Introduction to Topic Selection and Subcommittee Formation

Abby King, PhD & Ken Powell, MD, MPH
PAGAC Co-Chairs
• **ineffable**

• \in·ĕf´ə·bəl\ *adj* 1: beyond expression, indescribable.

• Ken struggled to describe the **ineffable** character of physical activity.
“Dimensions” of physical activity

- **Intensity** – rate of energy expenditure
- **Domain** – sleep, leisure-time, occupation, transport, household
- **Type** – soccer, tai chi, resistance, etc.
- **Measurement method** – reported, device measured
- **Others**
Definitions

- **Physical activity**: “Any bodily movement produced by skeletal muscles that results in energy expenditure.”

- **Exercise**: “Exercise is a subset of physical activity that is planned, structured, and repetitive and has as a final or intermediate objective the improvement or maintenance of physical fitness.”

- **Note**: Neither definition includes a requirement for rate of energy expenditure.