

# The 10<sup>th</sup> Physical Activity Measurement Seminar 2022

## PROVISIONAL Programme

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

**Monday 5<sup>th</sup> September**

*Møller Centre, Cambridge*

Tea/Coffee available from 8:15am in Møller Study Centre

### Time                      Topic

#### Session 1

08:50 – 09:00    Møller Centre Introduction

09:00 – 09:30    Introductions and welcome

09:30 – 10:15    General principles of physical activity measurement

10:15 – 10:45    Break – Refreshments available

#### Session 2

10:45 – 12:00    Accelerometry

12:00 – 12:30    Practical Workshop: Accelerometers

12:30 – 13:15    Lunch

#### Session 3

13:15 – 14:45    Heart Rate monitoring & Individual Calibration

14:45– 15:30    Practical workshop: Combined Heart Rate and Movement Sensing  
(Refreshments Available during workshop)

15:30 – 16:30    Using GNSS to determine locations in which physical activity takes place

16:45                Social event: Outside Games

# The 10<sup>th</sup> Physical Activity Measurement Seminar 2022

**Tuesday 6<sup>th</sup> September**

**Taxis 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). All groups will do the following:

- Questionnaire workshop
- Individual calibration workshops (treadmill, step & walk test)
- Waveform Pattern Recognition Workshop

## Group A

Session 4		
Time	Topic	
09:00 – 10:15	Individual calibration (Treadmill/Step/Walk)	
	Break – Refreshments available	
10:45 – 12:00	Waveform Workshop	
12:00 – 12:45	Lunch	
Session 5		
12:45 – 15:45	Questionnaire workshop	14:00- Break – Refreshments available

## Group B

Session 4		
Time	Topic	
09:00 – 12:00	Questionnaire workshop	10:15- Break – Refreshments available
12:00 – 12:45	Lunch	
Session 5		
12:45 – 14:00	Individual calibration (Treadmill/Step/Walk)	
	Break – Refreshments available	
14:30 – 15:45	Waveform Workshop	

## All groups

Session 6		
Time	Topic	
15:45 – 16:30	Question Time: Free Discussion for any specific questions	Optional
	The programme will finish at Addenbrooke's Hospital	

# The 10<sup>th</sup> Physical Activity Measurement Seminar 2022

**Wednesday 7<sup>th</sup> September**

**Møller Centre, Cambridge**

**Time**                      **Topic**

## Session 7

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

## Session 8

11:00 – 11:45    Practicalities of field testing

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11:45 – 12:30    Introduction to data harmonisation

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12:30 – 13:15    Lunch (including Group Photo)

## Session 9

13:15 – 14:15    Commercial/Non research grade technologies for physical activity research

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14:15 – 15:45    Study design/scenarios workshop  
Refreshments available throughout the  
afternoon

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

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# The 10<sup>th</sup> Physical Activity Measurement Seminar 2022

**Thursday 8<sup>th</sup> September**

**Møller Centre, Cambridge**

<b>Time</b>	<b>Topic</b>
<b>Session 10</b>	
08:30 – 09:30	Introduction to Wave
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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
<b>Session 11</b>	
13:30 – 17:00	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
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18:30	Farewell dinner Møller centre restaurant

# The 10<sup>th</sup> Physical Activity Measurement Seminar 2022

**Friday 9<sup>th</sup> September**

**Møller Centre, Cambridge**

**Time                      Topic**

## **Session 12**

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

## **Session 13**

10:45 – 11:45    Feedback to Volunteers

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11:45 – 12:00    Wrap Up & Seminar Close: Certificates and farewells

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12:00 – 12:45    Lunch and Depart

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