ASSESSMENT OF PHYSICAL ACTIVITY

Prof. ULF EKELUND

Preparatory activities

Learning objectives (200 characters max):

To understand how to assess physical activity in epidemiological research and the advantages and disadvantages with different assessment methods.

Online Learning resources:

Reading material:

Dowd, K. P., Szeklicki, R., Minetto, M. A. , Murphy, M. H., Polito, A., Ghiqo, E., ... Donnelly, A. E. (2018). A systematic literature review of reviews on techniques for physical activity measurement in adults: A DEDIPAC study. *International Journal of Behavioral Nutrition and Physical Activity, 15*(1), 15. https://doi.org/10.1186/s12966-017-0636-2
Warren et al, Assessment of Physical Activity Eur J Cardiovasc Prev Rehabil 2010
https://www.ncbi.nlm.nih.gov/pubmed/20215971

Video (web link):

Using wearable technology to measure physical activity
https://www.youtube.com/watch?v=nPbEuGrxoSQ&ab_channel=JohnsHopkinsMedicine

Core activities

Learning objectives (200 characters max):

To understand the importance of accuracy when measuring physical activity in epidemiological research and to choose a specific method for a specific research question

Online Learning resources:

Presentation to be distributed following lecture

Reading material:
Migueles, J. H., Cadenas-Sanchez, C., Ekelund, U., Nyström, C. D., Mora-Gonzalez, J., Löf, M., ... Ortega, F. B. (2017). Accelerometer data collection and processing criteria to assess physical activity and other outcomes: A systematic review and practical considerations. *Sports Medicine, 47*(9), 1821-1845. https://doi.org/10.1007/s40279-017-0716-0.
https://link.springer.com/article/10.1007%2Fs40279-017-0716-0
Helmerhorst et al, A systematic review of reliability and objective criterion-related validity of physical activity questionnaires. IJBNPA 2012
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3492158/

Web resources (link):

DAPA measurement toolkit http://dapa-toolkit.mrc.ac.uk/
Physical Activity and Physical Function Assessment tools http://www.parcph.org/assess.aspx