University of Verona,
School of Exercise and Sport Science,
Laurea magistrale in Scienze motorie preventive ed adattate

Metodologia delle misure delle attività sportive

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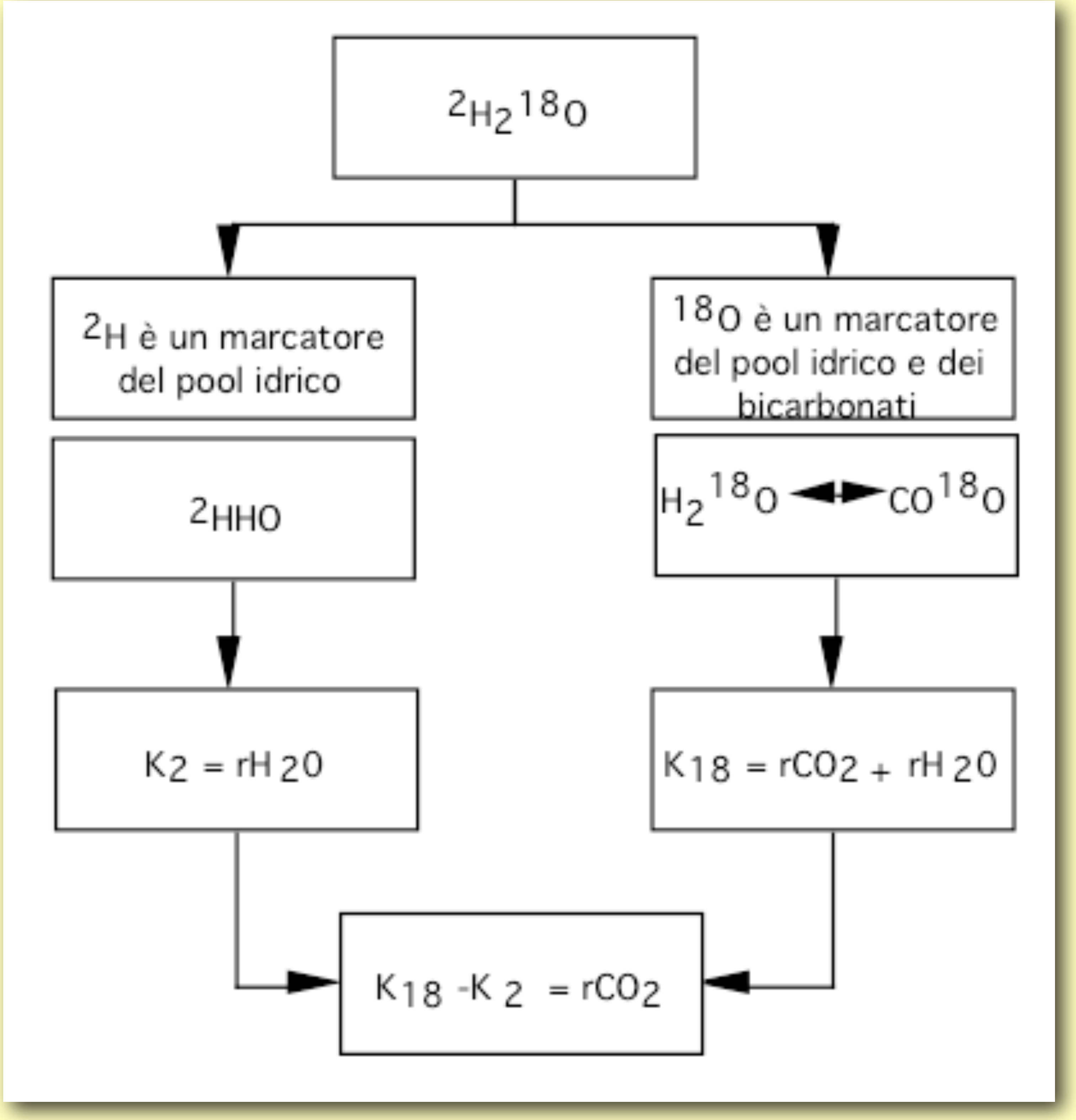
A class within a four classes module

DLW method

- Lifson et al., 1955;
- (small animals) 1975;
- validation by Scholler et al., 1982;
- (premature infants, children, pregnant and lactating women, elderly, obese people, hospitalized patients);
- subject is administered a dose of stable isotope $^{2}H_2{}^{18}O$, which (^{2}H, ^{18}O) equilibrates relatively quickly with body water (H, O);
- ^{2}H is eliminated as $^{2}H_2O$ (breath, urine, sweat, perspiratio insensibilis), while the ^{18}O is eliminated either as $H_2{}^{18}O$ (breath, …) and as $C^{18}O_2$ (breathe only);
- difference between the two rates of elimination -> V'CO2 -> ME

DLW method



2H2 18O
2H è un marcatore del pool idrico
18O è un marcatore del pool idrico e dei bicarbonati
2HHO
H2 18O CO 18O
K2 = rH 2O
K18 = rCO2 + rH 2O
K18 -K 2 = rCO2

DLW method

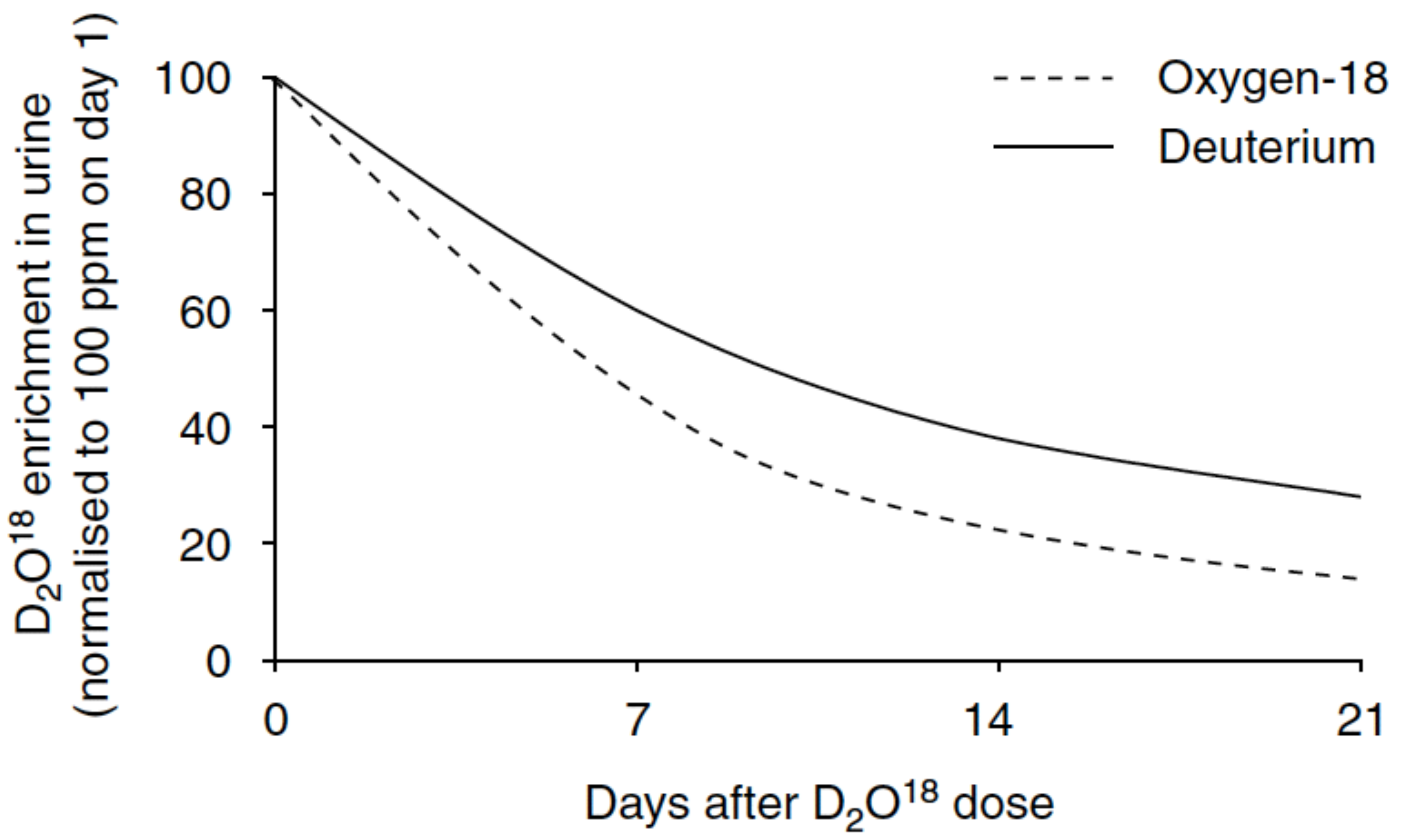


Fig. 1. Decline of ^2H (deuterium [D]) and ^{18}O in body fluids (urine, plasma or saliva) during a hypothetical doubly labelled water experiment.

DLW method

- RQ (= $V'CO_2$ / $V'O_2$) estimate -> reliability:
  . standard Western diet -> RQ estimate;
  . food intake diary -> RQ estimate (i.e., food quotient ≈ RQ);
  . indirect calorimetry -> RQ

DLW method

DLW method issues

- inability to discriminate the contribution of individual PAs (types, amount, intensity of each type) to ME;
- costs: isotopes and tools to detect them (i.e., mass spectrophotometers) still have considerable costs;
- -> only 3-4 ÷ 21 d ME;
- unknown RQ -> 5% e

DLW method

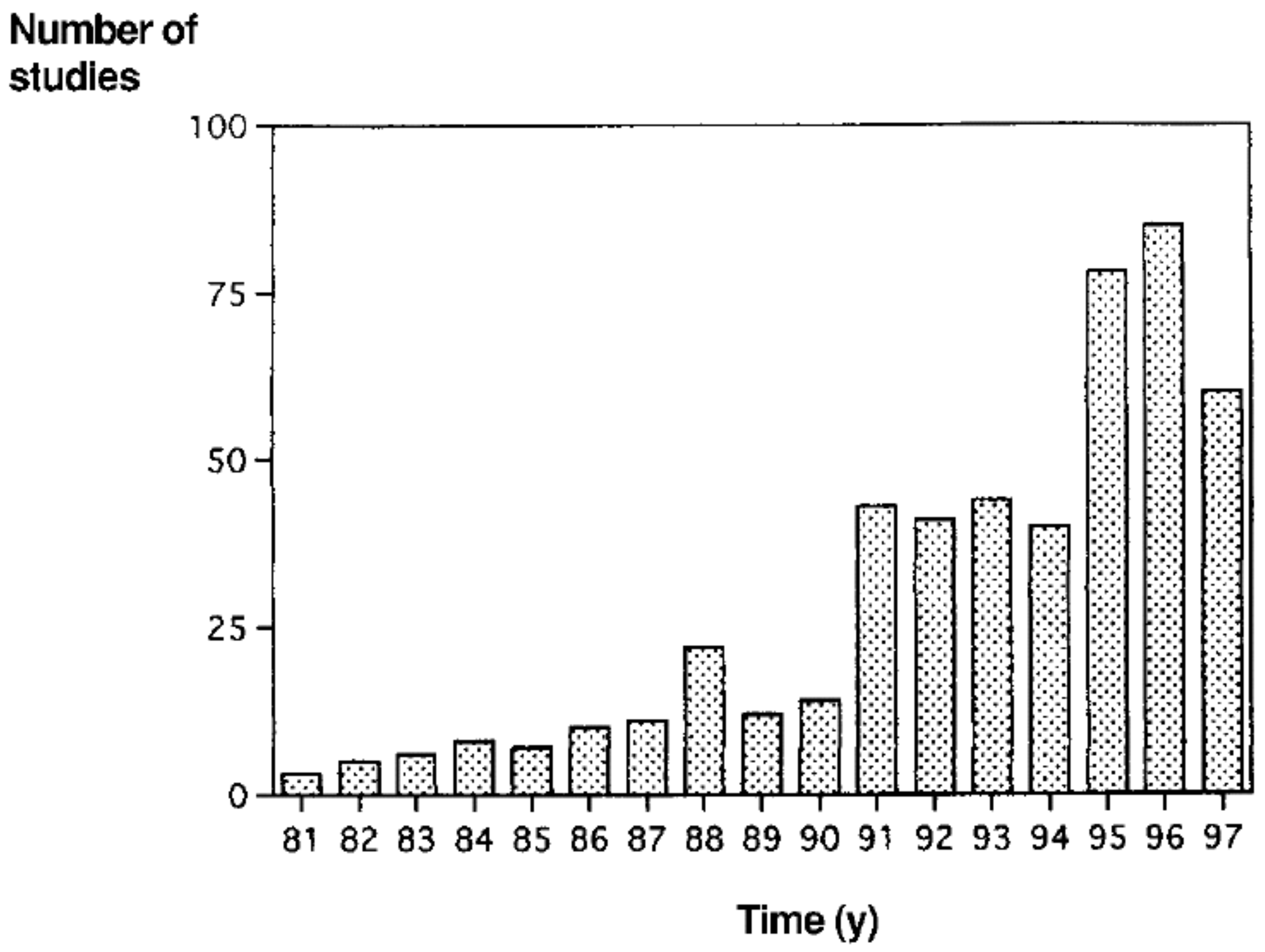


FIGURE 1. Number of studies in peer-reviewed journals (excluding abstracts) that used the doubly labeled water technique in the years 1981–1997 (through June) from the *Science Citation Index* (Institute for Scientific Information, University of Aukland, New Zealand). Since the first study in humans in 1982 the use of the technique has continued to grow.

Second generation accelerometers

Accelerometer issues

- SINGLE-SITE PLACEMENT;
- waist placement -> PA underestimate during upper limb movement, standing, vertical activity (i.e., climbing stairs, uphill walking), pushing or pulling objects, carrying loads (e.g., books or laptops), body-supported exercise (e.g., cycling), water PA (e.g., swimming), running faster than 9 km/h, horizontal speed rapid changes activities (e.g., tennis)

Second generation accelerometers

Solution?

- A combination of variables describing:
  1) upper limbs-focused high frequency components (upper limbs movements feature sedentary PA);
  2) a trunk-focused posture variable featuring locomotion;
  3) lower limbs-focused high intensity components (lower limbs have largest, most powerful muscles);

Second generation accelerometers

- More than ONE accelerometer together, as well
  (e.g., waist TriTrac-R3D + dominant arm wrist Actiwatch, Actiwatch + Actical, ...);
- accelerometers based activity logger:
  . two (@sternum, front thigh) biaxial accelerometers + analog data-logger;

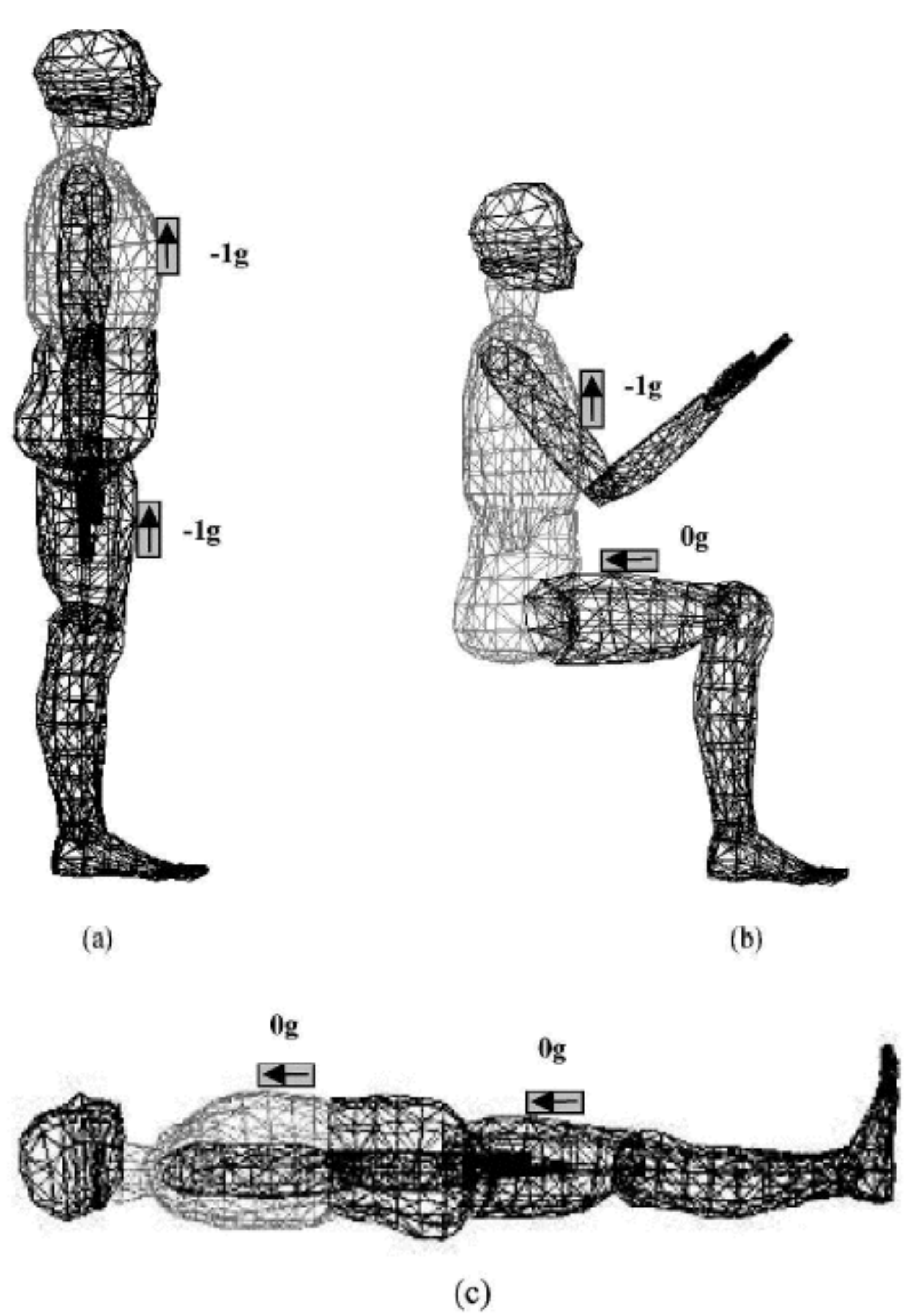


Figure 1 Discriminating postures: (a) standing, (b) sitting, (c) lying. The arrows indicate the investigated direction of the active axis of the accelerometers. The acceleration values correspond to the accelerometer output at each orientation in units of ***g***.

Culhane et al., 2004

Second generation accelerometers

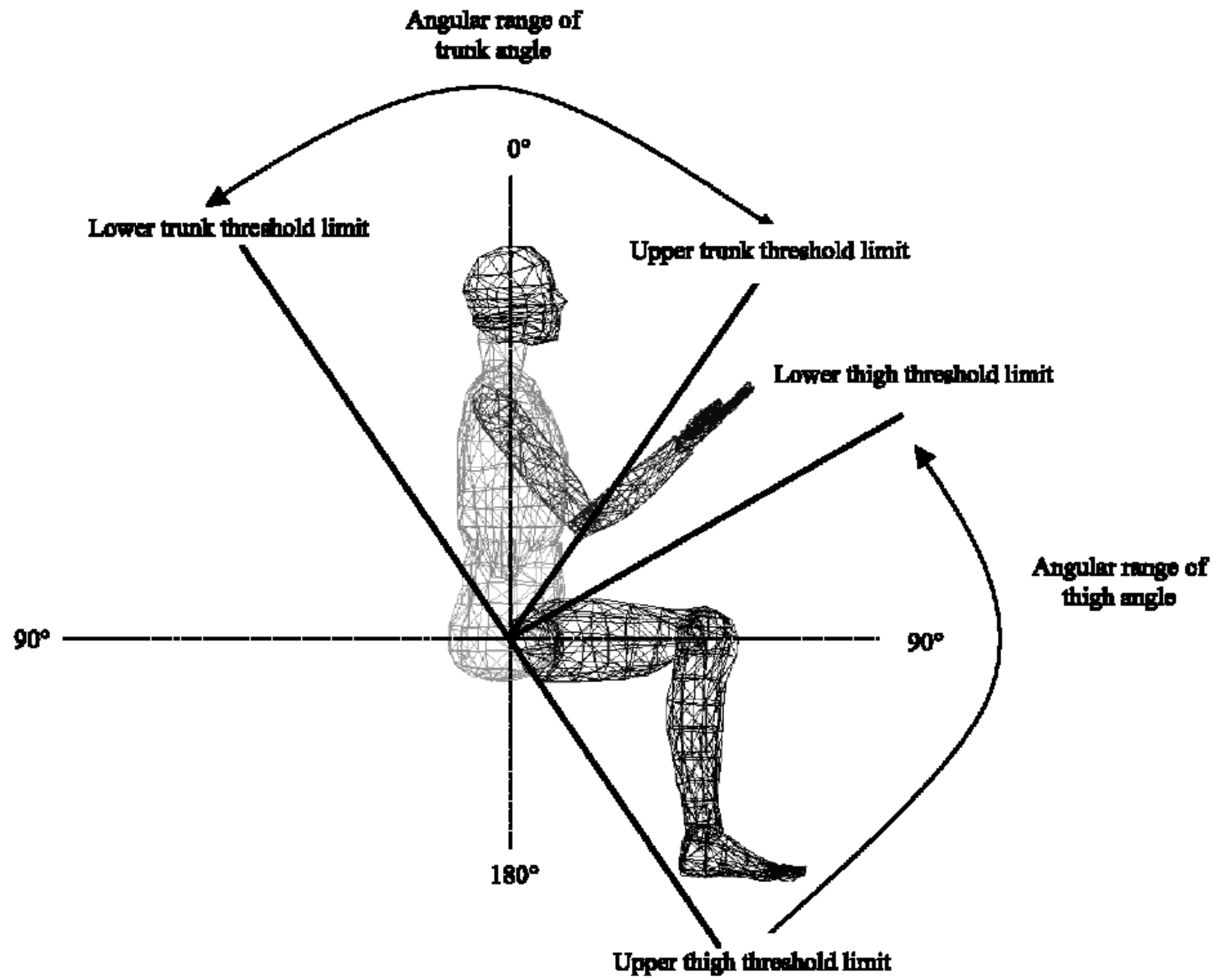


Figure 2 Sitting criteria.

Culhane et al., 2004

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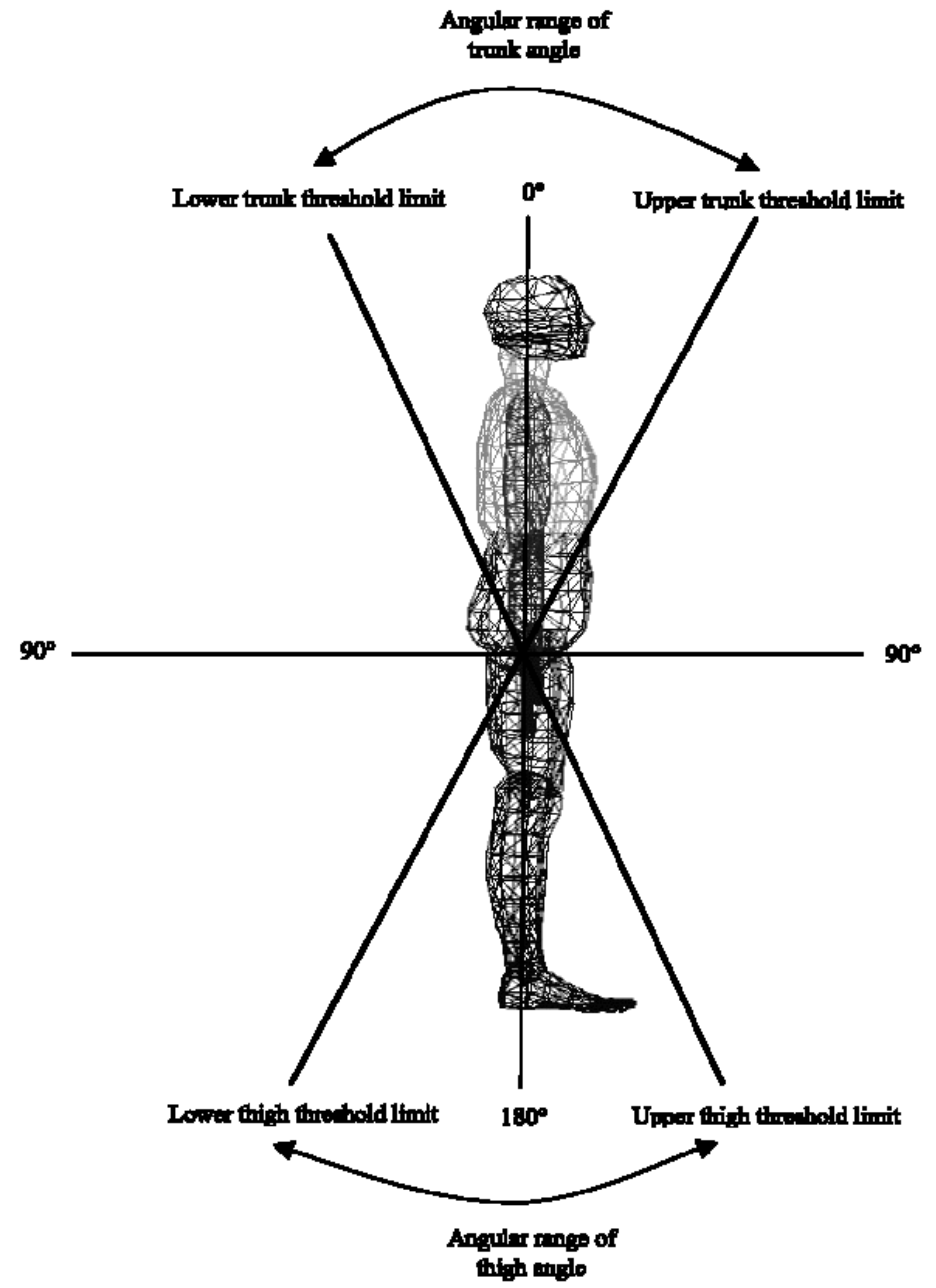

Figure 3 Standing criteria.

Culhane et al., 2004

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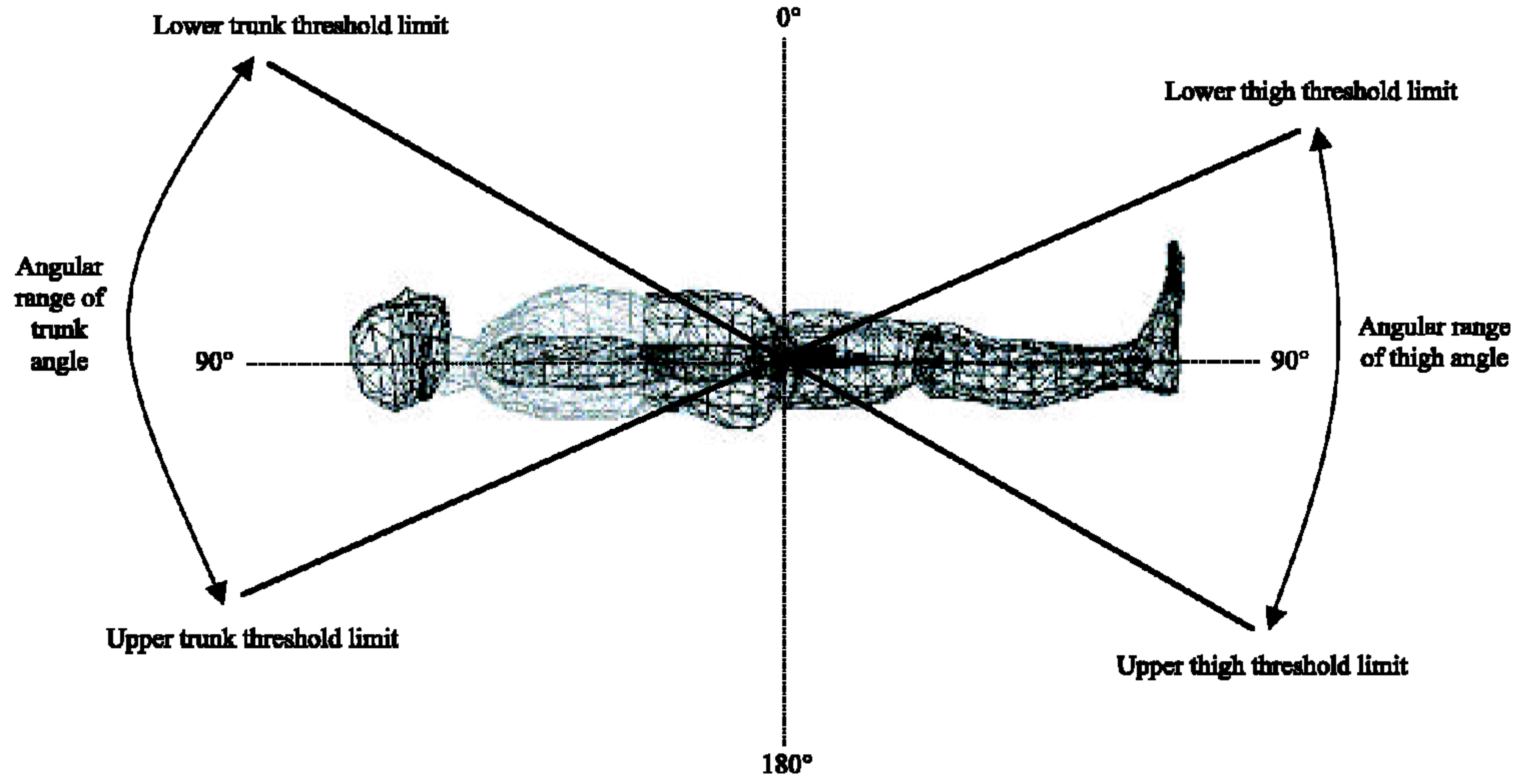


Figure 4 Lying criteria.

-> sitting, standing, lying, moving 83% detection;

Culhane et al., 2004

Second generation accelerometers

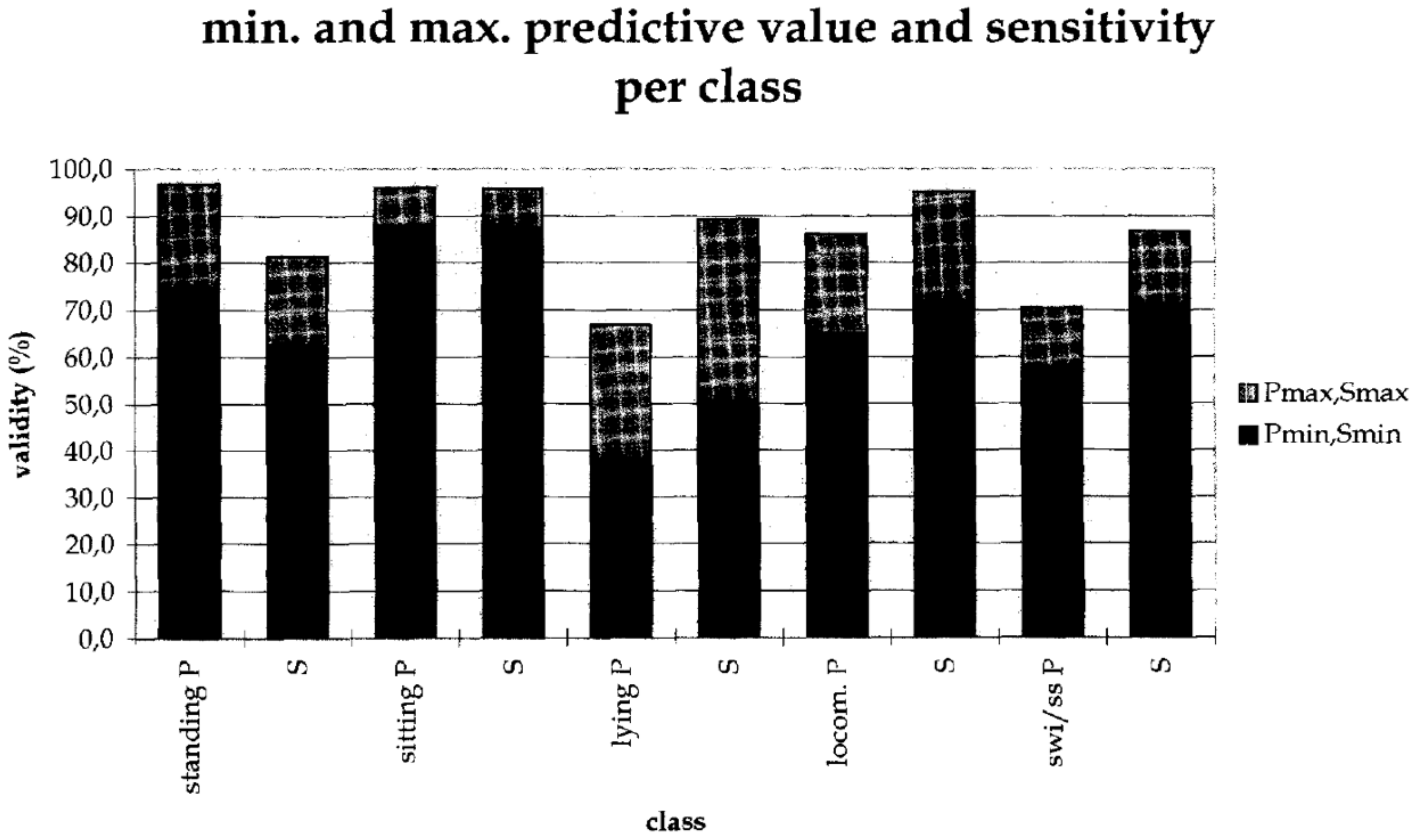


Figure 6 Minimal and maximal validity of the individual ADL categories based on the monitor's sensitivity (S_{min} and S_{max}, respectively) and predictive value (P_{min} and P_{max}, respectively). Sensitivity indicates how often the monitor recognizes a category; the predictive value indicates how often the decision of the monitor is correct. A lack of sensitivity indicates a false negative; a lack of predictive value indicates a false positive.

Busser et al., 1997

. uniaxial accelerometer (@front thigh) + 2 unixial accelerometer/digital data-logger (backpack)
-> sitting, standing, lying, crawling, walking, running, going on a swing 73÷91% detection;

Second generation accelerometers

. three uniaxial accelerometers (2@sternum, front thigh) + digital recorder;
-> sitting, standing, lying, walking, climbing/going down stairs, cycling 80% detection (Veltink et al., 1996);
. four biaxial accelerometers (@lateral thighs, sternum or front forearms) + HR monitor + digital recorder;
-> more than twenty different postures/locomotions 83÷88% detection;

Figure 1. An extended configuration of the Activity Monitor, with accelerometers at the thighs, trunk, and lower arms.

Bussmann et al., 2001

Second generation accelerometers

- Introduction of another type of physical sensor:
  . (@sternum) two biaxial accelerometers + piezoelectric gyroscope + digital recorder (@wrist);

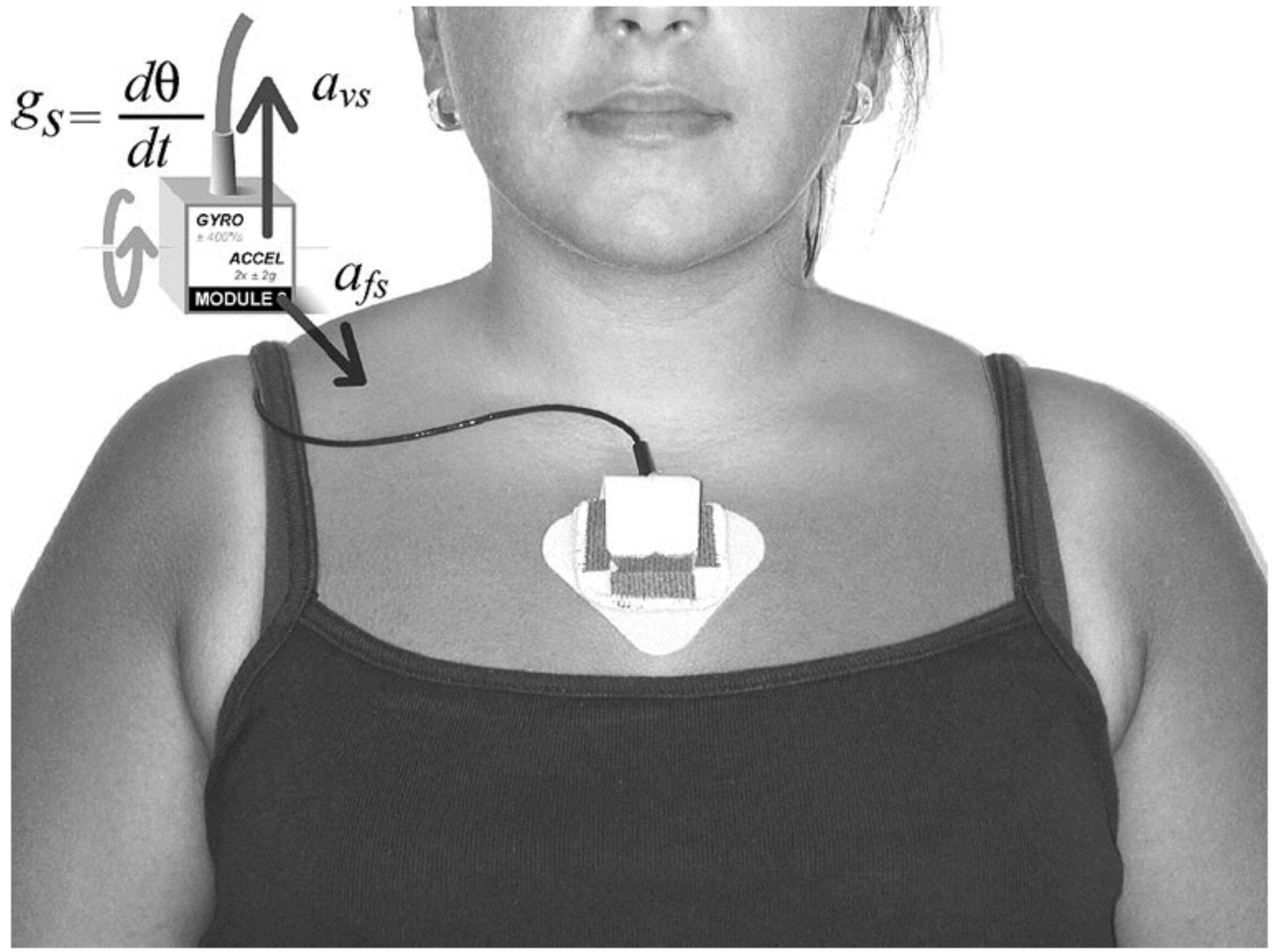


Fig. 1. Sensor attachment. Vertical and frontal acceleration (a_{vs} and a_{fs}) as well as angular velocity (g_s) are measured using a kinematic sensor attached to the subject's chest.

Najafi et al., 2003

Second generation accelerometers

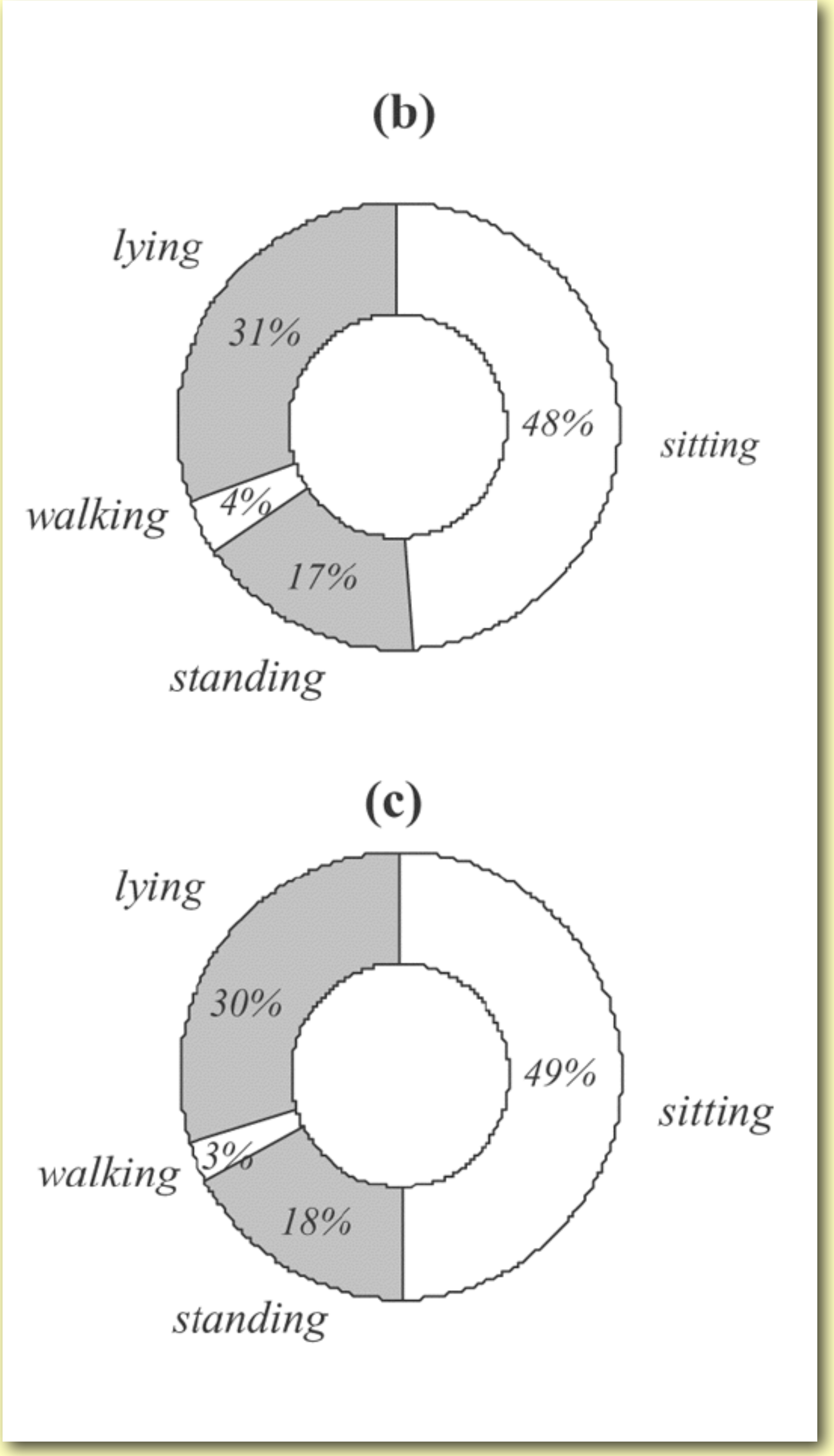
measures

TABLE II
OVERALL SENSITIVITY AND SPECIFICITY OF TRANSITION DETECTION FOR THE 11 ELDERLY (FIRST STUDY)

# Test	Total PT*	Sensitivity, %					Specificity, %	
		PT	SiSt**	StSi	Lying	Walking	SiSt	StSi
1	40	100	100	100	100	95±4	100	100
2	66	98±5	100	97±10	-	97±3	95±12	100±0
3	58	100	97±10	63±29	-	-	63±29	97±10
4	58	100	88±25	75±29	-	-	75±29	88±25
5	64	96±9	89±18	86±19	-	-	86±19	94±13
6	57	100	85±19	72±24	-	-	72±24	85±19
Mean	***57±9***	***99±2***	***93±7***	***82±15***	***100***	***96±1***	***82±15***	***94±6***

* PT: Postural transition.
** SiSt: sit-to-stand transition.
† StSi: stand-to-sit transition.

Najafi et al., 2003

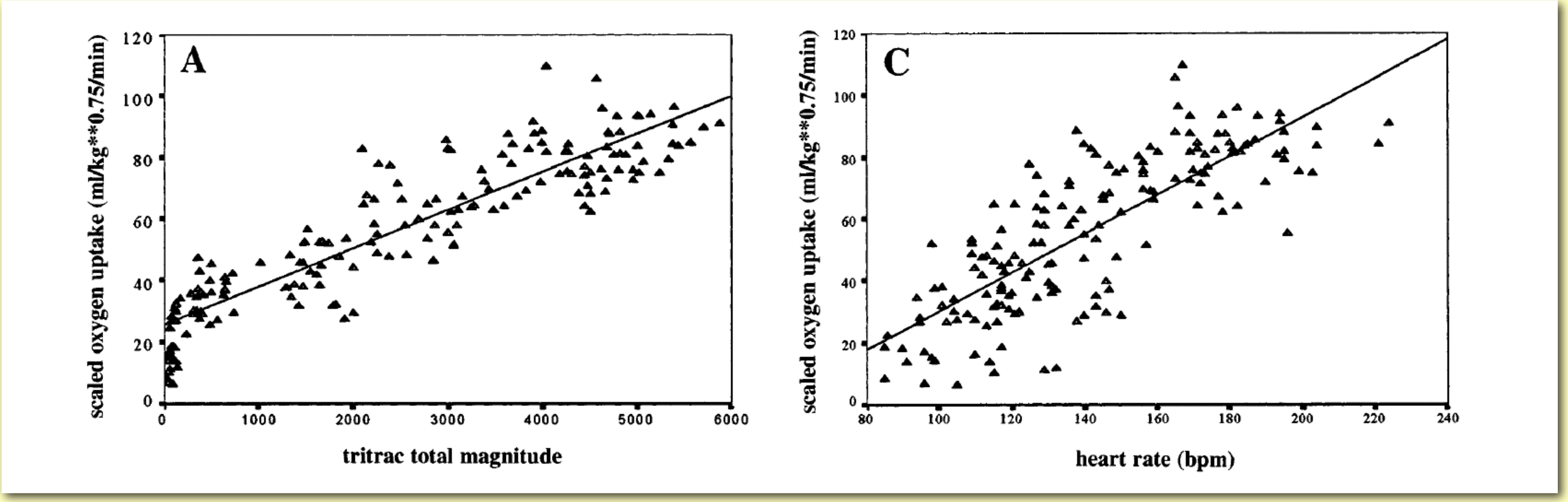


-> posture change, walking detection;

Second generation accelerometers

- Accelerometry (-> movement) + physiological measure (e.g., HR measure, thermometry, ventilation measure):
  . e.g., HR monitor (-> ME) + motion sensor(s) (-> motion-sensor-sensitive PA);
- accelerometers + inclinometers -> body position over time -> 85% unstructured exercise thermogenesis estimate:
  . total internal heat produced ≈ 75÷80% energy intake;
  . partial internal heat produced <- sitting, standing, walking, working, any other unstructured exercise;
  . proposal: (during the day) wearing motion sensor, (structured exercise) wearing HR monitor;
  . i.e., motion sensor -> yes/not time to use HR monitor for ME estimate;

Second generation accelerometers



Eston et al., 1998

. exception: children (i.e., V'O2 [ml O2/kg$^{.75}$ min] correlated w/both counts, HR, but w/counts r^2 > w/HR r^2);

Second generation accelerometers (re: children HR)

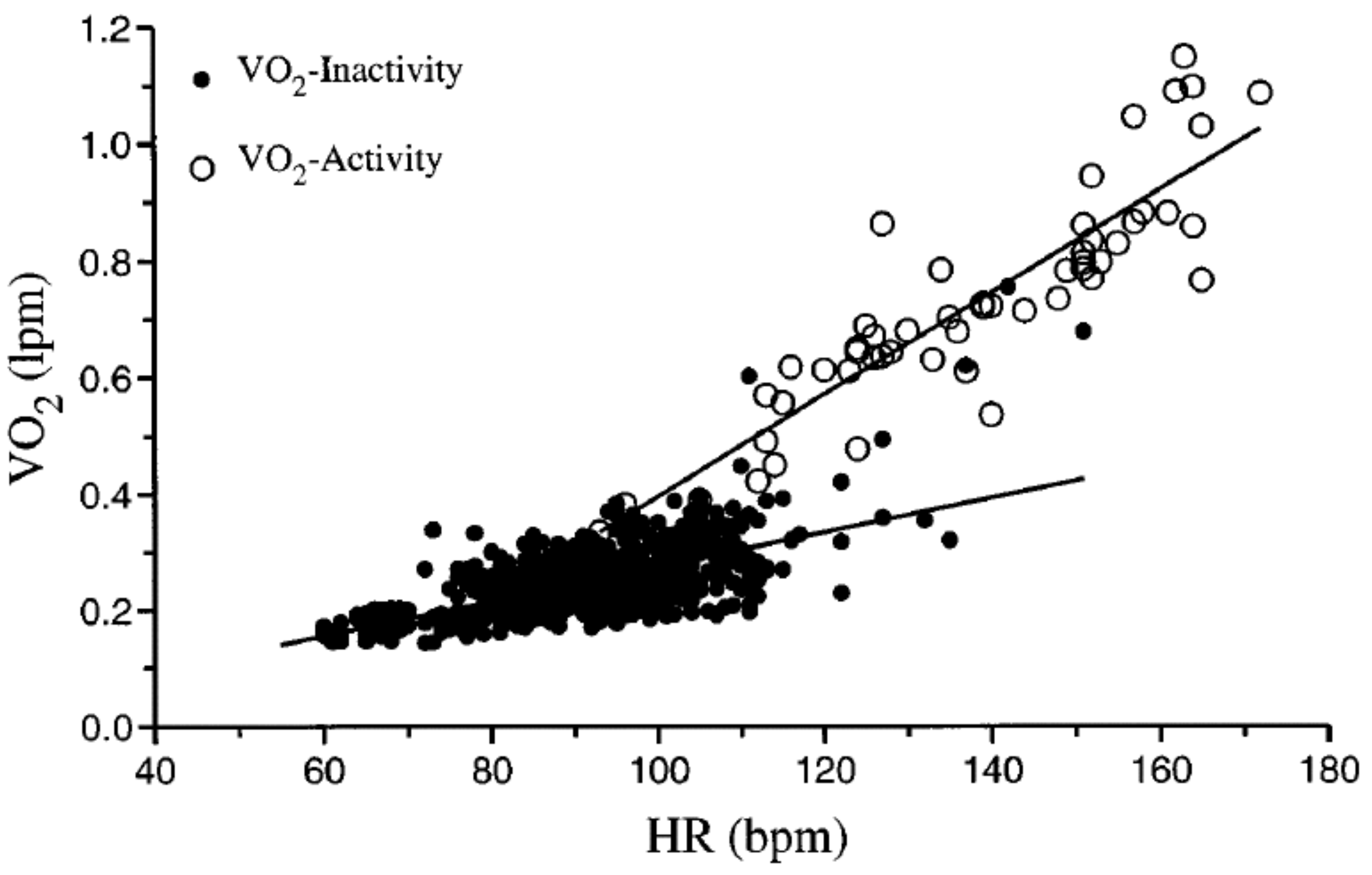


Fig. 1. Oxygen consumption ($\dot{V}O_2$) and heart rate (HR) relationship in the room calorimeter for one subject, with separate curves for active vs. inactive data for awake portion of the day (*method 3*).

Treuth et al., 1998

. solution: two different individual V'O2 vs. HR relationships, one for inactivity, one for PA;

Second generation accelerometers

- Accelerometry + HR measure:
  . FitSense FS-1;
  . Actiheart:
    - @chest;
    - each subject's calibration;
    - OPEN ALGORITHM;
    - user's models;
    - accelerometer-, HR monitor-, accelerometer+HR monitor-driven model;

Second generation accelerometers

. SenseWear Armband:

- accelerometer + heat flow sensor (-> "internal heat produced") + skin galvanic response sensor (-> evaporation heat loss) + skin thermometer + instrument's shell (i.e., near-body) thermometer;
- gender, age, height, mass input;
- PROPRIETARY ALGORITHM (I.E., "HOW FROM EACH SENSOR'S OUTPUT TO ME?");

-> -18÷-7% walking, stairs climbing, cycling V'O2 ME;
-> -29% armergometer V'O2 ME;
<- investigators results driven new PROPRIETARY algorithm developed -> n.s. differences;
-> underestimate of rowing V'O2 ME;
arm cutaneous fat issue;
-> good precision of resting V'O2 ME;
-> good precision/low accuracy of cycloergometer V'O2 ME;

Second generation accelerometers

-> +13÷+27% level walking $V'O_2$ ME;
-> -22% uphill walking $V'O_2$ ME;
-> overestimate of walking, running $V'O_2$ ME;
-> overestimate of wheelchair users activities $V'O_2$ ME;
-> underestimate of obese subjects resting $V'O_2$ ME;
-> overestimate of obese subjects exercise $V'O_2$ ME;
-> good accuracy of daily DLW ME;
-> underestimate of uphill walking, running $V'O_2$ ME

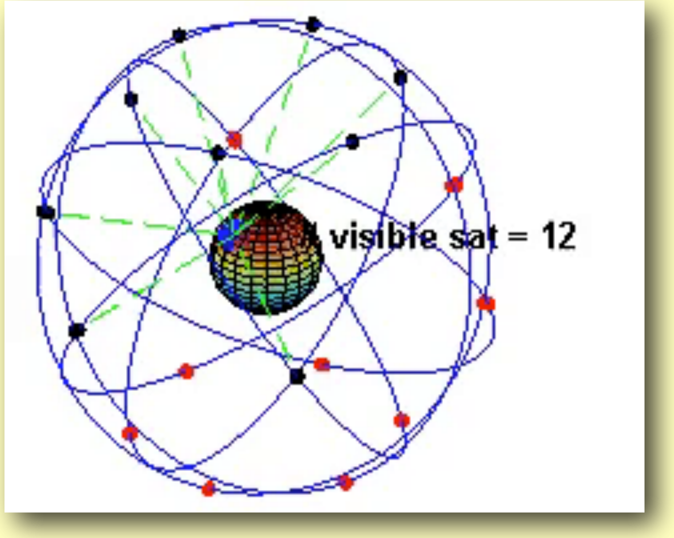
Global Positioning System

- Global Positioning System (GPS) is a space-based satellite navigation system that provides location and time information in all weather conditions, anywhere on or near the Earth where there is an unobstructed line of sight to four or more GPS satellites;
- provides critical capabilities to also commercial users around the world;
- is maintained by the USA government and is freely accessible to anyone with a GPS receiver;

Global Positioning System

- GPS receiver calculates its position by precisely timing the signals sent by GPS satellites high above the Earth. Each satellite continually transmits messages that include:
    . time the message was transmitted;
    . satellite position at time of message transmission;
- receiver uses the messages it receives to determine the transit time of each message and computes the distance to each satellite using the speed of light;
- each of these distances and satellites' locations define a sphere. The receiver is on the surface of each of these spheres when the distances and the satellites' locations are correct;

Global Positioning System



- using only three satellites -> latitude and longitude (+ current time);
- using at least four satellites -> latitude, longitude, elevation (based on a predefined geoid) (+ current time);
- three segments: space (<- US Air Force, 24÷32 satellites), control (<- US Air Force, master control station, alternate, four ground antennas, six monitor stations), user (i.e., hundreds of thousands of military, tens of millions of civil GPS receivers);

Global Positioning System

measures

- other current, future satellites systems

Global Positioning System

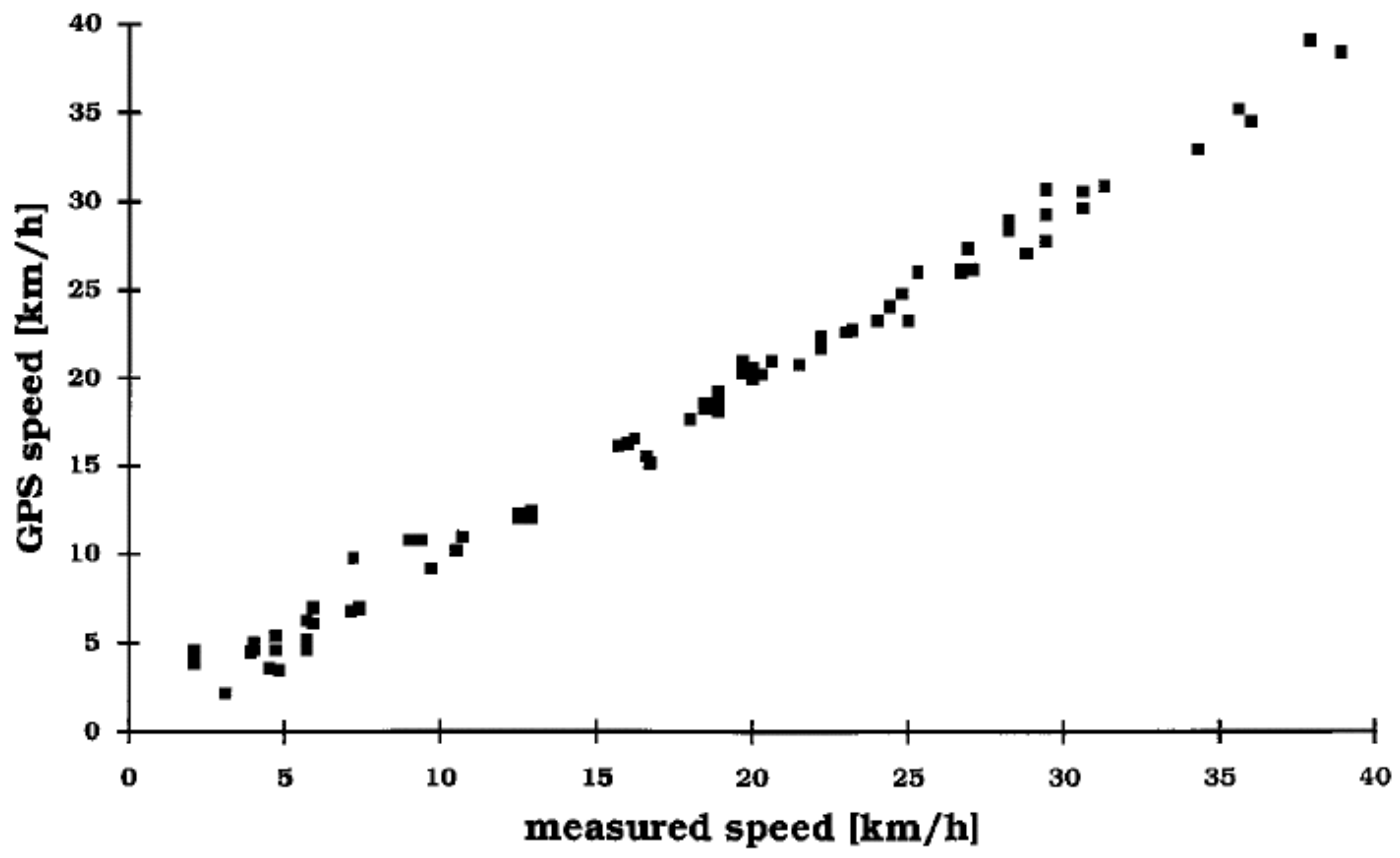


Figure 1 Relationship between the speed of displacement (walking, running and cycling) assessed by GPS (n = 76) and that determined by direct measurement by means of chronometry in one male subject ($r = 0.99$, $P < 0.0001$). The linear regression equation was: $speed_{GPS} = 0.42 + 0.974\ speed_{chrono}$.

Schultz et al., 1997

Global Positioning System

- publicly available speed, gradient GPS data -> literature-led metabolic cost estimate equations -> daily ME;

ning) that describe the metabolic cost of walking (C_w) and running (C_r) as a function of speed (v (m·s^{-1})) and incline (i):

[1] $$C_w = 1.87\ a\ v^2 - 3.77\ b\ v + c + 4.46$$

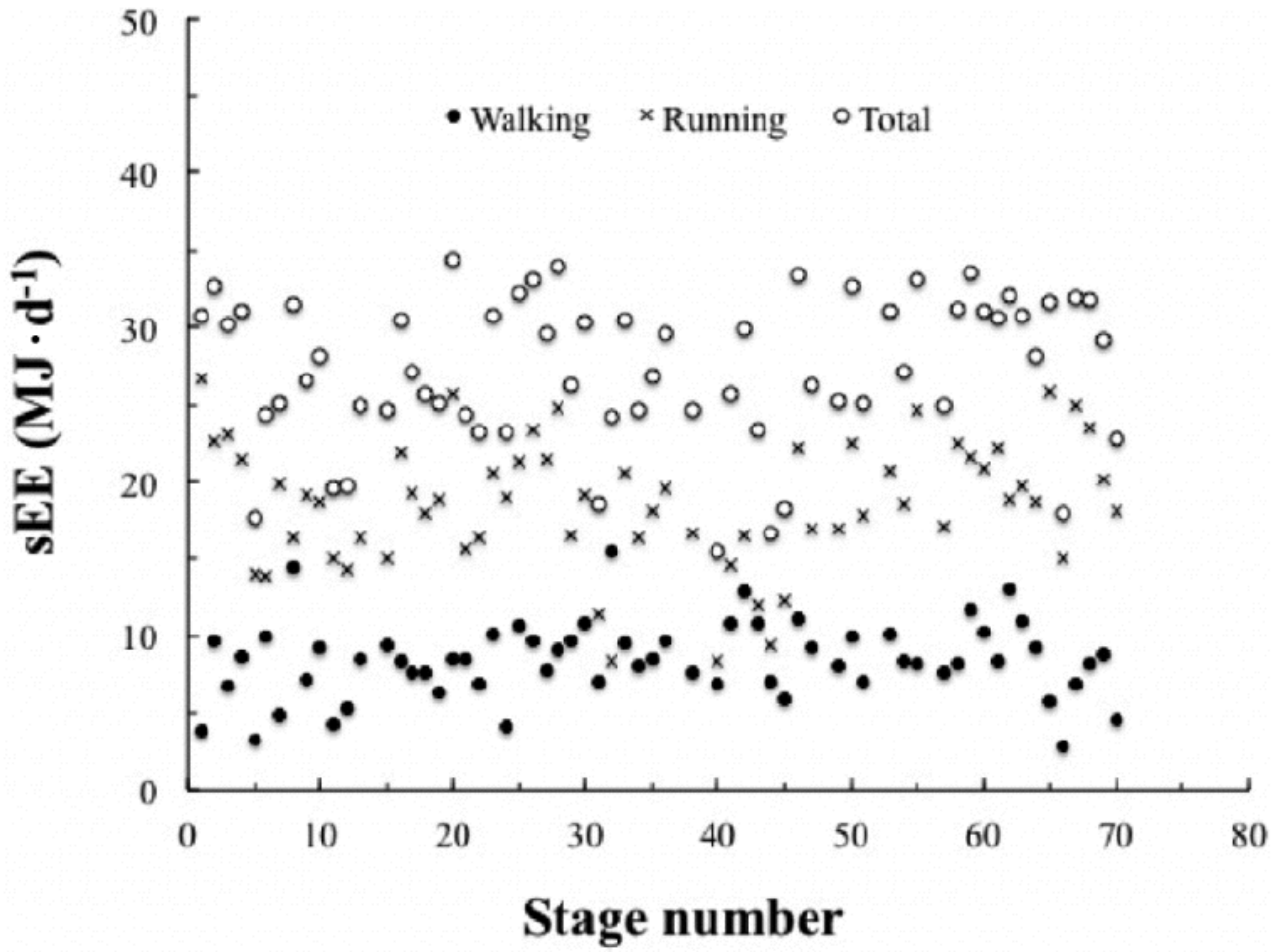
for walking, where $a = e^{4.91\ i}$, $b = e^{3.42\ i}$, and $c = 45.72\ i^2 + 18.90\ i$, and 4.46 is an empirical constant.

For running, a form of locomotion characterized by a larger cost variability, we applied the following equation:

[2] $$C_r = 62.05\ i^2 + 17.08\ i + C_{r0}$$

where C_{r0} corresponds to the metabolic cost of level running measured in the laboratory (i.e., 5.35 J·m^{-1}·kg^{-1}, see also Results section). Afterwards, metabolic cost of each 1 m of tra-

Fig. 1. Energy expenditure during activity of each stage plotted as a function of the subsequent stages of LANY.



Ardigò et al., 2012