

Actual Measurement of Sedentary Behavior, Physical Activity and Fitness in Population Monitoring - the Finnish Experience

International course for professionals monitoring and promoting physically active life-style

June 5-6, 2014, UKK Institute, Tampere, Finland

Purpose and objectives

1. To introduce the protocols of actual measurement of sedentary behavior, physical activity (PA) and fitness in the PA sub study of Health 2011 Survey in Finland.
2. To introduce the safety model for assessment of physical fitness tests in population level, and conduct the following tests in practice: one-leg stand, jump-and-reach, modified push-up, dynamic sit-up and 6 min walk test.
3. To facilitate interactive discussions and sharing experiences among the participants to enhance the use of more comparable output measures of accelerometers, and including measurements of fitness on public health monitoring.
4. To experience the use of triaxial accelerometer for seven days before the course, and personal feedback on sedentary behavior and PA during the course.
5. To increase the participants' understanding of storing and processing raw accelerometer data in a meaningful way to reveal population groups with increased health risks due to sedentary behavior and low level of PA.

Working methods

1. Pre-course use of accelerometer and practical fitness testing to facilitate learning by experience. UKK Institute has developed a novel method of collecting and analyzing raw triaxial accelerometer data which enables a direct comparison between the results of different accelerometer devices and branches.
2. Expert lectures on recording, data analysis and output selection of actual measurement of sedentary behavior and PA, and interpretations of fitness test results from the health point of view.
3. Informal evening discussions during course dinner.
4. The working language will be English.

Target group

Health educators and promoters, health planners, exercise instructors, fitness testers and researchers

Venue

The UKK Institute for Health Promotion Research,
Tampere, Finland
Active participant of HEPA Europe

Course fee 470 euros

Planning team

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Course program & registration

The detailed course program (2nd announcement) and registration will be available in January 2014 on the website: www.ukkinstituutti.fi/en