

Contents

1	Physical Activity and Optimal Health: The Challenge to Epidemiology	1
	Roy J. Shephard	
2	A History of Physical Activity Measurement in Epidemiology	39
	Roy J. Shephard	
3	Outputs Available from Objective Monitors	85
	Catrine Tudor-Locke	
4	Protocols for Data Collection, Management and Treatment	113
	Catrine Tudor-Locke	
5	Resources for Data Interpretation and Reporting	133
	Catrine Tudor-Locke	
6	New Information on Population Activity Patterns Revealed by Objective Monitoring	159
	Richard Larouche, Jean-Philippe Chaput, and Mark S. Tremblay	
7	Can the Epidemiologist Learn more from Sedentary Behaviour than from the Measurement of Physical Activity?	181
	Valerie Carson, Travis Saunders, and Mark S. Tremblay	
8	New Perspectives on Activity/Disease Relationships Yielded by Objective Monitoring	197
	Roy J. Shephard	
9	Excessive Appetite vs. Inadequate Physical Activity in the Pathology of Obesity: Evidence from Objective Monitoring	277
	Roy J. Shephard	

10 Objective Monitoring and the Challenge of Defining Dose/Response Relationships for the Prevention of Chronic Disease 299
Roy J. Shephard

11 The Economic Benefits of Increased Physical Activity as Seen Through an Objective Lens 313
Roy J. Shephard

12 Limitations of Current Objective Monitors and Opportunities to Overcome These Problems 335
Catrine Tudor-Locke

13 Objective Measurement in Physical Activity Surveillance: Present Role and Future Potential 347
Adrian Bauman, Željko Pedišić, and Kevin Bragg

14 Self-Report and Direct Measures of Health: Bias and Implications 369
Sarah Connor Gorber and Mark S. Tremblay

15 Conclusions and Future Directions 377
Roy J. Shephard



<http://www.springer.com/978-3-319-29575-6>

The Objective Monitoring of Physical Activity:
Contributions of Accelerometry to Epidemiology,
Exercise Science and Rehabilitation
Shephard, R.J.; Tudor-Locke, C. (Eds.)
2016, XII, 383 p. 94 illus., 88 illus. in color., Hardcover
ISBN: 978-3-319-29575-6