

Individual Physical Activity Glossary

Accelerometer: Instrument that captures motions by monitoring changes in acceleration.

Accuracy: Closeness of measured value to a standard or known value; it is related to validity.

Calorie: Common unit of energy expenditure (and energy intake). The unit of calorie is equivalent to 1,000 kilocalories.

Exercise: Subcategory of physical activity that is planned, structured, repetitive, and purposive.

Gross energy expenditure: Total amount of energy used for a specific activity including the resting energy expenditure.

Indirect calorimetry: An analytic technique commonly used in research to evaluate the energy cost of various physical activities. The method is based on monitoring oxygen consumption and carbon dioxide production and can be conducted under lab or free-living conditions depending on the equipment.

Individual Physical Activity Behavior: For the purpose of these learning modules, individual physical activity is behavior that involves human movement, resulting in physiological attributes including increased energy expenditure and improved physical fitness.

Metabolic Equivalent Tasks (METs): Unit for expressing the intensity of physical activity in adults.

Net energy expenditure: Energy cost of physical activity that exceed the energy required to support the body at rest.

Pedometer: Instrument designed to provide estimates of step counts under free-living conditions.

Physical activity: Behavior that involves human movement, resulting in physiological attributes including increased energy expenditure and improved physical fitness.

Precision: The closeness of two or more measures to each other; it is related to reliability.

Reliability: The consistency with which something is measured.

Resting energy expenditure: Number of calories required for one day by the body during a non-active period.

Sedentary behavior: Any waking behavior characterized by an energy expenditure ≤ 1.5 metabolic equivalents, while in a sitting, reclining or lying position.

Validity: The truthfulness of the measure obtained.

Youth MET (MET_y): Unit for expressing the intensity of physical activity in children and adolescents based on their higher resting metabolic rates.