

Measuring using metrics



Intensity

- All physical activity results in energy expenditure
- Intensity (absolute) = rate of energy expenditure required to perform activity
- Often grouped into intensity categories
 - These can vary considerably!

Sedentary
 ≤ 1.5 METs

Light
1.5 – 2.99 METs

Moderate
3 – 5.99 METs

Vigorous
 ≥ 6 METs

Low-light

High-light

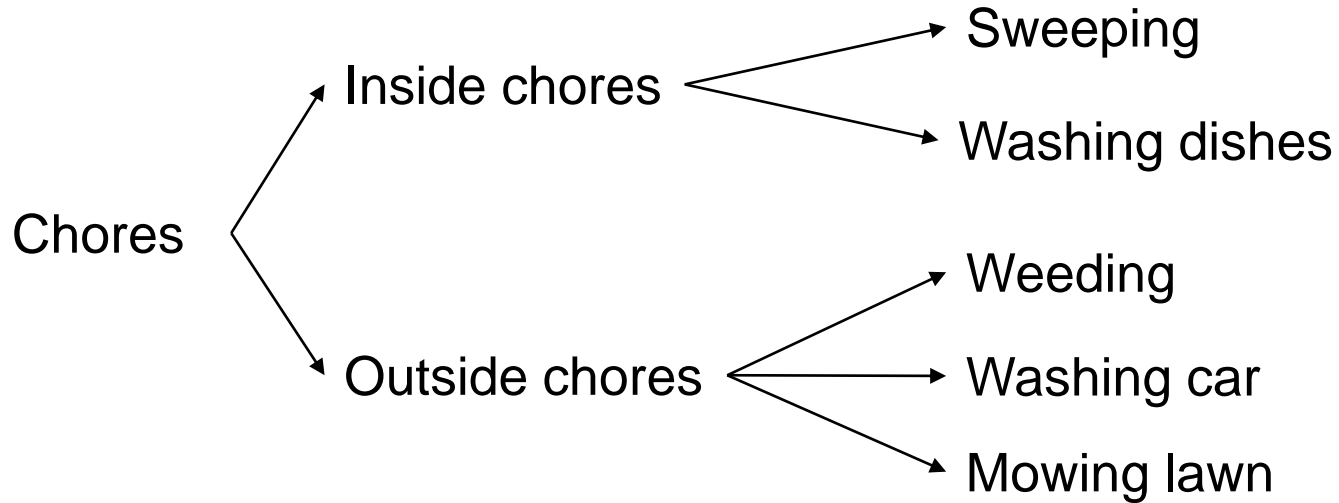
Moderate-
to vigorous
(MVPA)

Ref: Powell et al (2010) Annu Rev Public Health



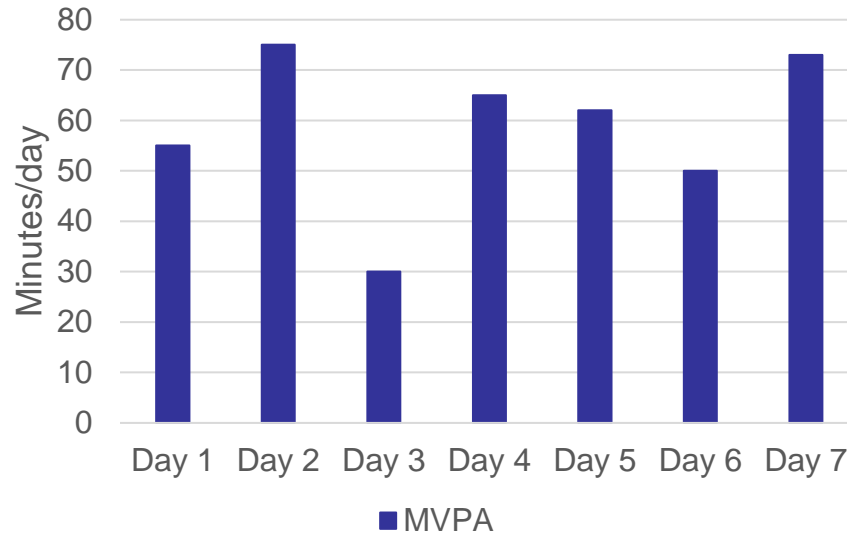
Type

- What activity you are doing



Volume

- Total amount of activity accumulated over a specified period



Ref: Powell et al (2010) Annu Rev Public Health



Duration and frequency

- Duration: Length of time activity (usually min) is continued
- Frequency: Number of times activity performed within a specified time frame (e.g. bouts, sessions/week)

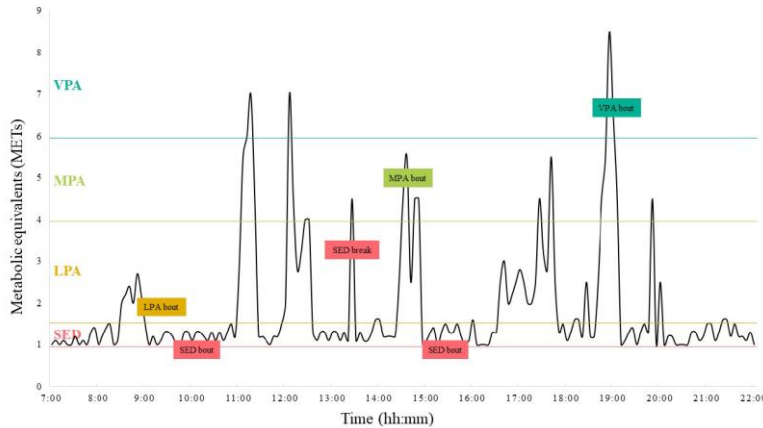
Ref: Powell et al (2010) Annu Rev Public Health



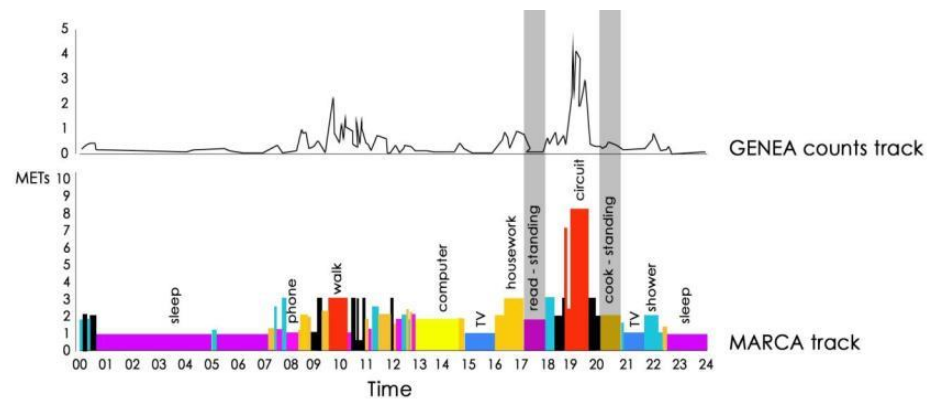
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Pattern

- Temporal dimension (time-related)
- Multiple time points OR continuous measurement
- Consist of frequency, duration, intensity (and type)



Ref: Verswijveren (2020)



Combining multiple data sources



Context

Where?

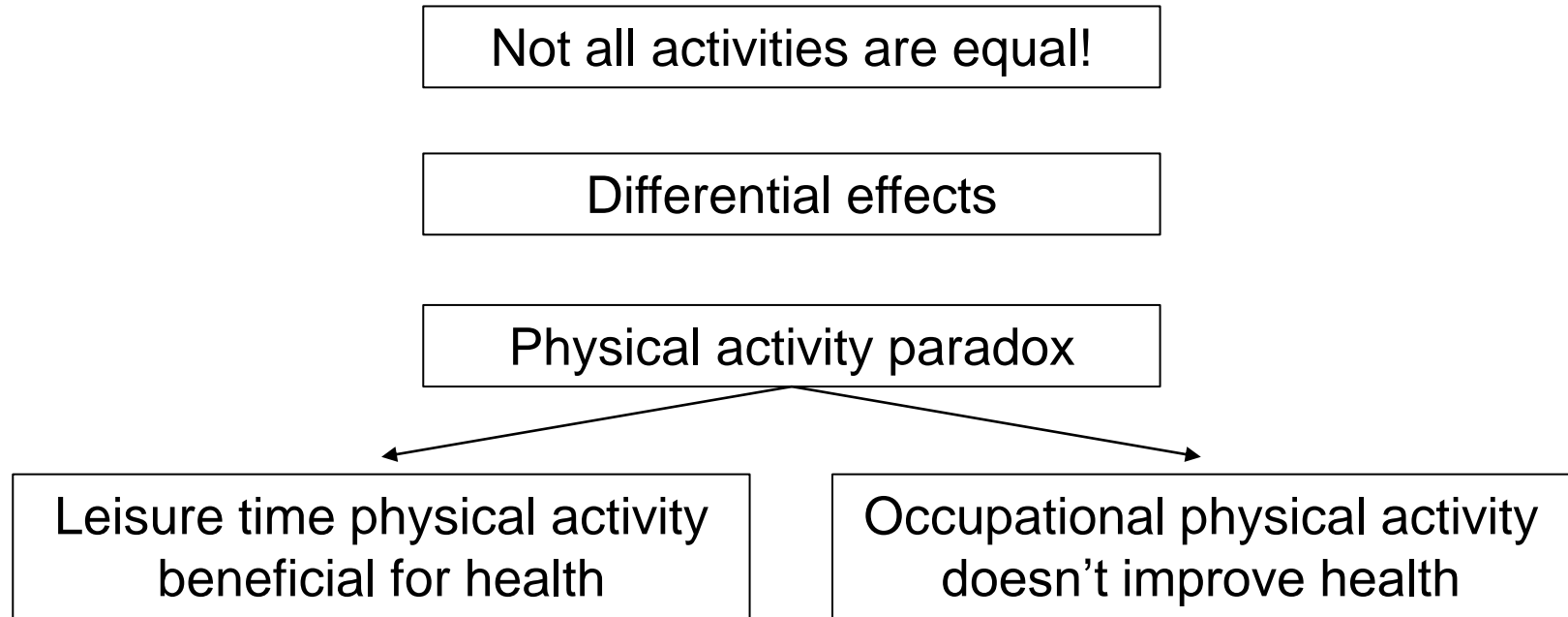
When?

Who with?

Enjoyment level?



Context



Ref: Holtermann et al (2018) Br J Sports Med

