaning and Analysis	
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12:45 – 13:30	Lunch	
Session 12		
13:30 – 14:15	Introduction to data harmonisation	
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14:15 – 17:15	Analysis workshop: Analysis Tasks	
Coffee available throughout the afternoon		
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17:15 – 18:00	Question Time: Free discussion for any specific questions	Optional
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19:00	Farewell dinner	
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The 9th Physical Activity Measurement Seminar 2018

Day 5 Agenda

Møller Centre, Cambridge

Friday 14th September

Time	Topic
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Session 13

08:30 – 09:00	Analysis Workshop: Additional Time (If needed)
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09:00 – 10:15	Group Presentations and Discussions
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10:15 – 10:45	Coffee Break
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Session 14

10:45 – 12:00	Using GPS to determine locations in which physical activity takes place
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12:00 – 12:45	Innovative technologies for physical activity research
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12:45 – 13:00	Wrap Up & Seminar Close: Certificates and farewells
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13:00 – 13:45	Lunch and Depart
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