

KIN 290 – Research Experience

Physical Activity and Health Promotion (PAHP) Lab

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A major focus in the PAHP lab is on the assessment and promotion of physical activity in different segments of the population (www.physicalactivitylab.org). A specific focus is on the use of accelerometry-based monitors such as FitBits, Garmins and Apple Watches. The KIN 290 Research Experience provides students with opportunities to get experience with applied research on physical activity assessment methods. Students will work as part of an undergraduate research team to collect, process and interpret data from an array of accelerometry based devices.



How do Activity Monitors Work?



Do Activity Monitors Work?

How do we make Activity Monitors Work Better



The course was initiated as part of the ISU [Freshman Research Initiative](#) aimed at providing early opportunities for exposure to research, however, it isn't specific to Freshman. For specific information about the opportunities in the PAHP lab (or to enroll), please contact Dr. Greg Welk (gwelk@iastate.edu)

