



Physical Activity Assessments for Health-Related Research

Gregory Welk

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Physical Activity Assessments for Health-Related Research is a comprehensive guide on the use of physical activity instruments in health-related research. Written by internationally known experts in exercise science and physical activity epidemiology, the text provides researchers with practical information about the most effective ways to collect, score, and interpret physical activity data for research purposes.

Editor Gregory J. Welk, PhD, expertly compiles the most relevant research on physical activity assessment to help readers understand the history, current trends, and approaches involved in the study of physical activity. Emphasizing instruments for health-related research, the text provides specific resources for analyzing and interpreting data and includes several new assessment techniques.

This reference provides the following tools to help you with your research:

- Reviews of various techniques, including their advantages and their disadvantages, allow you to choose the best research method.

- Practical suggestions to help you improve the quality and accuracy of data you collect.

- An examination of measurement issues assists you in choosing the appropriate statistical procedures to analyze and interpret your data.

- Over 75 tables and figures help you visualize, prioritize, and organize the information and ideas discussed in each chapter.

The text's features make it easy to understand why physical activity assessments are a unique and important area of research.

Part I, "Introduction and Overview of Physical Activity Assessments," provides a general background on physical activity assessments and highlights their importance in health-related research.

Part II, "Measurement and Analysis Issues for Physical Activity Assessment," explores specific measurement issues, including an overview of the importance of validity, reliability, and generalizability of physical activity instruments.

Part III, "Techniques for Physical Activity Assessment," describes the application of various techniques, including self-report instruments, activity monitors, pedometers, heart rate monitors, direct observation, and the doubly labeled water technique.

Part IV, "Innovative Approaches for Physical Activity Assessments," describes new applications to better assess specific measurement needs.

Physical Activity Assessments for Health-Related Research is the first book of its kind to systematically review the practical issues associated with collecting, analyzing, and interpreting physical activity data. The book is ideal for any practitioner or researcher interested in physical activity assessment.

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