

HON 290 – Research Experience

Physical Activity and Health Promotion (PAHP) Lab

Greg Welk, Ph.D.

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 HON 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 is designed to provide early opportunities for exposure to research, The course is considered a foundational experience and students will learn about other practicum courses and projects that would allow them to have ongoing experiences in research Please contact Dr. Greg Welk (gwelk@iastate.edu) for details

