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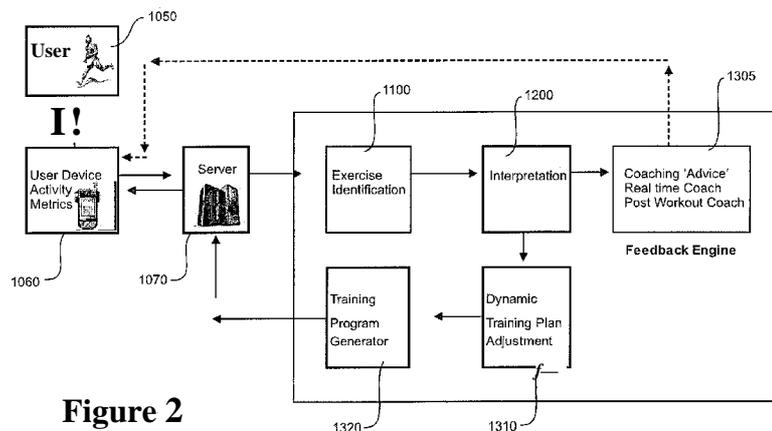


Figure 2

(57) **Abstract:** The invention relates to a system and method for analysing an activity session. Data from a monitoring device worn by a user of the system for example is received over a period of time or distance and a classification system of the invention is utilised in real time or post session to determine the activities performed by the user during the session. The data collected relates to multiple parameters monitored during the activity session. The classification system defines an activity using a set of threshold criteria for a combination of parameters and therefore identifies a particular activity performed during the activity session when a combination of monitored parameters satisfies the threshold criteria for a particular activity. Determining the activities performed in this way allows for more useful interpretation of the data which in turn leads to more effective coaching advice and feedback for the user.

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## CLASSIFICATION SYSTEM AND METHOD

### FIELD OF INVENTION

The invention relates to exercise and/ or activity monitoring and in particular to classification of exercise or activity measurement data.

### BACKGROUND

Devices for monitoring physiological information such as heart rate, and other exercise related information such as speed and distance exist. Such devices provide a means of representing the quality of the exercise conducted by a user wearing the device or exercising on a machine incorporating the device. It is often difficult for the user to effectively interpret this representation of quality or use it to compare it against their goals. The state of the art has therefore developed further to provide systems compatible with a particular measurement device for downloading and uploading exercise data to and from the device for processing, with the object of making the data more meaningful for the user. For example, systems are available which enable a user to upload a workout program onto a wearable exercise device. The user exercises according to the program while the device monitors the user's heart rate. Once the exercise is complete, the user downloads the monitored data to a computer to process the data in some cases against the workout program and provide statistics on that particular exercise session.

In the case of exercise, in at least some cases automated exercise devices are rigid in their approach to a user exercising. For example, a preloaded training workout may stipulate a 2 minute warm up followed by a 4 minute interval at a speed close to half marathon race pace followed by easy recovery running for 3 minutes before another 4 minute half marathon race pace effort. There are two fundamental problems with this. Firstly the user may reach a hill just before he/she starts the 4 minute half marathon race pace effort and have to run it up the hill. The user may then end up having to do the second 4 minute half marathon race pace effort just as they reach the crest of the hill and descend. This rigidity of set training for each activity within the workout or activity can mean that the user experience is poor and that the data obtained will have far greater variability and error within it, potentially making it almost meaningless to analyse and to draw conclusions from. Secondly without understanding the full context of the workout it is difficult for a trainer for example to comment effectively, without for example knowing the terrain or the resistance that the user is experiencing and this can mean interpretation may be reduced to guesswork.

Current systems can also be heavily dependent on the type of monitoring device used as they are generally limited to monitoring specific parameters e.g. heart rate for interpretation of the exercise. Furthermore, interpretation of exercise data in at least some current systems is dependent on pre-established assumptions of the user's exercise regime. In other words, the exercise data is processed with the assumption that the user is performing a specific type of exercise. These factors limit the diversity of the systems and in some cases their accuracy, should the user choose to divert from the type of exercise specified by a particular program. Lastly, the statistics provided by the system may still be meaningless to an unskilled user and would generally require the aid of a specialised trainer to interpret them and provide advice/guidance as to how to modify the user's exercise program so the user can meet their goals.

Exercise and activity devices that measure biometric and environmental data such as heart rate, speed, leg or arm turnover or stroke rate, altitude, temperature, R-R, power, slope, distance per turnover, location, distance and time currently exist. This data is displayed on a watch or device screen or spoken through headphones. These systems are merely measurement devices. This means that once the activity data is collected, the user must have the relevant level of skill to analyze and interpret it and then decide what changes they should make to their future exercise to optimize their time and effort during training and to maximize improvements.

Figure 3 for example shows data downloaded from a measurement device. It is very difficult to extract any clear understanding or information from such raw data. Hundreds of millions of people around the world exercise ineffectively due to poor understanding of the appropriate strategies to maximizing fitness, sports performance and health improvements through activity. In most cases they do not have access to a coach.

In most cases, users ultimately do not want data from a measuring device, they want to know what was correct about what they did, what problems and solutions they need to work on and what to do next. They need someone or something to interpret the data and provide intelligent feedback.

When tracking a soldier in the field or a user engaging in health related activities throughout a full day, it has been difficult in the past to clearly establish different activities that have occurred during the day, and/ or assess levels of fatigue or areas of weakness.

It is an object of the present invention to provide a method and system for classifying exercise and/or activity related data into different activities to provide an accurate representation of a particular exercise session or form of activity, or to at least provide the public with a useful choice.

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## SUMMARY OF THE INVENTION

In a first aspect the invention may broadly be said to consist of a method for analysing an activity session comprising:

receiving activity data over a period of time or distance indicative of one or more activities performed during the activity session, said data relating to multiple parameters monitored during the activity session,

and

utilising a classification system to identify the one or more activities performed during the activity session based on the received activity data, a classification system defining an activity based on a set of threshold criteria for a combination of multiple parameters.

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Preferably the data is received in multiple data streams of consecutive data points, each stream relating to one of said monitored parameters, and utilising said classification system comprises:

20

- a) comparing corresponding data points of two or more data streams against the set of threshold criteria for one or more activities,
- b) identifying when the corresponding data points satisfy the threshold criteria for an activity and if satisfied classifying the corresponding data points under the activity, and
- c) repeating steps a) and b) for other data points from the data streams to identify the one or more activities performed during the activity session.

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Preferably the step of utilizing the classification system further comprises grouping consecutive data points classified under the same activity to define an instance of the activity within the activity session, the number of consecutive data points being indicative of duration of the instance of the activity.

30

Preferably the step of utilizing the classification system is performed upon or after receiving the activity data for the entire activity session.

Alternatively the activity data is received during the activity session and the step of utilizing the classification system is performed simultaneously during the activity session.

The activity data may be time stamped by a user during an activity session to denote an instance  
5 of an activity and said method comprises receiving one or more time stamped blocks of activity data and utilizing the classification system to identify an activity performed during one or more of the time stamped blocks.

Preferably the multiple parameters monitored are any combination of two or more of: resistance,  
10 effort, location, turnover, distance covered per turnover, positional status, ECG, blood pressure, ambient temperature, relative humidity, barometric pressure, heat index, local wind speed, local wind direction, local rain, body weight, carried weight, vertical jumping height, horizontal jumping distance, drop, climb, crawl, heading direction, oxygen uptake, respiration, ventilation, energy expenditure, energy intake, R-R (HRV), body temperature, weather condition, degree of  
15 movement, ground status, and direction user facing.

Preferably the combination of monitored parameters for defining an activity includes a measure of resistance or change in resistance and a measure of effort or change in effort.

20 The measure of effort or change in effort may be a measure of speed or change in speed, a measure of heart rate or change in heart rate, or a measure of power or change in power, or any combination thereof.

The measure of resistance or change in resistance may be a measure of altitude or change in  
25 altitude, a measure of slope or change in slope, or a measure of gradient or change in gradient, or any combination thereof.

Alternatively or in addition, the measure of resistance or change in resistance may be a determined from stride rate or change in stride rate, stroke rate or change in stroke rate, or  
30 cadence or change in cadence, or any combination thereof.

Preferably the classification system comprises any one or more of a weight loss activity classification, an activity status monitoring classification, a running classification, a cycling

classification, a rowing/kayaking classification, a field sports classification, a pedometer activity monitoring classification, and a horse teaming classification.

Preferably the data relating to the parameters monitored during the activity session is obtained  
5 from one or more activity monitoring devices.

Preferably the method further comprises processing data classified under an activity to determine a level of compliance with a predetermined training plan.

10 Preferably the method further comprises updating a training plan based on the level of compliance.

In a second aspect the invention may broadly be said to consist of a system for analysing an activity session comprising a classification module arranged to receive activity data indicative of  
15 one or more activities performed during the activity session, said data relating to multiple parameters monitored during the activity session and having:

at least one memory component for storing one or more classifications for defining one or more activities, each activity being defined based on a set of threshold criteria for a combination of multiple parameters, and

20 at least one processor arranged to utilise the classifications to process the received activity data and identify one or more activities performed during the activity session.

Preferably the classification module is arranged to receive the data in multiple data streams of consecutive data points, each stream relating to one of said monitored parameters, and said  
25 processor is arranged to utilize the one or more classifications by:

a) comparing corresponding data points of two or more data streams against the set of threshold criteria for one or more activities,

b) identifying when the corresponding data points satisfy the threshold criteria for an activity and if satisfied classifying the corresponding data points under  
30 the activity, and

c) repeating steps a) and b) for other data points from the data streams to identify the one or more activities performed during the activity session.

Preferably the processor is further arranged to group consecutive data points classified under the same activity to define an instance of the activity within the activity session, the number of consecutive data points being indicative of a duration of the instance of the activity.

- 5 Preferably the processor is arranged to process the activity data upon or after receiving the activity data for the entire activity session.

Alternatively the processor is arranged to process the activity data upon receiving activity data during the activity session.

10

The data may be received in time stamped blocks and the processor may be arranged to utilize the one or more classifications to process one or more of the time stamped blocks of data and identify an activity performed during each of the one or more blocks.

- 15 Preferably the multiple parameters monitored can be any combination of two or more of: resistance, effort, location, turnover, distance covered per turnover, positional status, ECG, blood pressure, ambient temperature, relative humidity, barometric pressure, heat index, local wind speed, local wind direction, local rain, body weight, carried weight, vertical jumping height, horizontal jumping distance, drop, climb, crawl, heading direction, oxygen uptake, respiration, ventilation, energy expenditure, energy intake, R-R (HRV), body temperature, weather condition, degree of movement, ground status, and direction user facing.
- 20

Preferably the combination of monitored parameters for defining an activity includes a measure of resistance or change in resistance and a measure of effort or change in effort.

25

The measure of effort or change in effort may be a measure of speed or change in speed, a measure of heart rate or change in heart rate, or a measure of power or change in power, or any combination thereof.

- 30 The measure of resistance or change in resistance may be a measure of altitude or change in altitude, a measure of slope or change in slope, or a measure of gradient or change in gradient, or any combination thereof.

Alternatively or in addition, the measure of resistance or change in resistance may be determined from stride rate or change in stride rate, stroke rate or change in stroke rate, cadence or change in cadence, or any combination thereof.

- 5 Preferably the memory component has stored therein any one or more of a weight loss activity classification, an activity status monitoring classification, a running classification, a cycling classification, a rowing/kayaking classification, a field sports classification, a pedometer activity monitoring classification, and a horse teaming classification.
- 10 Preferably the system further comprises one or more activity monitoring devices, each arranged to obtain data indicative of parameters monitored during an activity session.

15 Preferably the classification module is remote from the one or more monitoring devices and each monitoring device is arranged to transmit the data indicative of the monitored parameters to the classification module.

Preferably the system further comprises:  
a central station for accommodating the classification module, and  
a receiver for receiving data indicative of multiple parameters monitored during an activity  
20 session from the one or more monitoring devices.

Alternatively the classification module is housed within each monitoring device.

25 Preferably the system further comprises an interpretation module having a processor for processing data classified under an activity to determine a level of compliance with a predetermined training plan.

30 Preferably the system further comprises a plan generation module having a processor for updating a training plan based on the level of compliance determined by the interpretation module.

In a third aspect the invention may broadly be said to consist of a classification system for analysing activity data relating to multiple parameters monitored during an activity session to determine one or more activities performed during the activity session, the classification system  
35 comprising:

at least one memory component for storing one or more classifications for defining one or more activities, each activity being defined based on a set of threshold criteria for a combination of parameters, and

at least one processor arranged to utilise the classifications to process the activity data and identify one or more activities performed during the activity session.

Preferably the classification system is arranged to receive the data in multiple data streams of consecutive data points, each stream relating to one of said monitored parameters, and said processor is arranged to utilize the one or more classifications by:

- 10 a) comparing corresponding data points of two or more data streams against the set of threshold criteria for one or more activities,
- b) identifying when the corresponding data points satisfy the threshold criteria for an activity and if satisfied classifying the corresponding data points under the activity, and
- 15 c) repeating steps a) and b) for other data points from the data streams to identify the one or more activities performed during the activity session.

In this specification activity or activity type can mean any type of action performed by an individual or group of individuals over a period of time or distance (or both) which may or may not involve movement, such as lying/sitting down and running/ cycling. The term is intended to cover general activities such as running as well as specific activities such as running uphill at a certain pace. An activity session or workout means a period of time where an individual performs one or more activities. Exercise and exercise sessions (or workout) are intended to be covered by the terms activity and activity sessions respectively. Activity period refers to the period within an activity session in which an activity is performed. Training type is also intended to fall within the meaning of activity. Training zone is intended to mean a threshold zone or criteria for a single parameter that defines an aspect of an activity. An activity is composed of training zones from multiple parameters.

30 The term "comprising" as used in this specification and claims means "consisting at least in part of. When interpreting each statement in this specification and claims that includes the term "comprising", features other than that or those prefaced by the term may also be present. Related terms such as "comprise" and "comprises" are to be interpreted in the same manner.

The invention consists in the foregoing and also envisages constructions of which the following gives examples only.

## BRIEF DESCRIPTION OF THE DRAWINGS

5

Preferred embodiments of the invention will be described by way of example only and with reference to the drawings, in which:

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Figure 1 is a flow diagram showing an overview of a preferred method of activity analysis of the invention,

Figure 2 is a block diagram showing a preferred system for carrying out the method of figure 1,

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Figure 3 is graph showing example data downloaded from a monitoring device,

Figure 4 is a flow diagram showing mainly an overview of the steps performed by the classification system of figure 2,

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Figure 5 shows an example data trawled by the preferred classification system of the invention to find a match within a larger data set of a workout for a particular activity type,

Figure 6 shows an example graph where classification of cycling exercise data is partitioned into activity segments/types,

25

Figure 7a shows a graph with different highlighted training zones for a monitored heart rate data,

Figure 7b shows the same graph as figure 7a with monitored terrain data,

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Figures 8a and 8c show example graphs of single and multiple monitored parameter data respectively,

Figure 8c shows the same graph as figure 8b with different activities classified by the classification system of the invention,

Figure 9 shows another example graph with different activities classified from multiple parameter data,

Figure 10 is a block diagram showing the components associated with the system of the invention, and

Figures 11a-c show schematics of a football field partitioned into different number/sized quadrants for the purposes of field sport classification.

## 10 DETAILED DESCRIPTION

### 1. Virtual Coach System Overview

Referring to figures 1 and 2, an overview of a preferred method and system 1000 for analysing an activity session is shown. Like method steps and system components are given the same reference numerals. A user 1050 of the system engaging in an activity session, either prior to or whilst the system is being used, gathers information/ data related to the activity/ activities performed during the session, preferably using at least one exercise/activity monitoring device 1060 and supplies it to the system (which may be hosted by a server 1070) to gain feedback and/or advice/guidance in relation to their fitness goals. The information is received by the system either manually via the user initiating uploading of the information from the monitoring device or automatically via the monitoring device, or from some other source for analysis, and is received and/or analysed either during activity or post activity. The system may be part of the monitoring device or may be separate, running on a personal computer for example, or a remote server 1070 accessible by and in communication with a personal computer and/or one or more monitoring devices.

During analysis the system will identify at step 1100 the different types of activities the user has engaged in (or is engaging in) during the activity session. A classification system or module 1100, which will be described in more detail below, is used by the system to identify the activities performed by the user from the activity information/data received. The classification system 1100 enables the overall system to partition the data into one or more data streams or blocks relating to the one or more activities performed by the user during the activity session. The data can then be processed at step 1200 while taking the type of activity performed into consideration. The classification system 1100 defines an activity based on at least one satisfied threshold criteria

from multiple monitored parameters (other than distance or time or both which define the length of the activity or activity session but not the type of activity). The classification system 1100 defines an activity using multi-parameter zones (i.e. one or more threshold criteria from more than one parameter) that may occur within an activity session. This for example may be that during running any speed over 7km/hr where the user has a change in altitude is defined as a 'hill climbing during running' activity, or any period that involves the user moving at 12-14km/hr, while an accelerometer detects at least 160 steps per min over the period and while altitude does not change (flat), is defined as a 'running speed work' activity.

10 In accordance with the invention classified activities are identified using multiple data streams first (each stream being associated with one of the parameter(s) used to define a particular classified activity for example), then the data for the activity is processed specific to the defined activity as opposed to differently classified or non-classified activities that have slightly different definitions. The effect each type of activity/exercise has on the user's overall fitness, performance or fatigue is different and therefore it is necessary to distinguish between them to provide satisfactory analysis and appropriate feedback/advice. In some embodiments the data once classified is processed/interpreted by an interpretation module 1200 for the various identified activity types to translate collective activity data into a tutorial or advice (step 1300) for example. The data may be processed with or without the rest of the activity session data. The data relating to a particular activity may be processed 1200 against a plan, historic data, an ideal zone (the zone all users would ideally fall under —not specific to the history of the individual but rather applies to all individuals, e.g. an ideal zone for example is a pedal cadence of between 85 and 95 revolutions per minute for all cyclists riding at an easy pace), a threshold or environmental conditions for example. In some embodiments a response is generated from the output of the processing stage 1200 which may be advice provided in the form of a prescription (method for modifying a plan 1305) or a solution (method for modifying how a user engages in an activity 1310) for example. Coaching advice or feedback 1310 may be provided by the system back to the monitoring device 1060 in real time or post workout for instance. The advice may be output (step 1400) in either a text, auditory or graphical form as opposed to a visual or auditory display of raw or derived exercise data in real time or post activity. In addition or alternatively a training plan adjustment module 1310 modifies the training plan 1320 for the user based on the output of the interpretation module 1200 and stores the new training plan 1320 for future use by the user 1050.

Advice is a preferable feature of the invention and may alternatively not be supplied by the system but from a trainer or some other source for example.

In one embodiment the data is automatically received by the classification system in one or more streams and then trawled, with the data points being compared against one or more threshold criteria associated with the parameter relating to that stream. In an alternative embodiment the system may be arranged to enable a user to manually time stamp a block of activity data (e.g. by pushing a time stamp or lap split button on a device) and the time stamp block for each monitored parameter is then trawled and compared against the one or more threshold criteria. For both embodiments corresponding data points of the multiple streams or blocks (that relate to multiple parameters associated with a particular activity) are associated with a particular activity when the system recognizes that the data points satisfy the threshold criteria defining that activity, and therefore associates the corresponding data points with the activity.

## 2. Classification

The classification system enables activity session data to be classified into one or more activity types. The classification system has knowledge of one or more activity types and their specific relationship with multiple parameters to achieve this. This knowledge may be simple or complex based on the application and/or desired accuracy of the system. Generally, one or more threshold criteria such as values or zones associated with each parameter related to a particular activity must be satisfied for that activity to be performed. In other words, an activity can be identified by the classification system when *every* threshold criteria is satisfied for each of a combination of parameters that define that activity. As will be explained in more detail further below, the classification system of the invention utilises multiple parameters to define activities.

An activity may be identified from different combinations of parameters. This diversifies the compatibility of the system with different monitoring devices. For example, an 'easy walking' activity may be defined by a stride rate threshold (such as less than 60 steps per minute) and a terrain threshold (such as a gradient of less than 2°), or a speed threshold (less than 8km/hr) and a terrain threshold (gradient of less than 2°), or a heart rate threshold (such as between 40 and 110 beats per min) and a terrain threshold (such as a gradient of less than 2°). This allows for different types of monitoring devices to be used alongside the system. For instance a mobile phone with GPS capability for measuring speed can be the monitoring device, or a more advanced device such as those branded under Polar, Suunto, Timex, Garmin, Adidas or Nike can be used for measuring heart rate and other parameters such as speed, altitude, distance, time and turnover (e.g. stride rate).

## Overview

For effective coaching direction to be generated, the data that is obtained from a user engaged in exercise is preferably broken up into differing activities and/or different instances of activities that occurred during an exercise session. To achieve this, the activity classification system and method of the invention is employed.

In broad terms the classification system receives activity data over a period of time or over a distance that is indicative of one or more activities that were performed during the an activity session. This data relates to multiple parameters monitored during the activity session and preferably monitored through a monitoring device worn by the user. The classification system consists of a library of definitions for various activities which it consults upon receiving the activity data. From the definitions, the classification system can identify the one or more activities performed. The definitions classify an activity based on a set of threshold criteria from a combination of monitored parameters (i.e. multiple parameters each having at least one threshold criteria).

In the preferred embodiment, the activity data is received in multiple data streams, each relating to one of the monitored parameters. The classification system would then trawl through the data streams and place corresponding data points from different streams up against threshold criteria for different activities until it identifies compliance with the definition of a particular activity. Repeating this would then identify the one or more activities performed during the activity session. Consecutive data points in a stream belonging to the same activity classification define an instance of that activity during an activity session and this can further be used for interpretation of the session. The number of consecutive data points within the instance would be indicative of the duration of the instance of the activity. The duration may be a measure of time or distance depending on how the monitoring device gathered the data. In other words, the monitoring device may be arranged to sense a particular parameter after a certain distance travelled by the user, or after a certain period of elapsed time. In either case the number of data points conforming to a particular activity will indicate the duration of that instance of the activity during the session.

The classification system may be utilised upon receiving all the activity data for the entire activity session or simultaneously while data is being obtained by the monitoring device. A user may alternatively time stamp a block of data upon termination of an activity and forward this data to

the classification system which would then automatically identify the instance of activity from the time stamped block.

Figure 4 shows a simplified flow diagram of the operation of the classification system 1100 of the invention. As the user exercises or after the user has exercised, multiple parameter sensor data is received 1110 by the classification system 1100. The system trawls this data for patterns in the multiple streams of data generated 1120 and identifies an activity upon determining compliance by the multiple parameter data with the multiple activity zones that define the activity 1130. Each time a match for all parameter zones defining an activity is determined the data stream for each parameter is logged and labelled 1140. The classified activity data is then ready to be interpreted for advice generation.

Figure 5 shows an example of trawled data and finding a 'match' within a larger data set of a workout for a particular activity type. The dark highlighted streams 1121, 1122 and 1123 show three parameters (heart rate, cadence and altitude respectively) that satisfy the threshold zones for defining a big gear time trial (BGTT) cycling activity. The highlighted portion of at least those three data streams 1121, 1122 and 1123 are logged and labelled BGTT.

The classification system automatically recognises and partitions a monitored exercise/workout into a series of classified activity segments over the workout duration. Figure 6 shows an example graphic where classification of cycling exercise data is partitioned into activity segments/types. In this example, heart rate, cadence and altitude are being (or have been) measured over the duration of the workout. Parameter zones 1124, 1125 and 1126 are the boxed regions defining particular threshold zones for each of the heart rate, cadence and altitude parameters respectively. These zones/ criteria are used to define classifications of different activity segments/types. The identified activity types are shown along the horizontal axis of the graph. (e.g. Easy, BGTT, Up Tempo etc.). The entire workout has therefore been segmented into a series of activity types/segments using the classification system. Classification is critical to interpretation and coaching advice as it allows processing and interpreting data within an activity segment or between activity segments that contains the same label. It breaks all the possible ways the user can train down into its component parts or 'building blocks'. In the figure 6 example there are:

- 7 classified Easy training type segments (1127a)
- 2 Up Tempo training type segments (1127b)
- 1 Big Gear Time Trial training type segment (1127c)

- 1 Race Pace training type segment (1127d)
- 1 Downhill Spinning Sprint training type segments (1127e)
- and 1 Power training type segment (1127f)

## 5 Activity Types and Training Zones

There are systems currently available where zones can be classified and data can be recorded if it conforms to the prescribed parameter threshold. The data is generally classified as a 'Training Zone' and the system measures or outputs 'Time in Zone'. Multiple parameters are not recorded in concert to classify an activity type in these systems and therefore they cannot be used effectively for the purposes of automated interpretation and coaching direction and modification of a plan. Figure 7a shows different highlighted training zones for the heart rate parameter. In a scenario where heart rate is the only parameter used to interpret an exercise, a runner may be running briefly at too high a heart rate 1128a which could be interpreted as training too hard but without other parameters this could be incorrect. Referring now to figure 7b, if altitude change is also recorded, one can deduce that the runner was actually running up a hill 1128b and this being the reason for the high heart rate 1128a recorded. This is different to a runner sprinting on the flat with a high heart rate. The combination of parameters describes the situation adequately enough to understand what is happening and therefore allows interpretation.

In essence, activity types defined by the classification system are made up of these training zones (e.g. an easy training type is made up of three training zones 1124a, 1125a and 1126a shown in figure 6). Different activity types are combined to make up a workout. Workouts are combined into a calendar sequence over time to form a training plan designed to generate physiological improvements. Therefore training plans are made up of workouts, workouts are made up of activity types and activity types are made up of training zones. A training zone describes an aspect of an activity type. The classification system of this invention automatically partitions sensor data from a workout monitoring device, into related activities by identifying streams of data that conform to the multiple training zones defining that activity. The partitioned data can then be interpreted separately to provide a more accurate representation of the physiological effects of the workout which leads to effective coaching/ plan modification.

### Example 1

Referring to figures 16a-c, a simplified example of the operation of the classification system is shown using graphs of monitored data. Figure 8a shows the monitored heart rate throughout a

workout or exercise session. It is difficult to identify what the user was doing during the exercise session with just data from this parameter. Even with multiple parameter data (terrain, speed and stride rate/ cadence) plotted (as in figure 8b) it is difficult for the untrained user to determine what activities were performed during the workout session. Using the classification system of the invention enables comparisons between the multiple parameter data and threshold zones to be made thereby identifying associated activities the user is/was engaged in. In this case, as the data is being trawled, it is tested against defined threshold zones for cadence, speed and terrain. Different combinations of satisfied threshold zones define different activities. Figure 8c shows how different activities are determined by the classification system from the monitored data. 1129a shows the monitored cadence, 1129b shows the monitored speed and 1129c shows the monitored terrain (altitude) during the workout. As these three data streams are trawled, the following activities are recognised from compliance with specific threshold zones (boxed regions) associated with the activities:

- 6 sections of walking on the flat 5a
- 3 stopped sections 5b
- 1 running downhill section 5c
- 2 running on the flat sections 5d
- 2 running uphill sections 5e
- 1 walking downhill section 5f
- 2 sprinting sections 5g

### **Example Two:**

Figure 9 shows another example of application of the classification system to identify activities A-P within a workout session from multiple parameter data. Once again, the boxed regions represent the threshold zones within which the data from a particular parameter fits. Different combinations of threshold zones output different types of activities performed during A-P. For instance, during period A, the user is going up a small hill so his leg muscles are working hard. During period B, the user is on the flat and his heart rate is easy so he is carrying out an easy training type of activity. During period C, the user's speed, heart rate and cadence have increased as they travel along flat terrain meaning the user is engaging in an 'up tempo' training type of activity. During period D, the speed drops, the heart rate is up but dropping and the user is still travelling on the flat which suggests the user is recovering from the up tempo activity. During period E, the user has returned to an easy training type. During period F, the user starts travelling downhill with a high running cadence which suggests an 'Overspeed' type of training. At period G

the user returns to an easy training type. At period H, the user's heart rate goes up and they begin ascending a hill which identifies a 'Rolling Hill' training type. At I, the data cannot be categorized/classified as it does not fit within a predefined threshold zone. The user is likely to be recovering during this period before returning to another easy training type at J. During period  
5 K the user briefly tried to increase speed and heart rate to do an up tempo training type but this was not long enough to be accepted as a training type. Heart rate remained elevated for a while so no training type was identified and it remained uncategorized. The user returns to another easy training type at L. During M, the user started climbing a small hill which returned them to the rolling hill training type. During N a high heart rate on a flat terrain was identified meaning an  
10 anaerobic threshold training type was identified before returning to an easy training type at O. Finally at P, the user lowered their pace to a walking pace to cease the workout.

Using the classification method of the invention, the activities determined as explained above were:

- 15 • 3 Rolling Hills (A, H, M)
- 1 Up Tempo (C)
- 1 Over speed sprint (F)
- 6 Easy (B, E, G, J, L, O)
- 1 Anaerobic Threshold (N)
- 20 • 1 Walking (?)

If single parameter training zones were considered only (i.e. not combinations of training zones as above) then the activities determined would have been:

- 4 Up Tempo efforts
- 25 • 6 Easy efforts
- 1 Anaerobic threshold Effort

Accurate classification therefore changes significantly when measuring activity types as opposed to training zones only. This has a large impact on the reliability of the coaching feedback and/or the ability to make the correct adjustments to a training program.

### 3. Preferred Embodiment(s)

The system and method of the invention may be implemented using the following classification system. This implementation should not be considered as limiting the scope of the invention but rather a preferred embodiment of the underlying classification concept defined above.

5

#### 3.1 Minimum Activity Classification

The following is a list of the minimum activities to be classified by the classification system of one embodiment of the invention.

- 10 1. Walking, i.e. an individual moving at a speed below 8km/hr. One monitored parameter and threshold criterion used to identify an individual walking can be a stride rate of less than 66 strides per minute. Alternatively or in addition, an effort/intensity measure/parameter more closely associated with the user's own ability may be used to classify walking. The threshold criteria for such a parameter may be a user heart rate (HR) of less than 60% of their maximum heart rate, and/or of less than 70% of their  
15 Anaerobic Threshold (AT) HR. Effort may alternatively or in addition be measured using speed and/or power, in which case the threshold criteria for walking may be less than 60% of the individual's AT speed and/or less than 60% of their AT power respectively. In addition to any combination of the above parameters and their threshold criteria, a flat terrain criterion is required by the classification system to identify a walking activity. In  
20 which case, the system may define a flat terrain for walking as an upward slope of less than 2° (or 4% gradient where consistent altitude (allowing for edge forgiveness - discussed in more detail in the Parameters section) cannot amount to more than a 6 meter altitude gain). A downward slope of as much as 8.5° (16% gradient) may also be regarded as a walking activity as would any uphill that fails to qualify as a hill (less than a 6  
25 meter climb).
- 30 2. Easy running, i.e. jogging at 8 - 10 km/hr (for most people). One monitored parameter and threshold criterion used to identify an individual easy running can be a stride rate of greater than 70 strides per minute. Alternatively or in addition, an effort/intensity measure/parameter more closely associated with the user's own ability may be used to classify walking. The threshold criteria for such a parameter may be a user heart rate (HR) of 65 - 75% of their maximum heart rate, and/or of 70 - 80% of their Anaerobic  
35 Threshold (AT) HR. Effort may alternatively or in addition be measured using speed and/or power, in which case the threshold criteria for easy running may be 60 - 90% of the individual's AT speed and/or 60 - 90% of their AT power respectively. In addition to any combination of the above parameters and their threshold criteria, a flat terrain

5 criterion may be required by the classification system to identify a walking activity. In which case, the system may define a flat terrain for easy running as an upward slope of less than 2° (or 4% gradient where consistent altitude (allowing for Edge Forgiveness - discussed in more detail in the Parameters section) cannot amount to more than a 6 meter altitude gain). A downward slope of as much as -8.5° (-16% gradient) may also be regarded as an easy running activity as would any uphill that fails to qualify as a hill (less than a 6 meter climb).

- 10 3. Flat terrain muscularly loaded activity (for example a big gear at a low cadence on a bike on the flat) - this classified activity is related to cycling and not walking/ running as for the above two. One monitored parameter and threshold criterion used to identify an individual performing a muscularly loaded activity can be a big gear (e.g. 52x16). This parameter may be measured by distance travelled per pedal revolution with a threshold criterion of 65-75 pedal revolutions per minute. Alternatively or in addition, a threshold criterion of 85 — 130% of the AT distance per pedal turnover may be used. An effort/intensity measure/parameter more closely associated with the user's own ability 15 may also or alternatively be used to classify a muscularly loaded activity. The threshold criteria for such a parameter may be a user heart rate (HR) of 65 - 75% of their maximum heart rate, or of -70-80% of their Anaerobic Threshold (AT) HR. Effort may alternatively or in addition be measured using speed and/or power, in which case the threshold criteria for flat terrain muscularly loaded may be 65 - 90% of the individual's 20 AT speed and/or 65 - 90% of their AT power respectively. In addition to any combination of the above parameters and their threshold criteria, a flat terrain criterion is required by the classification system to identify a flat terrain muscularly loaded activity. The system may define a flat terrain for this activity as an upward slope of less than 2° (or 25 4% gradient where consistent altitude (allowing for Edge Forgiveness —discussed in more detail in the Parameters section) cannot amount to more than a 6 meter altitude gain). A downward slope of as much as -2° (-4% gradient) may also be regarded as flat terrain for a muscularly loaded activity.
- 30 4. Hills — This activity occurs when an individual increases their altitude during exercise/activity. The threshold criteria required to classify an activity under Hills can be a continuous rise over time that exceeds a 6 meter vertical gained from the flat, or a continuous slope of 2° or more (more or less) for more than 70 sees ('the more or less' in the above refers to our 'edge forgiveness' system that will allow some out of zone/ threshold values if the data falls back within zone or threshold criteria within a 35 short period of time).

5. Speed - i.e. running at 12 km/hr or more (for most people). One monitored parameter and threshold criterion used to identify a speed activity can be a stride rate of greater than 70 strides per minute. Alternatively or in addition, an effort/intensity measure/parameter more closely associated with the user's own ability may be used to classify speed activities.

5 The threshold criteria for such a parameter may be a user heart rate (HR) of more than 75% of their maximum heart rate, and/ or of more than 80% of their Anaerobic Threshold (AT) HR. Effort may alternatively or in addition be measured using speed and/or power, in which case the threshold criteria for speed activities may be more than 90% of the individual's AT speed and/ or more than 90% of their AT power respectively.

10 In addition to any combination of the above parameters and their threshold criteria, a flat terrain criterion may be required by the classification system to identify a speed activity. In which case, the system may define a flat terrain for speed as an upward slope of less than 2° (or 4% gradient where consistent altitude (allowing for Edge Forgiveness — discussed in more detail in the Parameters section) cannot amount to more than a 6  
15 meter altitude gain). A downward slope of as much as -2° (-4% gradient) may also be regarded as flat terrain for a speed activity.

There may be many different ways to classify an activity. Any combination of parameters such as  
20 speed, heart rate, power, turnover, distance per turnover, R-R (HRV), vertical meters ascended, slope, gradient can be used to depict a particular classification. Furthermore, there can be many ways to define the threshold or zone for each of these using a maximum value tested or obtained from within training or activity, using the Anaerobic or Aerobic Threshold value, or using averages based on the activity or exercise of the user etc.

25 The above monitored parameters and in particular the threshold criteria are only exemplary and reflect possible embodiments of the invention. They are not intended to be limiting. It is preferred in fact to have variations on the threshold criteria (and zones) for each individual as the system may be calibrated to their specific ability and needs.

### 30 3.2 Detailed Activity Classification

In a preferred embodiment of the invention, the classification system classifies activities within other major exercises or activities (which are referred to as categories in this specification). For instance weight loss, activity status monitoring (explained in more detail further below), running,  
35 cross country skiing, skating, cycling, horse training, rowing/kayaking, pedometer activity

monitoring and field sport exercise categories may each have their own set of classified activities as set out below.

**Activity Status Monitoring - Health/Military/Rescue Services**

5

As the demand for effective Wellness schemes increases, the constant need for Rehabilitative Health technology upgrades continues and the ability to judge more effectively the condition and therefore safety of a soldier, fire or rescue services personnel automatically and remotely, the ability to classify activity and interpret it for the purposes of feedback and decision making become paramount.

10

Activity status monitoring uses sensors attached to an individual (in most cases) to analyse the 'situation' the individual is in or to assess the 'state' of the individual or a combination of the two. For example, multi axis accelerometers (such as 3D accelerometers) can determine whether an individual is upright or lying down. Sensors may be used to determine if an individual is stationary, or moving (running or walking), the speed that they are moving at and the direction they are moving in, whether the terrain is flat or hilly, whether it is cold or hot, windy or rainy, the altitude the individual is at, the location of the individual, the body temperature, heart rate, sweat rate, footfall, blood pressures, ECG etc. These measurements that are associated with the individual can be very useful in weight loss, health and military applications. The output from one or a combination of sensors will help determine the situation and/or state of the individual which may then be used by the classification system to identify which one of the following classified activities the user is engaging in.

15

20

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>1. Inactive</li> <li>2. Inactive (Upright)</li> <li>25 3. Inactive (Rest)</li> <li>4. Inactive (Prone)</li> <li>5. Easy Walking (forwards, backwards, lateral left or right)</li> <li>6. Rolling Hills</li> <li>30 7. Hills</li> <li>8. Long Climbs</li> <li>9. Fast Walking (forwards, backwards, lateral left or right)</li> <li>45 10. Low Speed Run (forwards, backwards, lateral left or right)</li> <li>35</li> </ul> | <ul style="list-style-type: none"> <li>11. High Speed Run</li> <li>12. Out of Zone</li> <li>Specialist Categories for the above:</li> <li>13. Sprint - Flat</li> <li>14. Sprint - Uphill</li> <li>15. Crawling (forwards, backwards, lateral left or right)</li> <li>16. Climbing</li> <li>17. Descending</li> <li>18. Non specific movement - Low Activity</li> <li>19. Non specific movement —Moderate Activity</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

- 20. Non specific movement - High 35  
Activity
- 21. Non specific movement - Very High  
Activity

5

**Walking/ Running - Weight Loss  
Activity Classification**

- 1. Inactive (Upright)
- 2. Inactive (Rest)
- 10 3. Inactive (Prone)
- 4. Easy Walking 45
- 5. Rolling Hills
- 6. Hills
- 7. Fat Burning Zone
- 15 8. Low Speed Run
- 9. High Speed Run 50
- 10. Out of Zone —Too fast

**Running Classification**

- 1. Inactive
- 20 2. Easy 55
- 3. Rolling Hills
- 4. Hills
- 5. Long Climbs
- 6. Hill Efforts
- 25 7. Up Tempo
- 8. Anaerobic Threshold
- 9. Sprint
- 10. Overspeed
- 11. Bonus Out of Zone
- 30 12. Race Pace

**Cycling Classification**

- 1. Inactive
- 2. Easy
- 3. Rolling Hills-

- 4. Hills
- 5. Long Climbs
- 6. Hill Spinning
- 7. Hill Efforts
- 8. Flat Big Gear
- 9. Big Gear Time Trial
- 10. Up Tempo
- 11. Anaerobic Threshold
- 12. Power
- 13. Sprint
- 14. Overspeed
- 15. Bonus Out of Zone
- 16. Race Pace

**Rowing/ Kayaking Classification**

- 1. Inactive
- 2. Easy
- 3. Slow full pressure
- 4. Tempo Load
- 5. Up Tempo
- 6. Anaerobic Threshold
- 7. Race Pace
- 8. Starts
- 9. Moves
- 10. Bonus Out of Zone

**Field Sports Classification**

- 60 1. Stationary —upright
- 2. Stationary - prone
- 3. <5m sprints - moving Start
- 4. < 5m sprints - stationary start
- 5. 5—10m sprints —moving start
- 65 6. 5 - 10m sprints —stationary start
- 7. 10-20m sprints - moving start
- 8. 10 - 20m sprints - stationary start
- 9. 20-30m sprints - moving start

- 10. 20 - 30m sprints —stationary start
- 11. 30 —40m sprints – moving start
- 12. 30 - 40m sprints - stationary start 25
- 13. 40+m sprints - moving start
- 5 14. 40+m sprints - stationary sart
- 15. Tempo Speed (forwards, backwards, lateral left or right)
- 16. Jogging (forwards, backwards, lateral left or right) 30
- 10 17. Slow Jogging (forwards, backwards, lateral left or right)
- 18. Walking (forwards, backwards, lateral left or right)
- 19. Jumping Vertical 35
- 15 20. Jumping Horizontal
- 21. Sidestep
- 22. Tackle
- 23. Bonus Out of Zone 40

- 4. Fast Walk
- 5. Jog
- 6. Moderate Intensity Run
- 7. High Intensity Run
- 8. Non specific movement —Moderate Activity
- 9. Non specific movement — High Activity
- 10. Non specific movement - Very High Activity

**Horse Training Classification**

- 1. STATIONARY
- 2. Easy (WALKING)
- 3. EASY (TROTting)
- 4. Hills
- ; 5. Hill Efforts
- 6. Up Tempo (CANTER)
- 7. Anaerobic Threshold (GALLOP)
- 8. RACE PACE (FAST GALLOP)
- 9. Sprint
- 10. Bonus Out of Zone

**Pedometer Activity Monitoring**

- 20 1. Inactive Rest
- 2. Inactive Stationary
- 3. Slow Walk

45 Some of the above activities are classified under more than one category and their definition under one category may therefore overlap with their definition under another. In the preferred embodiment the analysis system would be aware of the major exercise or activity category the individual is or was performing to avoid confusion between definition overlap.

50

**3.3 Parameters**

The monitored parameters aid the system in identification of activities performed during the exercise session, as each activity is defined by multiple threshold criteria (i.e. threshold values or zones) associated with multiple parameters.

55

In the preferred system associated with the activities defined above it is preferred to have a resistance parameter and an intensity/ effort parameter.

5 For running, cycling, walking, horse training, and activity status monitoring categories the activities can be defined by the system using a terrain parameter as the resistance parameter and an effort parameter measured over time. The measure of terrain can be defined as a change in altitude, slope, gradient and/or resistance and may be obtained for example via a barometric device, a GPS device, a digital elevation model, or using the slope or gradient function on an exercise machine. The measure of effort may be defined using speed, heart rate or power (a direct  
10 measure or one derived from speed, body weight and slope).

For rowing and kayaking, there is no terrain component so a turnover parameter (e.g. stroke rate) is preferably used by the system in its place.

The turnover parameter may also be used as the resistance parameter (in conjunction with  
15 terrain) to identify cycling activities.

For health or environmental monitoring, the classification is the incidence of a health (ECG, Blood Pressure) or environmental (Temperature, Heat Index, Wind Speed) parameter matched up to the other parameters that describe a situation (heart rate, terrain, speed etc).

20

It is preferable that the system caters for more parameters as this would enhance the flexibility of the system not just with accuracy and the ability to define more activities but also in terms of compatibility with a vast range of monitoring devices. A list of other possible additional parameters is shown below.

25

- |           |                                                                                                                                                                                                                                                                                                                             |           |                                                                                                                                                                                                                                                                                                                        |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>30</p> | <ul style="list-style-type: none"> <li>1. Duration</li> <li>2. Distance</li> <li>3. Location</li> <li>4. 'Turnover' (stride rate, cadence, stroke rate)</li> <li>5. Distance covered per Turnover</li> <li>6. Positional Status (is the person upright or lying down)</li> <li>7. ECG</li> <li>8. Blood Pressure</li> </ul> | <p>40</p> | <ul style="list-style-type: none"> <li>9. Ambient temperature</li> <li>10. Relative Humidity</li> <li>11. Barometric Pressure</li> <li>12. Heat Index</li> <li>13. Local Wind Speed &amp; Direction</li> <li>14. Local Rain</li> <li>15. Some derived combinations (e.g. watts/kg)</li> <li>16. Body Weight</li> </ul> |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
- 35

- |                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>17. Personal Gear - Carried Weight (e.g. tramping pack)</p> <p>18. Jumping - vertical (varying heights) 15</p> <p>19. Jumping - horizontal (varying distances) 5</p> <p>20. Drop</p> <p>21. Climbing</p> <p>22. Crawling 20</p> <p>23. Direction (heading)</p> <p>24. Oxygen uptake 10</p> <p>25. Respiration</p> <p>26. Ventilation</p> | <p>27. Energy Expenditure</p> <p>28. Energy Intake</p> <p>29. Blood Pressure</p> <p>30. ECG</p> <p>31. R-R (WRY)</p> <p>32. Body Temperature</p> <p>33. Current weather</p> <p>34. Degree of Movement</p> <p>35. On the ground</p> <p>36. Direction the user is facing or moving (forwards, backwards, sideways)</p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

25

**3.4 Initial Calibration**

Exercise, activity or training zones/criteria may to be calibrated to the individual so the zones conform to match correctly what the user experiences. The traditional calculations (e.g. 220- age in yrs and the Karvonen formula) and then percentages set against them which are used to determine the zones are only correct in 60% of individuals so another form of a more individualised assessment is preferably performed during a user's activity. One way to achieve this assessment is to establish what the user's Anaerobic Threshold is in a method that is safe for the user and not too complicated or invasive to the user's activity.

Anerobic Threshold (AT) is a well known metric in exercise physiology that implies the maximum effort that a particular individual can exercise at for a particular period of time (e.g. 20 minutes to 1 hour) depending on their fitness. This can be at a heart rate of 170-180 beats per minute for one individual with a high heart rate and high Anaerobic Threshold or can be 140 – 150 for an older individual with a low Anaerobic Threshold for example. AT can similarly be measured with speed and power. There are preferably four systems to determine AT due to the fact that it must be compatible across a wide range of hardware platforms each using different sensor data.

**User Rating Calibration System** - The user does a calibration workout where they exercise to several set intensities defined on a perceived exertion scale. The scale would be 1 - 10 with 1 being equal to rest and 10 equating to maximum effort. The user is asked to exercise at a 2, 4, 6,

(maybe 8) and to press a button to designate achieving each of the intensities, which is converted then back to a speed/power or a heart rate depending on the user's hardware platform. All intensities in between and above test values are determined by a modified regression line.

5 **Heart Rate Calibration System** - The user exercises and their heart rate data is collected each time they exercise and generated into a histogram. The histogram records the number of incidences of a heart rate within a specific range (e.g. 170 —175). Each range forms an 'incidence bin' that contains a count of all heart rate data that falls between the bins range. Some ranges will be empty with no data and therefore inactive. Of the remaining active incidence bins the highest  
10 change in incidences of a heart rate falling into the highest 3 histogram range bins that are activated denotes the 'Anaerobic Threshold' heart rate zone. The system can do this assessment as a calibration workout or can do this for every workout and constantly update itself.

**Power Calibration System** - The user exercises and their power data is collected each time they  
15 exercise and generated into a histogram. The histogram records the number of incidences of a heart rate within a specific range (e.g. 170 —175). Each range forms an 'incidence bin' that contains a count of all heart rate data that falls between the bins range. Some ranges will be empty with no data and therefore inactive. The highest change in incidences of a power falling into 'histogram bins' in the top 3 histogram bins that are activated denotes the 'Anaerobic  
20 Threshold' power zone. The system can do this assessment as a calibration workout or can do this for every workout and constantly update itself. Once again AT power is not the same for everyone, it is highly individualised. This can be at a power of 240 watts for one individual or 120 watts for another for example. In each case the training zones can be extrapolated through algorithms for each intensity level.

25 **Speed Calibration System** - the same system is applied as above to speed with several minor modifications (e.g. speeds are only assessed on the flat) to achieve the same goal.

The same concept may be applied to respiration rate (and some heart rate derivatives, cadence or  
30 turnover and distance per turnover)

Once the AT zone has been identified, in each case all the other activity/ training zones can be extrapolated through algorithms for each intensity level.

If the AT is assessed for every workout so that it constantly updates which is the preferred embodiment, there are contingencies set for accepting new data that updates the historic AT zone and therefore all other activity zones. Data that falls outside being less than 90% of the maximum historic AT value or more than 105% of the maximum historic AT value is deleted and not used to update the historic AT value which is an average of accepted historic AT values for each workout.

The AT zone may be set too low with some individuals upon initial use but adapts to higher levels as the user becomes fitter and engages in more intense training.

Effort /in tensity can therefore be defined as a heart rate zone, speed zone or power zone.

It is also possible to use the older method based on a real or theoretical maximum, a lactate or Conconi test, ventilation test.

### 3.5 Classified Activity Definitions

Table 1 (in the 'Classification Tables' section at the end of this specification) shows an exemplary classification system for a weight loss —walking/ running category (or the general activities under the activity status monitoring category). The 'classification of activity type' column shows a list of the activities classified under walking/running. The 'primary intensity measurement system' column shows the secondary effort parameters that may be used in addition to resistance (which is a measure of terrain in this case). The 'metrics used' column shows the various metrics that are used to provide a measure of the monitored parameter (some or all of the metrics may be used depending on the circumstances). The 'algorithm' column specifies the thresholds criteria that are tested when utilising the classification system to identify the activity. The definition of each activity lies within the algorithm. The 'measurement sensor(s)' column outlines various sensors that may be used to provide a measure of the required parameter in the required metrics. The 'collected data over the identified activity period column' shows a list of other parameters that may be monitored upon identification of that particular activity. These other parameters would be taken into consideration when processing the activity data for interpretation of the compliance and providing advice/guidance in general.

### 3.5.1 Weight Loss/Activity Status Monitoring - General

#### Inactive

Speeds that are below 2km/hr or 0km/hr indicate very little movement. Power outputs that are below 25watts or 0 watts indicate little activity. An accelerometer detecting stride rates of less than 10 strides per minute (that may have low time uniformity between steps) also indicate low activity.

#### Inactive Upright

A period of inactivity may be determined when a user shows very low levels of movement.

10 The parameters that may be used to classify this are either: a multi axis accelerometer output, a multi axis accelerometer output and a speed measure, or a multi axis accelerometer output and a heart rate measure. For examples speeds that are below 2km/hr or 0km/hr indicate very little movement. Power outputs that are below 25watts or 0 watts indicate little activity. Stride rates of less than 10 strides per minute (that may have low time uniformity between steps) also indicate low activity. Finally a multi axis accelerometer can also pick up if the user is lying down or standing upright if the accelerometer is mounted correctly.

#### Inactive Rest

20 Inactive Rest is the same as Inactive Upright except that a multi axis accelerometer has determined that a user is below an 80° angle to being upright for more than 1min. Additional parameters may be used to define this classification such as heart rate (less than 40% of the user's AT heart rate, and/ or less than 37% of the user's maximum heart rate) or respiration rate (of less than 12 breaths per minute for example). An average over time may be built up and used as the true thresholds.

25

In the preferred embodiment the heart rate and respiration rate can be assessed for all incidences so that it constantly updates the historic threshold criteria. There are contingencies set for accepting new data that updates the historic Inactive Rest zone. Data that falls outside being less than 90% of the minimum historic Inactive Rest value or more than 105% of the minimum historic Inactive Rest value is deleted and not used to update the historic Inactive Rest value which is an average of accepted historic Inactive Rest values for each 'Rest' incidence.

30

### Inactive Prone

A single parameter which determines whether someone is prone may be insufficient to distinguish between someone lying down (prone) and someone crawling (which would be evident from an additional speed parameter for example) for instance.

5

Inactive prone is exactly the same as Inactive Rest but it must exceed either the set thresholds for Inactive Rest (heart rate must exceed 40% of AT heart rate or exceed 37% of maximum heart rate and respiration rate must exceed 12 breaths per minute) or it must exceed the averages for Historic Inactive Rest.

10

For all inactive classifications, the system may in addition gather any combination of the following data: Elapsed time, time, location, distance, altitude, gradient or slope, steps, gait analysis (including heaviness of footfall —higher force accelerometer data or limping —high contrasts in force measured through an accelerometer for right leg footfall versus left) power, heart rate, R-R interval (or Heart Rate Variability (HRV)) Electrocardiogram (ECG), blood pressure, pulse oxymetry, body temperature, glucose and cholesterol levels are also monitored to be processed as part of the data relating to the inactivity. Other data may also be included such as environmental temperature, humidity, heat index and wind chill, water temperature, wind speeds, weather conditions (rain, snow, fine) and forecast, gas (nitrogen, oxygen etc) concentrations in the air, direction a user is facing, moving backwards or forwards or laterally, location of other users (including information on their activities), location of resources, location of an object or incident, goal targets and mission objectives which may be determined through portable sensors or accessed from another source.

15

20

Upon identification of Inactivity the system may output an appropriate signal such as "Inactive Upright Identified", "Inactive Rest Identified" or "Inactive Prone Identified", in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity the data now classified under inactive upright, inactive rest or inactive prone is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

25

30

### **Walking exercise**

In the example shown walking is classified into the following activities: easy walking, rolling hills, hills, long climb and fat burning zone.

35

### Easy Walking

This activity is identified when the user of the system is (or has been in the case of post exercise analysis) walking at a nominal pace on a substantially flat terrain. It is therefore preferable to monitor the state of the terrain as the first parameter to be able to identify this activity. The effort parameter as stated above and as shown in the 'primary intensity measurement system' column may be speed, heart rate or power or any combination thereof. Speed can be provided as a direct measurement (e.g. km/hr) and/or provided as a measure of stride rate (e.g. steps/minute) where indirect measures of speed such as algorithms that use accelerometers can calculate speed. Terrain can be provided as a measure of the slope and/or the gradient or change in altitude (i.e. a grade in percentage).

The algorithm specifies one or more thresholds criteria that would be tested when utilising the classification system to identify an easy walking activity.

The threshold criteria for an easy walking activity may be set using the values determined during calibration. For instance, a speed or heart rate equivalent to 3-4 on the User rating system may be the threshold criteria set for easy walking. Alternatively or in addition a heart rate of less than 55% of maximum heart rate or less than 60% of AT heart rate, and/or a speed of less than 45% of AT speed and/or power of less than 45% of AT power may be set to identify an easy walking activity.

In addition or alternative to the above threshold criteria, a stride rate threshold that defines an easy walking speed may be set by the algorithm as less than 66 steps per minute. A step in this case is considered as one full cycle of both left and right leg steps (this is however not intended to be limiting and other ways of representing the stride rate may be used).

The algorithm may also define when to stop classifying the exercise data as an easy walking activity. This may be when the stride rate exceeds 66 steps a minute for a specific length of time and/or as shown in the Table 1, when the slope exceeds 2 degrees for, for example over 6 meters of vertical gain, and/or the slope exceeds 2 degrees for, for example a 30 second period or longer.

Furthermore the algorithm may define an edge forgiveness period. This is a short period where exercise data that is being processed and compared against the thresholds drops out of the threshold zone for that activity and then returns within the threshold zone. For example, if the

stride rate of the user changes to above 60 steps per minute but returns to less than 60 steps per minute shortly after, then the data gathered for the period where the stride rate was above the threshold should still be considered as part of the easy walking activity and processed with the rest of the data. In preferred embodiments the edge forgiveness period may be 1 - 9 seconds. If the stride rate (or speed, heart rate, or power) exceeds the threshold for longer than 9 seconds then the data will no longer be considered as part of the easy walking activity (and another activity may be identified by the algorithms of the classification system at this point).

The types of sensors that may be used to measure speed can be found in GPS or Accelerometer devices. An accelerometer can be used to measure stride rate or algorithms can be applied to accelerometer data to calculate speed. A GPS device, barometer, DEM (digital elevation model) device or inclinometer may be used to measure the change in terrain/ altitude. If a GPS device is used then the GPS speed may need smoothing and/or the GPS altitude may require error correction.

Alternatively or in addition to speed, a heart rate parameter may be monitored and used to identify an easy walking activity. The parameter may be measured in beats per minute. The classification system would in this case be built to cater for such a parameter and set appropriate thresholds to define easy walking (as for speed).

A heart rate monitor of some sort would be used as the measurement sensor (less than 60% AT heart rate and greater than 40%, less than 55% of maximum heart rate and greater than 37%) in this case and similar additional data would ideally be collected to aid in interpretation of the activity and guidance. Note that in this case the terrain parameter is still monitored and applicable thresholds are still considered within the algorithm as described for speed above.

In yet another alternative a power parameter may be monitored as the measure for effort. The metrics used would be Watts. Easy walking equates to a power output of less than 45% of AT power (but greater than 25 watts)

Power may be taken directly from a power sensor or can be indirectly determined through an algorithm based on a speed, body weight and slope measure and similar additional data would ideally be collected as for speed and heart rate to aid in interpretation of the activity as shown in the Table 1.

Having three types of primary intensity measure (Speed, Heart Rate and Power) enables compatibility of the system with GPS (that only measures speed, no Heart Rate) or a Heart Rate monitor (no speed), for example.

5 Flat can be defined as an upward slope of less than 2° (4% gradient where consistent altitude (allowing for Edge Forgiveness) cannot amount to more than a 6 meter altitude gain. A downward slope of as much as -2° (-4% gradient) may be allowed.

For easy walking (and any other suitable activity defined in this specification), the classification may be further broken down into determining whether the user is moving forwards or backwards  
10 (which may also include lateral movement) using a digital compass contained in a device that is fixed to the body. This is accomplished by the system knowing the direction the user is facing and then inferring from the movement whether they are moving forwards, backwards or laterally. For instance, movements in a direction in the range of 315 to 45 degrees in relation to where the user is facing may be classified as forward movements, backwards movement may be in the  
15 direction of 135 to 225 degrees in relation to where the user is facing, movement to the left may be in the range 225 to 315 degrees and movement to the right may be 45 to 135 degrees.)

Within the streams of data recorded during the activity or exercise the data now categorised as 'easy walking' is available for immediate processing (and therefore 'real time' feedback) or kept  
20 later for post workout analysis.

Upon identification of an easy walking activity the system may output an 'easy walking identified' signal in text, auditory or graphical manner or any combination thereof.

### 25 Rolling Hills

A rolling hill is defined as a climb of more than 4 meters (when using a or GPS Digital Elevation Model the definition is above 7 meters (due to greater errors in both GPS and DEM) and less than a climb of 20meters. Speed or Stride rate thresholds can also be applied to the classification system to determine whether the user is walking or running up the hill. Stride rates that are less  
30 than 66 strides per minute and speeds that are less than 7km/hr would denote walking. This activity is identified when the user of the system is (or has been in the case of post exercise analysis) walking up a short hill. It is therefore preferable to monitor the state of the terrain as the first parameter to be able to identify this activity. The effort parameter may be speed, heart rate or power or any combination thereof as in the 'easy walking' activity. The metrics, algorithm

thresholds and measurement sensors for the effort parameters are the same as those described for easy walking above.

Terrain can be provided as a measure of the meters ascended, slope and/ or the gradient (i.e. a  
5 grade in percentage). Meters ascended may be determined using a barometer calibrated for  
determining change in air pressure to show change in altitude. Slope can be determined as a  
change in altitude over time which may be converted to slope or gradient. Slope/gradient can  
also be determined by an inclinometer (mounted on a bicycle handlebar) or by setting a gradient  
on a device such as an indoor running/ walking treadmill. The algorithm associated with this  
10 activity defines a rolling hill activity as one where the slope is more than 2 degrees (or 4%  
gradient) and less than 8 degrees (or 15% gradient). Furthermore this is preferably the case over  
at least a 7 meter vertical gain but no more than a 20 meter vertical gain. In one embodiment,  
additionally a period threshold can be set, where a slope of more than 2 degrees is maintained for  
a period of more than 70 seconds but less than 200 seconds, to help define this activity. If the  
15 measured parameters were to fall outside of these thresholds then this suggests the user is no  
longer walking up the short hill (or is walking up a longer hill).

An edge forgiveness period of for example 1-9 seconds as described for easy walking above may  
be applied by the rolling hills algorithm.

20

Upon identification of a rolling hills activity the system may output a 'rolling hill identified' signal  
in text, auditory or graphical manner or any combination thereof. Within the streams of data  
recorded during the activity or exercise the data now classified as a 'rolling hill' is available for  
immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

25

### Hills

This activity is identified when the user of the system is (or has been) walking up a medium  
length hill. A hill may be defined as an increase in elevation of more than 20 meters but less than  
30 30 meters (allowing for edge forgiveness in the preferred embodiment). Therefore the activity is  
defined in essentially the same way as rolling hills above, except the period threshold is replaced  
with a slope of more than 2 degrees being maintained for at least 200 seconds but no more than  
410 seconds. Also the meters ascended differ but the same procedure is employed.

Stride rate or speed may be used in some embodiments to ensure the user is walking up the hill, with stride rates below 66 strides per minute and speeds below 7km/hr indicating walking as opposed to running.

- 5 Upon identification of an easy walking activity the system may output a 'hill identified' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified as a 'hill' is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

10

#### Long Climb

This activity is identified when the user of the system is (or has been) walking or running up a long hill. Therefore the activity is defined in essentially the same way as rolling hills and hills above, except the period threshold is replaced with a slope of more than 2 degrees being  
15 maintained for at least 410 seconds. A long climb is also defined is an increase in altitude of more than 30 continuous meters (allowing for edge forgiveness).

The same stride rate or speed system can be used to determine whether the user is walking or not.

20

Upon identification of a long climb the system may output a 'long climb identified' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified as a 'long climb' is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

25

#### Fat Burning Zone/Fast Walking

This activity is identified when the user of the system is (or has been) walking at a fast pace. It is essentially the same as the easy walking activity except the algorithm thresholds associated with speed, heart rate and power are different. In the fast walking activity the speed threshold may be  
30 45 - 60% of AT speed as it is for power.

The heart rate threshold may be 60 - 70% of the Anaerobic Threshold heart rate calculated in the Heart Rate Calibration system previously mentioned or 55-65% of maximum heart rate.

Fast walking may be defined as the speed or heart rate equivalent of 5 to 6 on the User rating  
35 system

The slope threshold that defines a fast walking terrain is set by the algorithm as less than two degrees or less than 4% gradient (which is approximately 2 degrees). Flat is defined as an upward slope of less than 2° (4% gradient where consistent altitude (allowing for Edge Forgiveness) cannot amount to more than a 6 meter altitude gain. A downward slope of as much as -2° (-4% gradient) is allowed.

Upon identification of a fast walking activity the system may output a 'fat burning zone identified' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified as a 'fast walking' is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

The direction that the user is moving in; forwards, backwards or laterally can be determined by the system if the user has a digital compass fixed to their body as explained in Easy walking.

#### Low Speed —Run

This activity is defined when the user of the system is (or has been) running at a low speed. It is principally the same as fast walking and easy walking in that it occurs on the flat. To determine flat, the slope threshold that defines Low Speed Running terrain may be set by the algorithm as less than two degrees or less than 4% gradient (which is approximately 2 degrees) with no continuous ascent of more than 6meters vertical altitude gain. A downward slope of as much as -8.5° (-16% gradient) may also be regarded as a low speed running activity as would any uphill that fails to qualify as a hill (less than a 6 meter climb).

The difference is primarily based on the fact that the speed is faster. This can be determined using any one or more of the three primary intensity measurements —speed, heart rate and power.

The speed threshold/zone may be 60 —90% of the Anaerobic threshold speed calculated through the Speed Calibration system previously mentioned.

The heart rate threshold may be 70-80% of the Anaerobic Threshold heart rate calculated in the Heart Rate Calibration system previously mentioned (65-75% of Heart rate maximum)

The power threshold may be 60 - 90% of Anaerobic Threshold power calculated using the Power Calibration system previously mentioned.

Alternatively or in addition, low Speed Running may be defined as the speed or heart rate equivalent of 6.5 to 7.5 on the User rating system

Stride rate may also be used particularly for defining low speed running when heart rate is the primary intensity measure. The stride rate threshold may be greater than 66 steps (as defined by a complete left right footfall cycle) per minute to indicate that the user is not walking or standing still.

The direction that the user is moving in; forwards, backwards or laterally can be determined if the user has a digital compass fixed to their body as explained in Easy walking.

Upon identification of a low speed running activity the system may output a 'low speed running identified' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified as a 'low speed running' is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

#### High Speed Run

High Speed Running may be the same as low speed running except the threshold zones change for speed, heart rate and power.

The speed threshold/zone may be 90 —95% of the Anaerobic threshold speed calculated through the Speed Calibration system previously mentioned.

The heart rate threshold may be 80-90% of the Anaerobic Threshold heart rate calculated in the Heart Rate Calibration system previously mentioned (75-85% of maximum heart rate).

The power threshold may be 90 – 95% of Anaerobic Threshold power calculated using the Power Calibration system previously mentioned.

Additionally or alternatively, High Speed Running may be defined as the speed or heart rate equivalent of 7.5 to 8.5 on the User rating system.

High speed running may output a 'high speed running identified' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified as a 'high speed running' is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

#### Out of Zone: Too Fast

Any speed, heart rate or power recorded on the flat that exceeds the high speed running criteria is regarded and classified as 'Out of Zone, Too Fast' and may output an 'Out of Zone, Too Fast' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now categorised as a 'Out of Zone, Too Fast' is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

The parameters (mainly effort and terrain in this case) that are used to determine the above classified activities aid the system in defining the activities. They provide a way of separating out the data within the activity session. This data may include many data streams of which only two in this case (terrain and effort data streams) are required to classify the data. More data streams may be captured during the activity period and a combination or all of these data streams may be then used in processing once the activity is determined and for creating 'feedback' to the user.

#### **Non Specific Movement**

Non specific movement assesses situations where the user is neither walking nor running and not stationary. The parameters assessed by the system to determine the classification are: effort (heart rate), postural status and stride rate. Speed and power are secondary measures.

#### Non Specific Movement - Moderate Activity

Heart rate may be greater than 45% but less than 55% of AT heart rate (greater than 37% but less than 60% of maximum heart rate).

Speed may be greater than 2km/hr but less than 6km/hr and movements /impacts /stride rate may be less than 40 strides per minute with poor time uniformity.

The user should be upright as assessed by a multi axis accelerometer.

#### Non Specific Movement - High Activity

Non Specific Movement —High Activity is the same as the Non Specific Movement —Moderate Activity classification except the intensity is higher.

Heart rate may be greater than 55% but less than 70% of AT heart rate (greater than 55% but  
5 less than 65% of maximum heart rate). Impacts/movements/ stride rate is 40-60.

#### Non Specific Movement - Very High Activity

Non Specific Movement —Very High Activity is the same as the Non Specific Movement —Moderate Activity classification except the intensity is higher.

10 Heart rate may be greater than 70% of AT heart rate (greater than 65% of maximum heart rate).  
Speed may be greater than 2km/hr but less than 6km/hr and movements/ impacts/stride rate  
may be greater than 60 strides per minute with poor time uniformity.

It is preferred that for any of the above activities, in addition to effort and terrain data,  
15 such as elapsed time, time, location,, distance, ,altitude, gradient or slope, steps, gait analysis  
(including heaviness of footfall —higher force accelerometer data or limping —high contrasts in  
force measured through an accelerometer for right leg footfall versus left.) power, heart rate, R-R  
(or HRV) ECG, blood pressure, pulse oxymetry, body temperature, glucose and cholesterol levels  
are also monitored to be processed as part of the data relating to the classified activity. Other data  
20 may also be included such as environmental temperature, humidity, heat index and wind chill,  
water temperature, wind speeds, weather conditions (rain, snow, fine) and forecast, gas (nitrogen,  
oxygen etc) concentrations in the air, locations of other users (including information about their  
activities), location of resources, location of an object or incident, goal targets or mission  
objectives, direction the user is facing or moving (backwards, forwards, lateral)which may be  
25 determined through portable sensors or accessed from another source. This aids in interpretation  
of the compliance level of the activity for example with a preset plan and in providing future  
guidance/ advice in general.

Note that the above defined activities are the same for both activity status monitoring and weight  
30 loss categories.

### **3.5.2 Activity Status Monitoring - Specialised**

Table 2 shows an exemplary classification system for an activity status monitoring category (the  
35 general activities being the same as those defined under weight loss and as shown in Table 1).

Activity status monitoring may be used for specialised Military, Police, Fire or Rescue services etc applications. The following is definitions of the specialised activities under activity status monitoring (general activities being defined in the previous weight loss classification section).

5 Sprint - Flat

A sprint is moving at a speed just above a high speed run. If a sprint is used to monitor activity then the 'Out of Zone, Too Fast' classification may not be used. Sprinting is determined by exceeding 101% of AT speed, exceeding 101% of AT heart rate or 95% of maximum heart rate and/ or exceeding 105% of AT power.

10 Additionally or alternatively, the Sprint Running threshold may be the speed, power or heart rate equivalent of 9 to 10 on the User rating system

To determine flat, the slope threshold that defines Sprint Running terrain is set by the algorithm for Flat which is defined as an upward slope of less than  $2^{\circ}$  (4% gradient where consistent altitude (preferably allowing for Edge Forgiveness) cannot amount to more than a 6 meter altitude gain). A downward slope of as much as  $-2^{\circ}$  (-4% gradient) may be allowed.

15 Upon identification of a sprint running activity the system may output a 'sprint running identified' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified as 'sprint running' is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

Sprint Hill

25 Sprint hills is the same as Sprint Flat except the slope must be greater than 2 degrees or 4 % gradient (allowing for edge forgiveness of 9 sees).

Sprint Running may be defined as the power or heart rate equivalent of 9 to 10 on the User rating system as opposed to speed due to going uphill.

30 Upon identification of a sprint hill activity the system may output a 'sprint hill identified' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified as 'sprint hill is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

### Crawling

Crawling is the same as Inactive Prone in that sensors indicate that the users torso is prone but a smoothed speed (over 15secs for example) greater than 2km/hr and/or a power greater than 25 watts is required to indicate that the user is moving.

5

If movement detected is combined with 'prone' accelerometer data, this may indicate that a solidier is crawling for example.

10

The direction that the user is moving in; forwards, backwards or laterally can be determined if the user has a digital compass fixed to their body as explained in Easy walking.

15

Upon identification of a crawling activity the system may output a 'Crawling identified' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified as 'crawling' is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

### Climbing

Climbing is the same as Inactive Prone but smoothed speed is less than 3km/hr and vertical meters ascended must exceed 2 vertical meters with a gradient of greater than 15% or 8 degrees.

20

Upon identification of a climbing activity the system may output a 'Climbing identified' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified as 'climbing' is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

25

### Descent

Descent is exactly the same as Climbing but vertical meters descended must exceed 2 vertical meters with a gradient of greater than 15% or 8 degrees.

30

Upon identification of a descent activity the system may output a 'Descent identified' signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified as 'descent' is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

It is preferred that for any of the above specialised activities, in addition to effort and altitude/ terrain data, other data such as elapsed time, time, location, distance, altitude, gradient or slope, steps, gait analysis (including heaviness of footfall —higher force accelerometer data or limping —high contrasts in force measured through an accelerometer for right leg footfall versus left.) power, heart rate, R-R (or HRV) ECG, blood pressure, pulse oxymetry, body temperature, glucose and cholesterol levels are also monitored to be processed as part of the data relating to the classified activity. Other data may also be included such as environmental temperature, humidity, heat index and wind chill, water temperature, wind speeds, weather conditions (rain, snow, fine), gas (nitrogen, oxygen etc) concentrations in the air, locations of other users (including information about their activities), location of resources, location of an object or incident, goal targets or mission objectives, direction the user is facing or moving (backwards, forwards, lateral) which may be determined through portable sensors or accessed from another source. This aids in interpretation of the compliance level of the activity for example with a preset plan and in providing future guidance/advice in general.

There are many other possible permutations for training types and by stating the following this does not mean that these are the only possible activities within activity status monitoring that can be classified.

### 3.5.3 Running Classification System

Table 3 shows an exemplary classification system for a running category as defined below. To be able to analyse an individual's activity in running, terrain is a requirement in the preferred embodiment. If the runner is running slowly, this could be due to fatigue or due to the fact that they are running up a hill, without terrain it is difficult to effectively analyse the situation. Therefore, for the preferred embodiment the system uses terrain as a primary parameter in classifying all types of running.

In each case when the classifications defined below are identified, including effort and terrain data, other data such as elapsed time, time, location, distance, altitude, gradient or slope, steps gait analysis (including heaviness of footfall —higher force accelerometer data or limping —high contrasts in force measured through an accelerometer for right leg footfall versus left.) , power, heart rate, R-R (or HRV) ECG, blood pressure, body temperature, glucose and cholesterol levels are also monitored to be processed as part of the data relating to the classified activity. Other data may also be included such as environmental temperature, humidity, wind speeds, weather conditions (rain, snow, fine) heat index and wind chill, pulse oxymetry, gas (nitrogen, oxygen etc)

concentrations in the air, which may be determined through portable sensors or accessed from another source. This aids in interpretation of the compliance level of the activity for example with a preset plan and in providing future guidance/ advice in general.

5 Upon identification of a classified activity the system may output a identification signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified and is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

10 Each of the following classifications may include stride rate as a 3<sup>rd</sup> parameter for classification. In each case stride rate should be above 66 strides per minute to ensure the user is actually running (especially where heart rate is used as the primary measure).

#### Inactive

15 Inactive is exactly the same as Inactive Upright in the Weight Loss/Activity Status Monitoring Section (3.5.1).

#### Easy

20 Easy has a similar definition as Low Speed Running in the Weight Loss/ Activity Status Monitoring Section (3.5.1). All data collected when descending (altitude is decreasing or slope/gradient is negative) in a workout is collected as easy and so is all data that is uphill but fails to become classified as a form of hill. Descending could form a separate classification.

#### Rolling Hills

25 Hill training in general improves the strength endurance of a runner. Rolling Hills has exactly the same definition as Rolling Hills for Walking except in this case the user is running. It is also possible that Rolling Hills Walking and Rolling Hills Running both be used in the Running Classification system with rolling hills walking being under 7km/hr (or the power calculation for the same speed based on a person's weight and the slope of the hill).

#### 30 Hills

Hills are exactly the same as Hills under walking in the Weight Loss/ Activity Status Monitoring Section (3.5.1). Except in the running configuration the user would be running. As with Rolling Hills above there could be delineation between walking and running hills in this embodiment using the same thresholds as Rolling Hills.

### Long Climb

Long climbs have the same definition as for long climbs in the Activity Status Monitoring section except the user is running. Once again there might be a walking and running classification for long climbs using the same thresholds as in rolling hills above.

5

### Hill Efforts

Hill efforts are designed to improve the power of a runner, i.e. their strength at a particular speed. Hill Efforts are very much like Rolling Hills with two exceptions, the slope of the hill required is specific and as is the speed. The hill should have a slope of between 2 and 4° (4 —7% gradient).  
10 The intensity level should be 80-90% of AT heart rate, 75-85% of maximum heart rate, 90-95% of AT speed and/or 95-105% AT power. Hill Effort running is the speed, power or heart rate equivalent of 7.5 to 8.5 on the User rating system. Hill Efforts may deviate in intensity from this basic premise depending on the training requirements.

15

### Up Tempo

The effort/ speed associated with this activity simulates half marathon race pace and is used to help adapt runners to the speed. Up Tempo is exactly the same as High Speed Running in the Activity Status Monitoring section except the intensity is modified. The intensity is the equivalent of 90 to 95% of AT speed and power or 80 to 90% of AT heart rate which equates to 75 to 85%  
20 of maximum heart rate. The User rating calibration would provide speeds or heart rates equivalent of 7.5 to 8.5 out of 10 (with TO being maximum effort).

### Anaerobic Threshold

Anaerobic Threshold is very similar to 10km race pace and is slightly higher than Up Tempo in that the speed should be between 95 to 105% of AT speed or AT power and/or heart rate should be between 99 and 101% of AT heart rate which translates roughly to 85 to 95% of Maximum Heart Rate. Anaerobic Threshold-Running is the speed, power or heart rate equivalent of 9 on the User rating system (speeds, heart rates or power are therefore calculated between 8.5 and 9.5 to form a zone).

30

To determine flat, the slope threshold that defines Low Speed, Up Tempo, and Anaerobic Threshold Running, sprint and race pace terrain is set by the algorithm as less than two degrees or less than 4% gradient (which is approximately 2 degrees). The upward slope cannot amount to more than a continuous 6 meter altitude gain. A downward slope of as much as -2° (-4%  
35 gradient) is allowed

### Sprint

Sprinting is used to prepare the runner for surges, starts or sprint finishes when racing and is classified in the same way as Sprint Flat in the Activity Status Monitoring section.

5

### Overspeed

Overspeed is a training task used to improve the leg speed and fluidity of a runner's gait. The key in this case is that the runner is running slightly downhill to gain more speed which drives their leg turnover up increasing stride rate.

10 The slope can be less than -2 degrees (-4% gradient) but no less than -4 degrees (-7% gradient). In the preferred embodiment stride rate (measured through a pedometer) would be the same as that of 5% higher than AT stride rate. Speed should be 100-105% of AT speed or the power equivalent taking into account speed, body weight and slope. Heart Rate is not used for this classification.

15

### Race Pace

Race Pace may vary in relation to the event the user is racing in.

Bonus speed In extra effort that is not planned for a workout but accidentally or deliberately done  
20 (whether this is recorded in terms of heart rate, speed or power) is collected as bonus or out of zone speed.

For example a runner may meet a friend and have quite a competitive workout which includes speedwork that was not planned. In the preferred embodiment, out of zone data is collected specific to the classification that it matches but if it is not planned in the exercise session it is  
25 classed as bonus data.

There are many other possible permutations for training types and by stating the following this does not mean that these are the only possible activities within funning that can be classified.

30 Furthermore, the running classification can also be used for cross country skiing or skating or with the absence of rolling hills, hills, long climbs and hill efforts for ice skating.

## **3.5.4 Cycling Classification System**

35 Table 4 shows an exemplary classification system for a cycling category as defined below. Cycling like running preferably requires knowledge of the terrain that the user is on during each part of the workout.

Cycling in the preferred system is broken down into the following classifications; Easy, Rolling Hills, Hills, Long Climbs, Hill Spinning, Hill Efforts, Flat Big Gear, Big Gear Time Trial, Up Tempo, Anaerobic Threshold, Power, Sprint and Overspeed.

5

There are many other possible permutations for training types and by stating the following this does not mean that these are the only possible activities within cycling that can be classified.

10

Heart rate and power are preferred for determining intensity as speed is more susceptible to environmental conditions.

Other derivatives of exercise not mentioned in the following body of text may also be used to determine alternative classifications to those mentioned.

15

In each case when the classifications defined below are identified, including effort and terrain data, other data such as elapsed time, time, location, distance, altitude, gradient or slope, poor technique and pedalling technique analysis(including variations in the fluidity of the pedal stroke - variable force data within a pedal stroke or strength imbalances - high contrasts in force for right leg versus left, VERTICAL, tangential, radial forces.) , power, heart rate, R-R (or HRV) ECG, blood pressure, body temperature, glucose and cholesterol levels are also monitored to be processed as part of the data relating to the classified activity. Other data may also be included such as environmental temperature, humidity, heat index, wind chill, wind speeds, weather conditions (rain, snow, fine) heat index and wind chill, pulse oxymetry, gas (nitrogen, oxygen etc) concentrations in the air, which may be determined through portable sensors or accessed from another source. This aids in interpretation of the compliance level of the activity for example with a preset plan and in providing future guidance/ advice in general.

20

25

Upon identification of a classified activity the system may output a identification signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified and is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

30

Inactive

Inactive is classified if the cycle speed is under 2km/hr for more than 15 seconds and/or when power is below 25 watts for the same period. Heart rate would be below 60% of AT heart rate (below 70% of maximum heart rate.)

5

Easy

'Easy' can be defined by intensity (speed, heart rate or power) and terrain, or by intensity, terrain and cadence (pedal revolutions or turnover). 'Easy' uses the same percentage heart rates and speeds as used in easy running.

10

To be classified as 'Easy' the cyclist must be riding on the flat which as previously defined is a slope threshold set by the algorithm of less than two degrees or less than 4% gradient (which is approximately 2 degrees). It is also defined as no more than a continuous increase of 6 meters vertical ascent climbing (preferably allowing for edge forgiveness). A downward slope of as much as  $-8.5^\circ$  (-16% gradient) is allowed as would any uphill that fails to qualify as a hill (less than a 6 meter climb).

15

As with easy running all descending down hills are also classed as easy as is any uphill riding that does not fall into one of the hill climbing classifications (Rolling hills, hills, long climb, hill spinning and hill efforts).

20

So to be classified as Easy the cyclist must be at a speed of 65-90% of AT speed, or a heart rate of 70 to 80% of AT heart rate (65-75% of maximum heart rate) or 65-90% of AT power or any combination thereof.

25

In the preferred embodiment cadence is included as a classification parameter, and is preferably 90 to 105 revolutions per minute for a road cyclist, 85 to 95 pedal revolutions each minute for Time trialling, triathlon and mountain biking and 80 to 95 pedal revolutions per minute for recreational 'fitness' cyclists.

30

For example, a road cyclist riding on a 1 degree slope that has not ascended continuously and vertically for more than 6 meters at a heart rate of 80% of AT heart rate and at a cadence of 95 pedal revolutions per minute is classified as doing Easy exercise.

35

### Rolling Hills

Rolling Hills may be established in exactly the same way as it is for running Rolling Hills.

### Hills

- 5 Hills may also be classified in exactly the same way as running Hills.

### Long Climbs

Long climbs may also be classified in the same way as running Long Climbs.

10 Hill Spinning

Hill Spinning is the same as hills and hills long climb in that the vertical meters ascended for a hill need to be above 20 meters but each hill ascended also requires an average cadence above 70 pedal revolutions per minute during the climb.

15 Hill Efforts

Hill efforts are very similar to hill efforts in running in that the gradient is shallow. The hill needs to have a slope of between 2 and 4° (4 - 7% gradient) and an intensity of 80-90% of AT heart rate, 75-85% of maximum heart rate, 90-95% of AT speed or 95-105% AT power or any combination thereof is required. Hill Effort Running is the speed, power or heart rate equivalent of 7.5 to 8.5 on the User rating system. Hill Efforts may deviate in intensity from this basic premise depending on the training requirements.

20

### Flat Big Gear

Flat big gear is where a cyclist trains in a big gear to improve strength endurance on flat terrain. The flat terrain definition is preferably the same as has been used throughout this document. To determine flat, the slope threshold that defines Flat Big Gear terrain is set by the algorithm as less than two degrees or less than 4% gradient (which is approximately 2 degrees) with no continuous ascent of more than 6meters vertical altitude gain. A downward slope of as much as -2° (-4% gradient) is allowed.

25

30

The gear size needs to be determined to make sure the gearing is correct. This can be achieved by measuring which gear the user is in directly or indirectly by using distance travelled per pedal revolution or a combination of an intensity parameter (heart rate, power or speed) and a leg turnover parameter which in this case would be pedal cadence.

35

There are preferably two methods for determining this classified-activity:

1. In the first embodiment, intensity (heart rate, power or speed) and cadence is used. An Easy intensity on the flat but a low pedal cadence indicates that the user is in a big gear. Therefore the intensity for the Flat Big Gear is Easy which equates to 70-80% of AT heart rate (65 to 75% of maximum heart rate) and 65 to 90% of AT power (65-90% of AT speed). The cadence in all cases is 65 to 75 pedal revolutions per minute.
2. In the second embodiment intensity (heart rate, power or speed), pedal cadence and distance travelled per pedal turnover are used. The intensity is the same as described above as is the pedal cadence. Distance per Turnover needs to be established based on a Distance per Turnover calibration method which is exactly the same as power and heart rate calibration methods giving a Flat Big Gear Distance per Turnover of 85 to 130% of AT turnover.

#### Big Gear Time Trial

A Big Gear Time Trial is very similar to Flat Big Gear and is used to train the cyclist's strength and speed following on from Flat Big Gear training. Big Gear Time Trials are carried out on the flat and at a pedal cadence of 65 to 75 pedal revolutions per minute. The fundamental difference between Flat Big Gear and Big Gear Time Trials is the intensity in Big Gear Time Trials are slightly higher. Once again there are preferably two methods of classifying this activity:

1. In one embodiment, the intensity for Big Gear Time Trials is 80 to 90% of AT heart rate (75 to 85% of maximum heart rate) and 90 to 120% of AT power. (90 to 105% of AT speed.) with a cadence of 65 to 75 pedal revolutions per minute.
2. In a second embodiment, the method uses intensity and cadence as mentioned above and includes distance per turnover of 100 to 130% of AT Distance per Turnover.

#### Up Tempo

Up Tempo is exactly the same as Up Tempo running from an intensity point of view and is conducted on the flat. The only addition may be pedal cadence which would preferably be at 90 to 105 revolutions per minute for a road cyclist, 85 to 95 pedal revolutions each minute for Time trialling, triathlon and mountain biking and 80 to 95 pedal revolutions per minute for recreational 'fitness' cyclists.

#### Anaerobic Threshold

Anaerobic threshold is the same as Anaerobic Threshold for running in that it is on the flat at the same calculated intensities. Once again cadence may be a third parameter where the pedal

turnover is preferably 90 to 105 revolutions per minute for a road cyclist, 85 to 95 pedal revolutions each minute for Time mailing, triathlon and mountain biking and 80 to 95 pedal revolutions per minute for recreational 'fitness' cyclists.

#### 5 Power

Power is a form of sprint cycling used to train the cyclist for low speed 'jumps' to shake a competitor off their wheel or to out sprint them in a finish where several riders have escaped the field and there are 'cat and mouse' tactics near the finish line. Power is defined as an intensity of greater than 133% of AT power and a cadence of 70 to 95 pedal revolutions per minute on the flat. It can also be defined as a speed change from 20km/hr to AT speed in under 20 seconds at a cadence of 70 to 95 pedal revolutions per minute, or defined by a heart rate change of more than 15% of AT heart rate in 20 seconds at a cadence of 70 to 95 pedal revolutions per minute, both being on the flat. Flat is defined as an upward slope of less than 2° (4% gradient where consistent altitude (allowing for Edge Forgiveness) cannot amount to more than a continuous 6 meter altitude gain. A downward slope of as much as -2° (-4% gradient) is allowed.

#### Sprint

Sprinting is the same as power except the starting speed is higher and the cadence is also higher. It is also performed on the flat. Sprinting is designed to train a cyclist for a final sprint in a cycle race where the rider is at maximum effort sprinting for the line. Sprinting can be defined as an intensity where the power is greater than 133% of AT power at a cadence of 95 —110 pedal revolutions per minute and can also be defined as a speed greater than 106% of AT speed at a cadence of 95 to 110 pedal revolutions per minute on flat terrain. It can also be defined as a heart rate of greater than 101% of AT heart rate (95% of maximum heart rate) at a pedal cadence of 95 to 110 revs per minute on flat terrain. Flat is defined as an upward slope of less than 2° (4% gradient where consistent altitude (allowing for Edge Forgiveness) cannot amount to more than a continuous 6 meter altitude gain. A downward slope of as much as -2° (-4% gradient) is allowed. Cadence may vary from the above depending on the user; for example arecreational user cadence is generally 80-95rpm and triathlete or mountain biker cadence is generally 85 -95rpm.

#### Overspeed

Overspeed is designed to improve leg speed which boosts the fluidity of a cyclists pedalling technique and also gives them a greater 'power band' from a cadence point of view when riding. Overspeed is primarily described by pedal cadence and terrain. The pedal cadence must exceed 111 pedal revolutions per minute and the terrain must be flat or slightly downhill. This is defined

as a slope of less than 0° (0% gradient where consistent altitude and a downward slope of as much as -4° (-6% gradient) is allowed. Power, heart rate and speed are not primary parameters for this activity.

#### 5 Bonus speed

In extra effort that is not planned for a workout but accidentally or deliberately done whether this is recorded in terms of heart rate, speed or power is collected as bonus or out of zone speed.

For example a cyclist may meet a friend and have quite a competitive workout which includes speedwork that was not planned. Out of zone data is collected specific to the classification that it matches but if it is not planned in the exercise session it is classed as bonus data.

#### Race Pace

Race Pace varies in relation to the event the user is racing in.

15

### **3.5.5 Rowing and Kayaking**

Table 5 shows an exemplary classification system for a rowing/kayaking category as defined below. Rowing and kayaking are grouped together because the main component of speed for both sports is the distance per stroke in the water multiplied by the stroke rate.

20

In this case terrain is not a factor, so stroke rate is substituted as the resistance component. Usually a combination of intensity and stroke rate will describe distance per stroke relatively reliably. Alternatively distance per stroke could be used but this is harder to measure for use as it is affected by moving water whether this is water flowing down a river or tides and currents.

25

Rowing and Kayaking have the following classifications: Inactive, Easy, Slow Full Pressure, Tempo Load, Up Tempo, Anaerobic Threshold, Starts and Moves and Out Of Zone.

30

Other derivatives of exercise not mentioned in the following body of text may also be used to determine alternative classifications to those mentioned.

35

In each case when the classifications defined below are identified, including effort and stroke rate data, other data such as elapsed time, time, location, distance, altitude, gradient or slope, poor technique (including variations in the fluidity of the pedal stroke - variable force data within a stroke or strength imbalances - high contrasts in leg drive force for right leg versus left, right

versus left arm in sculling.) , power, heart rate, R-R (or HRV) ECG, blood pressure, body temperature, glucose and cholesterol levels are also monitored to be processed as part of the data relating to the classified activity. Other data may also be included such as environmental temperature, water temperature, humidity, heat index, wind chill, wind speeds, weather conditions (rain, snow, fine) heat index and wind chill, pulse oxymetry, gas (nitrogen, oxygen etc) concentrations in the air, which may be determined through portable sensors or accessed from another source. This aids in interpretation of the compliance level of the activity for example with a preset plan and in providing future guidance/ advice in general.

Upon identification of a classified activity the system may output a identification signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data now classified and is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.

There are many other possible permutations for training types and by stating the following this does not mean that these are the only possible activities within rowing or kayak training that can be classified.

#### Inactive

Inactive is classified if the rowing/kayaking speed is under 2km/hr for more than 15 seconds or when power is below 25 watts for the same. Heart rate would be below 45% of AT heart rate (below 45% of maximum heart rate.)

#### Easy

Easy is defined using a combination of intensity and stroke rate. The intensity is 70 to 80% of AT heart rate, (65 to 75% of maximum heart rate), and/ or 65 to 90% of AT power or speed. The stroke rate is 18 to 22 strokes per minute (stroke rate can vary depending on the skiff being rowed - e.g. an 8 will tend to have slightly higher stroke rates than a pair for example). This is 6 to 7.5 in a user rating scale.

#### Slow Full Pressure

Slow Full Pressure is a type of strength endurance training which involves high muscular load with relatively low cardiovascular load. Slow Full Pressure is classified as 70 to 80% of AT heart rate (65 to 75% of maximum heart rate) at a speed or power of 80 to 93% of AT speed or power respectively. The stroke rate is 18 to 22 strokes per minute. 7 to 8 on the user rating scale.

### Tempo Load

Tempo Load is designed to promote power or fast strength and is a slightly more intense version of Slow Full Pressure where the intensity is slightly increased. This has a intensity of 80 to 90% of AT heart rate (75 to 85% of maximum heart rate) for a power or speed of 90 to 93% of AT speed and 90-103% AT power. Stroke rate is 18 to 22 strokes per minute (but can be set slightly higher initially) and the user rating scale would be 7.5 to 8.5.

### Up Tempo

Up Tempo is the transitional training from strength endurance training to speed and is similar to Tempo Load but uses a higher stroke rate. Up Tempo is the same as other Up Tempo classifications already stated in this document in that it is 80 to 90% of AT heart rate (75 to 85% of maximum heart rate) and/or 90 to 93% of AT power or speed. Stroke rate conforms more closely to race pace stroke rates. The user rating is 7.5 to 8.5 and the stroke rate required is 23 to 32 strokes per minute.

### Anaerobic Threshold

Anaerobic Threshold begins to condition the rower to race pace and is a slightly higher intensity being 99 to 101% of AT heart rate (85 to 95% of maximum heart rate) and/or 93 to 105% of AT power and speed. The stroke rate moves up again to 33 to 35 strokes per minute. This rating on the user scale is 8.5 to 9.5.

### Race Pace

Race Pace may vary in relation to the event the user is racing in.

### Starts

Starts are used to improve the 'off the line' ability in a rowing start which can be quite crucial. This is where a rower moves from stationary to anaerobic threshold pace. So the definition of a start is from no speed or power (or very little, less than 2km/hr) to 95 to 105% of AT speed or power or from Easy heart rate of less than 75% of AT heart rate (less than 65% of maximum heart rate) to AT heart rate being (99 to 101% of AT heart rate (85 to 95% of maximum heart rate)). Stroke rate moves from zero to race pace stroke rate of preferably greater than 34 strokes per minute. The user rating is 9 or greater.

### Moves

Moves are brief short bursts of race pace or slightly higher efforts. The intensity is usually greater than 101% of AT heart rate (95% of maximum heart rate) and greater than 105% of AT power or speed. The stroke rate is preferably greater 34 strokes per minute. The user rating is 9 or greater.

Bonus speed Any extra effort that is not planned for a workout but accidentally or deliberately done whether this is recorded in terms of heart rate, speed or power is collected as bonus or out of zone speed.

For example a rower may meet someone else out on the water and race them, resulting in quite a competitive workout which includes speedwork that was not planned. Out of zone data is collected specific to the classification that it matches but if it is not planned in the activity session it is classed as bonus data.

### **3.5.6 Field Sports**

Table 6 shows an exemplary classification system for a field sports category as defined below. Field sports are usually about ability to get into position and the ability to out accelerate your opponents therefore understanding and therefore classifying field position and speed for a field sports is useful.

Field and larger court sports break down into 0 to 5 meter speed, 5 to 10 meter speed, 10 to 20 meter speed, 20 to 40 meter speed and finally 40+ meter speed all of which can be analysed from a more or less stationary start or moving start. There are several non sprinting classifications which include tempo speed, jogging speed, walking, stationary and jumping. This information can be measured versus location.

### Location:

It is useful to know where on a competition field each activity took place. Referring to figures 18a-c, a field can be broken up into preselected zones to measure activity within. Activities like sprints, jogging, standing, tackles and going to ground are logged in relation to a specific area within the playing field. For example a soccer field can be divided into thirds laterally (figure 11a), being an attacking third 10a, midfield third 10b and defensive third 10c. There may also be an 18 yard (depth of the penalty box) area. This can also be further segregated into longitudinal locations being centre field 10e, left 10d and right flanks 10f creating a series of 9 quadrants

(figure 11b). This can be further broken up into tighter quadrants 12 for more intense analysis (figure 11c). The number of quadrants (zones) is dependent on the application and the above examples are not intended to be limiting. The shape of the zones can also be altered if desired.

5 Parameters:

The following parameters are used to classify data within a game or practice.

Speed and Power are the primary intensity parameters with power inferred from speed and body weight being the preferred embodiment. The secondary measure is location (in zones or quadrants). Other measures include altitude to determine whether the player is upright, lying on  
10 the ground or jumping. Another parameter is an ability to determine whether a player is upright or 'on the ground' using a multi axis accelerometer. Stride rate is also a preferred secondary measure in some classified activities.

Field sports involve a multi parameter classification in the following way. Speed or power (or  
15 possibly heart rate) is combined with one or many of the following including stride rate, direction the user is facing, location on the field, elapsed time in the game, impacts, upright versus prone, and/ or altitude.

In one embodiment, speed is obtained through accelerometer, GPS, transmitter to  
20 transceiver/receiver triangulation (similar to indoor location systems) or video motion capture. Stride rate is obtained from the combined time and impacts measured through an accelerometer. The direction the user is facing is obtained through a digital compass. Location can be obtained by GPS, transmitter to transceiver/receiver triangulation or video motion capture systems. Altitude for measurement of jumping and 'going to ground' is obtained by barometer or better  
25 still by transmitter to transceiver/receiver triangulation. Tackles are measured in G's using an accelerometer. 'Going to ground' or lying down can also be measured with a multi axis accelerometer fixed to a player.

In each case when the classifications defined below are identified, other data such as elapsed  
30 time, time, location, distance, altitude, poor technique (including variations in left and right leg stride - including right leg versus left strength imbalances, running technique issues, foot contact time, stride length, stride rate, force of foot) , power, heart rate, R-R (or HRV) ECG, upright/ prone, impacts, body temperature may also be monitored to be processed as part of the data relating to the classified activity. Other data may also be included such as environmental  
35 temperature, humidity, heat index, wind chill, wind speeds, weather conditions (rain, snow, fine)

heat index and wind chill, pulse oxymetry, location of other users, location of the ball or puck, which may be determined through portable sensors or accessed from another source. This aids in interpretation of the performance level of the activity and in providing future guidance/advice.

- 5 Upon identification of a classified activity the system may output an identification signal in text, auditory or graphical manner or any combination thereof. Within the streams of data recorded during the activity or exercise the data is now categorised and is available for immediate processing (and therefore 'real time' feedback) or kept later for post workout analysis.
- 10 These segments of different activity types within a game/practice with all the data streams captured within the segment allows for much easier and more intense analysis of a players physiological profile and requirements.

20 meter 'flying start' sprint segments for an inside back (first 5/8's in Rugby Union) can be  
15 analysed versus a benchmark profile of an international 'champion' player as an ideal. Data such as stride rate and stride length may determine that the reason the player is having difficulty accelerating is that they are over striding in the few strides versus the benchmark profile. It may be determined that a player has international champion level aerobic (jog/running) ability and good extended sprints (20-40meters) but lacks shorter sprinting ability (5-15meters) which would  
20 diagnose that the player needed to work on their shorter sprints draining or that the coach would reassign the player to a position more suited to their physiology.

All the following multi parameter classifications combine speed/power with time and/or location. Some will include direction the user is facing, stride rate, upright/ prone, impacts, and  
25 altitude. Each classification uses a distance that the data is captured in. Location can be defined as the attacking third of the field, midfield and defensive third of the field but can be further divided into left flank, right flank and centre field as shown in figure lib. This creates 9 quadrants where data can be classified being: attacking left flank IOad, attacking right flank IOaf, attacking centerfield IOae, let flank midfield IObd, centre midfield IObe and right flank midfield IObf and  
30 defensive left flank IOcd, defensive right flank IOcf and defensive centerfield IOce. Further areas include penalty box, centre left and centre right both being classifications within centre field or goal left flank, goal right flank.

'Game' as referred to in the classifications below is intended to mean data that is taken from a  
35 game or multiple games of rugby, soccer, hockey etc (i.e. competition data).

### Stationary - Upright

Stationary is the same as Inactive Upright and is classified if the speed is under 2km/hr for more than 15 seconds or when power is below 25 watts for the same. Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank  
5 midfield and defensive left flank, defensive right flank and defensive centerfield. Upright can be determined by a multi axis accelerometer attached to the player or an altitude measure (ideally transmitter to transceiver/receiver triangulation). Stride rate should be less than 10 steps per minute.

10

### Stationary - Prone

Stationary prone is used to determine if a player is on the ground with an injury or after a tackle for example. Stationary Prone utilises the same system as used in Inactive Prone in the Activity Status monitoring section where the user must be in a prone position for 0.5secs or more.

15

Location can be determined in the same way as 'Stationary Upright'. Prone is determined by a multi axis accelerometer attached to the player or an altitude measure (preferably via transmitter to transceiver/receiver triangulation).

### 0 to 5 Meter Power /Speed Moving

20

0 to 5 Meter Power/Speed is defined as being greater than 95% of the highest historic game speed average over a distance of 5 or less meters. An initial speed of greater than 40% of highest current game or historic speed for at least 10 seconds is also required. The percentages used have the flexibility to be adjusted by a coach or trainer or speed/ effort zones can be used instead.

25

Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield.

### 0 to 5 Meter Power/Speed Stationary

30

This is exactly the same as 0 to 5 Meter Power/Speed moving except that the data is only captured if the power or speed is less than 40% of highest game historic power or speed average for at least 10 seconds immediately before the sprint. The percentages can be adjusted.

35

Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield. If Stride rate is used it is preferably to be less than 70 strides per minute immediately before the sprint as well.

5 to 10 Meter Power /Speed Moving

This is defined as being greater than 90% highest game historic average power or speed for 5 to 10 meters. An initial power/ speed of greater than 40% of highest current game or historic power or speed for at least 10 seconds is also required. The percentages can be adjusted.

Location can be determined in the same way as '0 to 5 Meter Power/ Speed Stationary'

Stride rate is preferably higher than 70 strides per minute.

5 to 10 Meter Power /Speed Stationary

Data is captured only if power/ speed is greater than 90% highest game historic power or speed average for 5 to 10 meters and the initial power or speed immediately before the sprint is greater than 40% of highest current game or historic power or speed for at least 10 seconds. The percentages used have the flexibility to be adjusted by a coach or trainer or speed/effort zones can be used instead. Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield. If Stride rate is used it is preferably less than 70 strides per minute immediately before the sprint as well.

10 to 20 Meter Power /Speed Moving

This is the same as the 5 to 10 Meter Speed Moving description except that the power or speed is defined as greater than 85% highest game historic average power or speed for 10 to 20 meters. An initial power/ speed of greater than 40% of highest current game or historic power or speed for at least 10 seconds is also required. The percentages used have the flexibility to be adjusted by a coach or trainer or speed/effort zones can be used instead.

Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield. Stride rate is preferably above 70 strides per minute.

10 to 20 Meter Power /Speed Stationary

10 to 20 Meter Power/Speed Stationary Data is recorded only if power/speed is greater than 85% highest current game or historic power or speed for 10 to 20 meters and the initial power or speed immediately before the sprint is greater than 40% of highest average game historic power or speed for at least 10 seconds. the percentages can be adjusted. Location can be determined in

the same way as '10 to 20 Meter Power/Speed Moving'. If stride rate it is preferably less than 70 strides per minute immediately before the sprint as well.

#### 20 to 40 Meters Power/Speed Moving

- 5 This is the same as the other Power/ Speed Moving descriptions, except the distance the sprint is measured over is longer and the intensity is slightly lower, preferably being greater than 80% of highest game historic average for power/speed. The same definition for power or speed immediately before the sprint applies. The percentages used have the flexibility to be adjusted by a coach or trainer or speed/ effort zones can be used instead.
- 10 Location can be attacking left flank, attacking right flank, attacking centerfield, left flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield.

#### 20 to 40 Meters Power/Speed Stationary

- 15 Exactly the same as the 10 to 20 meter definition except the speed versus highest game historic power or speed average is 80%. The percentages can be adjusted by a coach or trainer. Location can be determined in the same way as '20 to 40 Meters Power/Speed Moving'. Stride rate can also be used.

#### 40+ meters Power/Speed Moving:

- The same as the previous Moving descriptions except over more than 40 meters at a power or speed greater than 75% of highest game historic power/speed average. The percentages used have the flexibility to be adjusted by a coach or trainer or speed/effort zones can be used instead. Location can be attacking left flank, attacking right flank, attacking centerfield, left flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield.
- 25

#### 40+ meters Power/Speed Stationary:

- As for 20 to 40 Meters Power /Speed Stationary except at more than 75% based on game historic speed or power average.
- 30 Location and the percentages can be determined in the same way as '40+ meters Power/Speed Moving'.

- The following 4 classifications; tempo speed, jogging, slow jogging and walking all could be further broken down by the system into determining whether the user is moving forwards or
- 35

backwards (which may also include lateral movement) using a digital compass contained in a device that is fixed to the body. This is accomplished by knowing the direction the user is facing and then inferring from the movement whether they are moving forwards, backwards or laterally. For instance, movements in a direction in the range of 315 to 45 degrees in relation to where the user is facing can be classified as forwards movement, backwards movement is in the direction of 135 to 225 degrees in relation to where the user is facing, movement towards the left is in the range of 225 to 315 degrees, and movement towards the right is 45 to 135 degrees.

#### Tempo Speed

Tempo Speed is all running that is greater than 60% of highest game historic average speed/power that is not captured by the sprint classifications. Classifications can be broken further into moving forwards (315 to 45 degrees) , moving backwards (135 to 225 degrees) and lateral movement, i.e. right (45 degrees to 135 degrees) and left (225 to 315 degrees). The speed/ effort percentages used have the flexibility to be adjusted by a coach or trainer or speed/effort zones can be used instead. Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield. Stride rate is preferably greater than 70 strides per minute.

#### 20 Jogging

Jogging is the same as tempo speed except it is defined as less than 60% of highest game historic average speed or power but greater than 55%. The speed/effort percentages used have the flexibility to be adjusted by a coach or trainer or speed/effort zones can be used instead.

Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield.

#### Slow Jogging

This is the same as jogging above except it is defined as 40 to 55% of highest game historic average speed or power. The speed/ effort percentages used have the flexibility to be adjusted by a coach or trainer or speed/effort zones can be used instead.

Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield.

### Walking

Walking is the same as jogging except for the following differences. It is characterised by less than 40% of highest game historic speed or power averages but greater than 2km/hr or 25 watts for more than 15 seconds. Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield. Time can be 1<sup>st</sup> half versus 2<sup>nd</sup> half or narrower time periods within a game. The speed/ effort percentages used have the flexibility to be adjusted by a coach or trainer or speed/ effort zones can be used instead.

Stride rate is preferably below 70 strides per minute.

### Jumping —Vertical

This activity is determined by a vertical altitude change by more than 30cm and a power output increase by more than 100 watts with no stride rate. The altitude change and power in watts can be adjusted by the coach or trainer. Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield.

### Jumping —Horizontal

This activity is determined by a continued horizontal movement with very little to no stride rate.

Location, power and altitude can be determined in the same way as 'Jumping —Vertical'.

### Sidestep

A sudden change in direction while sprinting can be determined to be a sidestep. This is where direction changes by more than 45 degrees detected by a digital compass fixed to the body of a player during a sprinting classification in less than 1.5secs. Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield.

### Tackle

A tackle is an impact measured through an accelerometer with an impact exceeding 40Gs. The impact in G's can be adjusted by a coach or trainer. Location can be attacking left flank, attacking right flank, attacking centerfield, let flank midfield, centre midfield and right flank midfield and defensive left flank, defensive right flank and defensive centerfield.

Preferably for the purposes of determining sprinting, jumping and tackling the update rate for the activity data is 0.25s or less. Furthermore, altitude is preferably measured by a transmitter and transceiver/receiver network in field sport applications.

### 5 3.5.7 Horse Training

Table 7 shows an exemplary classification system for a horse training category as defined below. When training horses the same problems for training occur that do in humans. It is very difficult to apply science to screeds of data on a horse without classifying each type of training. This is further exacerbated by the fact that the trainer is not actually doing the training themselves so it is harder to get an understanding on what is happening on a day to day basis through the training. Similar classifications may be applied to horse training.

In the preferred embodiment this category of classifications only requires one parameter for the purposes of automated analysis and feedback.

The classified activities of one embodiment are; Inactive, Walk, Trot, Canter, Gallop, Fast Gallop, and Sprint.

The following classification does not discount the possible use of stride rate and stride length for purposes of classification also.

#### Inactive - stationary

Stationary is the very similar to Inactive Upright. It is a period of inactivity which may be determined when a horse shows very low levels of movement. For examples speeds that are below 2km/hr or 0km/hr indicate very little movement. In one embodiment, heart rate can be used and would be below 45% of AT heart rate (less than 37% of maximum heart rate).

#### Walk

A walk is classified as less than 55% of AT heart rate (less than 50% of maximum heart rate) or less than 14% of AT speed.

#### Trot

A trot is classified as 56-70% of AT heart rate (51 to 60% of maximum heart rate) or 14 to 33% of AT speed.

### Canter

A Canter is described as 71 to 85% of AT heart rate (61 to 70% of maximum heart rate) or 33 to 65% of AT speed.

### 5 Gallop

A Gallop is 85 to 95% of AT Heart Rate (70 to 80% of maximum heart rate) or 65 to 95% of AT speed,

### Fast Gallop

10 A Fast Gallop is described as 95 to 105% of AT speed (80 to 90 % of maximum heart rate) or 65 to 105% of AT speed.

### Sprint

15 A sprint is defined as greater than 105% of AT heart rate (greater than 90% of maximum heart rate) or greater than 105% of AT speed.

## **3.5.7 Pedometer Classification Embodiment**

### **Background and Limitations:**

20 A pedometer uses a multi axis accelerometer and counts a step by measuring an impact, like a foot strike and counts each in a cumulative fashion which has been made very popular by for example the '10,000 step programme' where the user as a health initiative must take 10,000 steps per day.

25 Impacts measured through an accelerometer oscillate from low force to high force and there are known algorithms that calculate the peak force in the oscillation which designates a step.

While there are many pedometers available on the market, very few can do anything more than count steps. Further, pedometers cannot tell the difference between a user tap dancing- or running, driving along in a car on a bumpy road and running.

30 At lower intensities it can be difficult to differentiate between the above mentioned conditions. Driving on a bumpy road in a car may cause the pedometer to 'think' that the user is doing some walking or running activity even though they are sitting in a car.

**Time Uniformity:**

To further improve the accuracy of determining what the user is doing a time variability/uniformity measure can also be employed as a filter to determine whether the user is in the car or walking. Time between 'steps' can be measured to differentiate between steps and false movements. True walking or running can be crudely distinguished by the degree of uniformity in the impacts. The more random the impacts the more likely the user is not walking or running. By rights, walking and running lend themselves to a high degree of time uniformity between steps. Therefore random impacts such as doing the housework that does not have a continuous period of low stride rate variability can be disregarded by an algorithm as not walking or running.

The way this is achieved is that the device measures each impact and logs the time between each impact and the next. A group of timed results from measures of the times between each impact are then averaged and the greater the level of uniformity (e.g. less than 30 milliseconds between steps) is more likely to indicate that the user is walking or running. In this way a more precise estimate of the user's activity can be defined.

Very low stride rates, for example below 15 strides per minute are also an indicator that the user is not walking or running.

**Using Pedometers to determine Intensity**

Pedometers are also currently unable to determine the intensity at which the user is walking or running at. To determine intensity you must first determine stride rate. Stride rate can also be measured by a pedometer (although stride rate is often determined as the time between a single leg's foot strikes so 180 impacts in a minute would be referred to as a stride rate of 90 strides per minute). Stride rate and intensity are closely linked where: 55 strides per minute can be classed as walking, 75 strides per minute can be classed as easy running, 84 strides per minute can be classed as moderate running, and 90 strides a minute can be classed as running hard for most people. This means that stride rate can be used as a crude measure of cardiovascular intensity.

**Multiparameter Classification**

The classification is a combination of the time uniformity between steps (impacts) and the number of steps per minute taken. If the uniformity is below 30 milliseconds, the stride rate is then classified depending on the stride rate.

All walking or running should be in the preferred embodiment continuous for 30 seconds to begin being classified by the system within a Stride rate zone. As with the other classifications there is edge forgiveness that allows a user to be out of zone temporarily for preferably up to 9 seconds if they were in the zone before that.

5

### **Classifications:**

The preferred classifications and definitions (threshold criteria) for this particular category are as follows:

- Inactive Rest
- Inactive Stationary
- Slow Walk
- Walk
- Fast Walk
- Jog
- Moderate Intensity Run
- High Intensity Run
- Non specific movement - Moderate Activity
- Non specific movement —High Activity
- Non specific movement —Very High Activity

10

15

20 Table 8 shows an exemplary classification system for a pedometer category as defined below.

#### Inactive Rest:

Inactive rest involves 2 measures: the accelerometer must show that the user (or at least the device is horizontal) and the stride rate is close to zero. (i.e. impact uniformity is greater than 30ms and stride rate is less than 15 strides/impacts/movements per minute.)

25

#### Inactive stationary:

This shows that the user is upright and the stride rate is close to zero. (i.e. impact uniformity is greater than 30ms and stride rate is less than 15 strides/impacts/movements per minute.)

30

#### Slow walk:

The system identifies a stride variability that is 30 milliseconds or below and the stride rate is between 30 - 40 strides per minute.

Walk:

The system identifies a stride rate variability of 30 milliseconds or below and the stride rate is 40 to 55 strides per minute.

5 Fast Walk:

The system identifies a stride rate variability below 20 milliseconds and a stride rate of 56 to 66 strides per minute.

Jog:

10 Jogging is determined when stride rate is 67 to 75 strides per minute and stride rate variability is under 10 milliseconds.

Moderate Intensity Run:

15 This is determined by a stride rate that is 76 to 86 strides per minute and the variability is below 10 milliseconds.

High Intensity Run:

High Intensity Running has a stride rate of between 87 to 95 strides per minute and once again the variability is under 10 milliseconds.

20

Sprint:

Sprinting is classified when stride rate is 96 or above strides per minute with a variability of under 10 milliseconds

25 Non Specific Movement —Moderate Activity

Non specific movement assesses situations where the user is neither walking nor running and not stationary. Impacts/Stride rate/movements is greater than 15 but less than 40 strides or impact/ acceleration peaks recorded per minute and there is poor time uniformity. (Greater than 40ms)

30 The user is identified by the system upright as assessed by a multi axis accelerometer.

Non Specific Movement - High Activity

Non Specific Movement - High Activity is the same as Non Specific Movement - Moderate Activity except the number of impacts/accelerations is higher. Impacts/accelerations/Stride rate is greater than 40 but less than 60 strides or impact/ acceleration peaks recorded per minute.

35

Non Specific Movement - Very High Activity

Non Specific Movement —Very High Activity is exactly the same as above except the impacts/Stride rate/movements is greater than 60 strides or impact peaks recorded per minute.

5

#### **Other Options:**

Total G force or combinations of the forces in the multi axis accelerometer may also be used as a substitute for time variability/uniformity calculations. Below 20G is an indication in most cases that the user is walking and above 20G indicates running.

10

The other parameter that might be added to the classification is whether the user is upright or horizontal to further strengthen the understanding of the situation.

### **3.6 Definitions for Sensor types:**

15

The system is able to be configured to many different types of sensors and therefore is not bound to a specific device but rather may use many different types of devices so long as they contain the required sensors and provide the right parameters. It may occur also that the system utilizes data from sensors from several different devices as is the case with using a smart phone with internal GPS and heart rate data from a Zephyr HRM BT or the barometric, temperature, GPS and heart rate data from a FRWD B series device combined with the internal accelerometer found in a smart phone.

20

Each activity sensing category: Activity Status Monitoring, Weight Loss and Walking, Running, Cycling, Rowing and Kayaking, Horse Training and Pedometer Monitoring will now be covered in terms of sensors required and current devices that are available in the market that could utilize the system of the invention. The following exemplary devices are not intended to limit the scope of the invention and other devices capable of providing the correct measurements for the system algorithms may be used instead and as required by the particular application.

25

30

#### **3.7.1 Activity Status Monitoring: (Health, Military, Fire and Rescue Services)**

For Easy Walking, Rolling Hills Walking, Hills Walking, Long Climb Walking, Fast Walking, Low Speed Run, Rolling Hills Run, Hills Run, Long Climb Run, High Speed Run, Out of Zone - Too Fast the sensor requirements are the same. They all require some measure of altitude change combined with an intensity measure which can include measurements of speed, power or heart

rate. This also applies for specialist 'services' classifications also contained in the Activity Status Category; Very High Speed Run, Sprint Flat, Sprint Hills.

Altitude change:

5 Altitude change can be measured in many different ways through current sensor devices. These include barometers, inclinometers, Digital Elevation Models and GPS. Altitude change is a way in which a sensor can determine the terrain the user is on. For example an increase in altitude or gradient indicates that the user is moving uphill, a decrease in vertical meters or a decline means the user is going downhill and no altitude change or a flat gradient or slope means the user is on  
10 the flat.

Many devices currently contain digital barometers and thermometers. Examples of this include Suunto sports watches (e.g. Suunto X6 & T6), the Timex Altitude Barometer Adventure Tech watch, the Casio Pathfinder series of watches and Polar Heart Rate devices (e.g. RS800, CS600  
15 etc).

There are also handheld barometers such as the Nova Lnyx 230-M202 and VWR handheld digital barometer 4198, both of which use barometric pressure to measure altitude.

20 Suunto and some cycle computer companies include inclinometers on their devices to measure slope/gradient change.

A digital elevation model (DEM) is a digital representation of ground surface topography or terrain. Various data sets are available of differing accuracy levels based on satellite surveys of the  
25 earth including the Shuttle Radar Topography mission in 2000. Once the coordinates of a user are known their position can be overlaid onto the topography of their location in real time or in post processing. Digital Elevation Models (sometimes know as Digital Terrain Models) are used for post processing of data by companies like Bones in Motion and Sportsdo.

30 Garmin uses GPS in its Forerunner 205, 305 and 405 series watches to show altitude. Garmin also have devices like the Garmin eTrex Summit HC which are handheld and contain a barometer for altitude. GPS altitude is obtained by the triangulation of satellites in the sky overhead at the time.

Intensity:

## Speed

Speed can be measured a number of ways through a number of sensors from crude accelerometer algorithms like in the Zephyr HRM BT, Nike+ and the Timex Pedometer with  
5 Speed, through to more sophisticated algorithms like Dynastream use in their speed pods which are licensed to companies like Polar for their RS800, FT80 and 625 products, and like the Adidas micoach Pacer and Suunto T6.

10 Other devices such as Fitbit, Fitlinxx Actiped and Directlife track activity through accelerometers. Bodymedia's Fit system, Mytrak's M2 and Polar's FA20 all track movement but not necessarily speed.

GPS can also be used to obtain speed data and is used in a host of devices such as the Polar G3 GPS sensor, the Garmin Forerunner 205, 305 and 405 models as well as many apps like  
15 Runkeeper, Sportsdo and Bones in Motions Motion X app that rely on either mobile phones with internal GPS or linked to an external GPS.

With Federal Communications Commission requirement after the 9/11/01 terrorist attacks for location availability in all mobile phones in the US in the future, there will be a greater  
20 proliferation of phones with internal GPS.

There are devices like the Mobimotion Spurdy chest strap that contains both a heart rate monitor and GPS that Bluetooth data to a phone and many other devices that accept and log Bluetooth data such as the FRWD W and B series.

25 In the case of military, fire and rescue services, the system could switch from outdoor location to indoor location detection. Crude speed measures could utilise infrared, ultrasonic, RFID, UWB and signal strength systems.

## Power

30 Power for a walker or runner currendy can only be inferred by applying a Power algorithm to the data based on speed, the user's weight and the slope or gradient at the time. It may not be too long before power will be more directly measured using force plates in shoes or by converting acceleration data in a shoe to power.

Crude power measures may be able to be inferred from the above mentioned indoor location  
35 detection systems.

## Heart Rate

Heart rate can be measured directly currently through a strap that contains 2 electrodes that is placed across the chest and was originally designed by Polar Electro which filed its patent in 1979 and is the world leader in wireless chest strap heart rate monitors. The patent has now expired and many other companies use this technology including Timex, Suunto, Garmin, Cardiosport, Impulse and Zephyr.

There are now many Heart Rate Monitor straps like the Zephyr HRM BT and the Mobimotion Spurty chest strap that do not have a data receiver but rather Bluetooth data to devices like a mobile phone. Still other devices like the SMHeartLink act as a bluetooth receiver for the Apple iPhone to accept heart rate data from a heart rate strap and the FRWD B series devices that are able to receive broadcast heart rate data from most wireless heart rate straps and resend the data to a phone via Bluetooth. Other devices receive broadcast data using the ANT+ signal.

There are other methods to obtain heart rate which includes a strapless heart monitor like the Mio heart rate monitor that requires the user to place 2 fingers on the electrodes on the watch face to obtain heart rate measurement.

It is possible to obtain heart rate through infrared where light change is used to measure heart beats and also disposable electrodes as opposed to straps.

R-R (Relaxation Rate) or HRV (Heart Rate Variability) could also be used to measure intensity on the body. Heart rate variability measures the average of the time (in ms) between a series of heart beats and the more intense the effort the more uniform the time between heart beats. FRWD, and some Suunto and Polar devices are able to measure heart rate variability.

It is conceivable that in the very near future heart rate may be able to be measured through the wrist, finger or via some other means which may include Respiration Rate. Respiration rate is calculated by measuring expansion of the chest using a chest strap as used in the Zephyr Bioharness. Another method for measuring heart rate as in the Firstbeat licensed system to Suunto and FRWD derives respiration rate and ventilation (which could also be used to measure intensity) through heart rate which increases during inhalation.

### Stride Rate

Stride rate may also be used as an extra classification parameter. This involves the use of an accelerometer that records the repetitive impact for each stride which is then summed over 1 minute of time providing a measure of strides per minute. Stride rate is a handy extra measure as it can be used to determine the speed of leg movement which further contributes to building a picture of what the user is doing. A stride rate of 55 strides per minute indicates that the user is walking, 80 strides per minute is easy running, and 90 strides per minute would be fast running for example. The Polar RS800 measures and displays stride rate in real time and most smart phones contain accelerometers these days which can be used to measure stride rates On a phone by counting impacts over time.

There are 3 inactive classifications within Activity Status Monitoring; Inactive Upright, Inactive Rest and Inactive Prone. None of these use altitude change to classify the activity. But rather use speed, heart rate (or respiration rate) and an accelerometer.

### Positional Status (accelerometer)

All Inactive classifications require a positional status measurement via an accelerometer as seen in most smart phones these days which use 2 or 3 axis sensors within the accelerometer to determine whether the device is upright or prone which can in turn determine whether the user (or device at least) is vertical or horizontal so long as the device is in a fixed position on the user.

### Movement (Speed)

Speed can be established using an accelerometer or GPS to determine whether the user is moving or stationary. Power can be inferred from speed.

### Intensity

Intensity can be determined further if needed by heart rate, respiration rate or ventilation rate as explained in the Intensity section above.

Through this matrix a measure of very low intensity may indicate that the user is at rest and a higher intensity will indicate that the user is mildly active even if speed shows they are not moving. A horizontal positional status combined with no movement and a very low intensity indicates that the user is lying down and at rest.

There are 3 other specialist 'services' classifications; Crawling, Climbing and Descending.

Crawling is simply determined by a positional multi axis accelerometer sensor that is fixed on the body (e.g. the belt on the torso) that indicates that the user is horizontal and speed via GPS or an accelerometer indicates that the user is moving slowly indicating crawling.

- 5 Climbing and Descending are shown by no or very little horizontal speed as measured by GPS and or accelerometer and a change in altitude by GPS, Barometer, DEM or inclinometer depending on whether the altitude change is purely vertical or up or down a very steep slope.

10 Direction that a user is facing can be determined by a digital compass like those now present in many smart phones like the iphone and new android operating system present on some smart phones. If the device is fixed to the user, direction the user is facing can be inferred.

### 3.7.2 Weight Loss - Walking and Running Classification

All weight loss classifications use exactly the same sensor measurement systems as Activity Status  
15 Monitoring. The devices that hold the sensors may vary though. Devices such as BodyMedia's fit system device and the Mytrak M2 are portable weight loss recreational fitness devices.

The Polar FA20 activity tracker for example can also be used to determine calories burned. There are 2 wrist devices built by Adidas and Nike known as the micoach Zone and the Nike Sportband which also contain accelerometers.

20

Weight loss may include the use of machines that can simulate altitude change (going up or down a hill) in various mechanical ways (like using a predetermined incline) for determining gradient or slope in equipment like treadmills

25 Treadmill manufacturers can preset inclines on their treadmills and program them to show various inclines based on an inbuilt program or through manual adjustment by the user. There are now various flash thumb drive USB plug-in devices that record training conducted on treadmills and other gym equipment.

### 30 3.7.3 Running Classification

Running has a series of classifications very similar to the Activity Status Monitoring and Weight Loss. The inactive classification is the same as the Inactive Upright classification for both previous classification systems.

The other classifications: Easy, Rolling Hills, Hills, Long Climbs, Hill Efforts, Up Tempo, Anaerobic Threshold, Sprints and Overspeed use altitude change and intensity (speed, power or heart rate) and can use stride rate as another method of determining intensity for classification of activity types.

5

#### Altitude Change

All the classifications incorporate the sensors in the same way as mentioned above in Activity Status Monitoring. Devices that contain a barometer or GPS can all determine altitude change like the Suunto and Polar Products as well as Mobimotion. A DEM can be used with any GPS compliant device like a mobile phone and altitude can be determined from GPS as in the Garmin devices.

#### Intensity

##### Speed

15 Devices like the Nike+, Nike Sportband, Adidas micoach Zone and Pacer, Suunto and Polar devices which contain accelerometers are designed to measure running speed. Mobimotion, FRWD and Polar G3 GPS devices and phone applications that utilize internal or external GPS for determining speed like Bones in Motion, AllsportGPS and imapmyrun are also specially designed for running.

20

Health Applications like Fitbit, Fitlinxx Actiped and Directlife, Bodymedia's Fit system, Mytrak's M2 and Polar's FA20 are not designed for running.

##### Heart Rate

25 The basis of Heart Rate sensor technology does not change with use in different sports and is therefore the same as Activity Status Monitoring.

##### Stride Rate

30 As above, Stride Rate can also be used as another form of intensity measure utilizing an accelerometer in a speed pod like the Polar RS800 or an accelerometer contained in a phone. Adidas measure stride rate using a waist mounted Pacer and the wrist version known as the Zone.

35 The Running classification 'Overspeed' requires altitude change, intensity AND stride rate for classification.

### 3.7.4 Field Sports

Field sports have some demand for altitude change (determining the fact that the player is jumping vertically, horizontally or is on the ground.) Very accurate understandings of speed and speed change are also vital to analysis of activity.

Field sports can use exactly the same technology as the running descriptions above with 2 extra possibilities.

Players can wear transmitters that can be triangulated on the side of the playing field by receivers that can be used to calculate speed. Sophisticated video motion capture can be used to do the same thing.

A digital compass may also be employed to measure direction the user is facing and therefore the user's movement (i.e. backwards, lateral etc).

### 3.7.5 Rowing and Kayaking:

Rowing and kayaking once again have no need for a measure of altitude change to ascertain resistance so stroke rate is substituted for measuring altitude change. Inactive, Easy, Slow Full Pressure, Tempo Load, Up Tempo, Anaerobic Threshold, Starts and Moves are all measured in the same way.

#### Stroke Rate:

Stroke rate is usually measured in rowing based on a magnet being attached to and under the rowers moving seat and a sensor is placed in the boat directly below the seat. A stroke is sensed every 2<sup>nd</sup> time the magnet passes over the sensor. This count is then measured versus one minute which provides the ability to measure strokes per minute. Strokes per minute can be measured more directly at the rigger, by force sensors in the blade of the oar, or by the increase in boat oscillation speed, or by change in force measured by an accelerometer as the rower takes a stroke.

Similar methods can be applied to Swimming as evidenced by the Speedo Strokz Stroke Counter that was available in the late 1990's.

The seat magnet and sensor is commonplace in rowing and there is now new Surge Rate technology incorporating a 3 axis accelerometer to measure the change in force that denotes a

kayaker or rower's stroke, thereby allowing stroke rate to be determined when combined with time as in Nielsen Kellerman Rowing and Kayaking devices like the Stroke Coach, Cox Box and Speed Coach.

- 5 Stroke Rate can also be mechanically measured in indoor rowing machines such as a Concept 2 rowing ergometer, by measuring a change in power or speed in the fan used for resistance, by a change in direction of the chain/ cable attached to the rowing handle, or by using the magnet and sensor under the rower's seat.
- 10 It may also be possible to fix an accelerometer to a kayaker's paddle shaft to measure the oscillation in the blade entering the water on the left and right sides of the boat.

#### Intensity:

##### Speed:

- 15 Speed can be measured via GPS or an impeller to measure speed through the water. Speed can be measured for an indoor rowing ergometer by the braking pressure for braked devices or by the speed at which the fan spins at.

20 Impellers are used in Nielsen Kellerman products like the Stroke Coach, Cox Box and Speed Coach for rowing. The Garmin Forerunner series are often used by kayakers which utilize GPS.

##### Heart Rate:

Heart rate is measured by a receiver of some kind like a Polar or Garmin heart rate monitor. They can also be incorporated into a device measuring all required data like the receiver used in  
25 Concept 2 rowing ergometers taking transmitted heart rate data from a chest strap which is then incorporated into the devices measurement. The Garmin Forerunner 305 and 405 both obtain heart rate data which can be used by Kayakers:

### **3.7.6 Cycling: (applies to Triathlon, Mountain Biking, Road, Track and BMX cycling)**

- 30 Cycling incorporates slightly different technology to running in that the data must be obtained from a bicycle.

The same basic concept applies as it did for running in that the user must use a combination of altitude change and intensity with an extra classification being cadence.

The following classifications require altitude change and Intensity; Easy, Rolling Hills, Hills, Long Climbs, Hill Efforts, Up Tempo, and Anaerobic Threshold.

5 The following classifications require altitude change, Intensity and cadence; Flat Big Gear, Big Gear Time Trial, Power, and Sprint.

#### Altitude Change:

10 Altitude change can be determined in exactly the same way as in running through a barometer^ GPS, DEM or inclinometer. In this case inclination can be used very effectively when mounted on a bicycle which is perfectly level on the flat. Devices like the Sigma BC 2209 MHR and Garmin Edge 705 contain a barometer for altitude measure. The Sigma Rox 8.0 uses an inclinometer as well as a barometer to measure slope or gradient.

15 There are various cycle ergometers which use various systems to create the equivalent of altitude change. These can be complete bike ergometers or machines that a bike is placed into. The cycle simulator manufacturers can program their devices to increase resistance to simulate gradient or slope through mechanical braking (e.g. Monarch and Cateye CS1000) or electronic braking (e.g. Tracx and Computrainer) and can also use real incline change.

#### 20 Intensity:

##### Speed:

Speed for cycling is achieved by attaching a magnet to a spoke on the front or rear wheel of the bike of known circumference and each time the magnet passes a sensor on the forks or rear stay on the bike the distance is added. The distance versus time gives speed. Speed can also be measured through GPS and even converted back through power or calculated from wind speed. Most bike computers use a magnet on the spokes like the Polar CS300. Indirectly it would be possible to calculate speed from knowing the gear the rider is in.

##### Power:

30 Power is usually a direct measure in cycling. Power measurement for cycling was pioneered by SRM who use strain gauges attached to the large front sprockets (chainrings) at the bottom bracket attached to the pedal cranks. PowerTap use a system originally used in the Look Max One where the power is measured in the hub of the rear wheel. Ergomo use power measured from the bottom bracket directly.

There have been several indirect measurements of power most notably being the Polar system (e.g. 625X or 725 products) which measures the strain on the chain as the cyclist is riding. Other cycle computers indirectly compute power by measuring a combination of speed, weight and slope or gradient.

5

An indirect way of assessing power is present in the Shimano Flight Deck and in the Australian Institute of Sport system which measures the gear that the rider is in allowing a calculation of distance per pedal stroke. In each case the gear that the rider is in, is known and the distance for each gear for a pedal turn is fixed.

10

Heart Rate:

Heart rate measurement is available on many cycle computers (e.g. Polar CS300, Sigma Rox 8.0, SRM).

15

Cadence or Distance per Pedal Stroke:

Cadence is a useful extra measure which usually involves a magnet on the pedal arm (crank) passing a sensor on the chain stay of the bike. This can indicate one pedal revolution and when used in conjunction with time creates a pedal cadence measure in revolutions per minute.

20

Distance per pedal stroke is another very useful measure that can be calculated by knowing the gear that the rider is in (e.g. Shimano Flight Deck) or by knowing the distance travelled in a pedal revolution which involves a cadence measure and a distance measure (which is based on the speed measure).

25

The SRM system incorporates altitude change, speed, power, heart rate and cadence as measures for example.

### 3.7.7 Horse Training

Horse training is the relationship in most cases between heart rate and speed or power and terrain is used occasionally.

30

For Inactive, Walk, Trot, Canter, Gallop, Fast Gallop and Sprint the following combination of Speed or Power and Heart Rate applies:

Speed:

Speed for horse training is measured through GPS devices like GPS-Speed Genie GT31, the GPSsports Spi Pro or FRWD. Theoretically a speed pod may become available for horses.

5 For trotting a magnet can be fixed to a wheel and a sensor can be fitted to the sulky to calculate speed.

Power:

Power could potentially be employed for horses but currently there is no such product.

10 Intensity:

Heart Rate:

Heart rate has been measured for horses for over 15 years using various Polar Equine Heart Rate monitors like the Polar Equine RS800CX G3 or the CS600X for trotting.

15 Stride Rate and Length would also make excellent data for classification but are as yet unavailable.

Hill Efforts combines terrain (a change in altitude as discussed previously) and speed, power or heart rate.

20

### **3.7.8 Pedometer Monitoring:**

Pedometer monitoring uses a multi axis accelerometer which can be found in smart phones but may also be present in other Pedometer like devices such as the Polar FA20, the Directlife system, Fitbit, Fitlinxx Actiped, Bodymedia's Fit system and Mytrak's M2 device which all track

25 movement.

## **4. Interpretation:**

### **Uses of the Activity Classification Method**

The Activity Classification Method can be used in 2 instances;

- 30
- 'Command and Control'
  - and 'Automated Coaching'.

Command and Control is where activity classification provides information on activities to be assessed by an individual for example, rescue services and many team sport situations.

Automated coaching is where activity classification is combined with automated interpretation which can then be used to provide direction to a user in terms of 'coaching advice' and modification of an activity plan. Coaching Advice can occur without using a plan.

It is this second instance that we will now describe.

## 5 **Coaching Advice:**

The process for obtaining 'Automated Coaching' advice and Activity/Training Plan Modification is as follows:

1. Raw data and derived data from data streams within detected Training Type segments are put against a series of multiple zones simultaneously which are linked to coaching advice
- 10 2. Where a match occurs, Coaching advice and Plan Modification are generated for the criteria that was analyzed

## Interpretation System Flexibility; Multi Sport and Multi Sensor

Each Training Type can be interpreted in terms of compliance, technique and performance.

The following shows how interpretation can be used for the Running Training Types; Easy, Rolling Hills, Hills, Up Tempo and Anaerobic Threshold but these are not the exclusive areas for analysis and other measures could be used.

The interpretation also has the flexibility to be sensor agnostic. Interpretation is 'richer' or 'poorer' dependent of the data received meaning more sensors providing more data (speed, heart rate, altitude, stride rate) means more interpretation is possible and less sensors (speed and DEM only) means less interpretation is possible.

It is easy to convert the system for most acyclic sports like cycling, rowing, kayaking, mountain biking, cross country skiing, skating, and most team sports. It can also be used to determine and 'coach' in more health and activity related situations.

## 25 **Raw and Derived Data Parameters**

To show the scope of the invention and its uses, we will now provide a brief description to demonstrate interpretation.

Raw and derived data for some of the possible measures will now be described:

Duration: Duration is the number of minutes a classified Training Type segment occurs for or the accumulated time for Training Type segments of the same label.- (e.g. one segment of Up Tempo might be 2mins long or three segments of Up Tempo might add up to 5mins and 20 seconds) (Applies to Up Tempo and Anaerobic Threshold Training Types)

Number of Repetitions completed: This is a count of the number of training type activity segments that have begun and stopped during an activity session. (e.g. the system may have detected the Up Tempo Training Type activity segment 5 times during the workout while the

user was training so the number of repetitions (reps) completed was 5.) (Applies to Up Tempo and Anaerobic Threshold Training Types)

Number of Hills completed: This is a count of the number of hill segments detected and completed within a workout. Rolling Hills are detected by a continuous increase of more than 6 meters and less than 20 meters and Hills are detected as an increase of more than 20 meters as covered by the Activity Classification Method. (Applies to Rolling Hills and HiUs Training Types)

Cumulative Vertical Meters Ascended: This is a measure of the number of meters ascended over an entire workout for Rolling Hills and Hills independently. (e.g. Rolling Hills could involve 3 climbs; the first being 15 meters, the 2<sup>nd</sup> being 15 meters and the 3<sup>rd</sup> being 10 meters which means a cumulative vertical meters ascended for Rolling Hills of 40 meters.) (Applies to Rolling Hills and Hills Training Types)

Many other possible areas can be measured within the bounds of performance, technique and compliance.

## 15 The Anatomy of a Training/Activity Plan:

Coaching advice can occur in relation to a Training/Activity Plan or can provide more limited feedback without the user having a plan.

We will start with some definitions to provide context on how an Training Plan would work:

### Training Plan

20 A Training Plan is a calendar of workouts or activity sessions over a series of days for an extended period of time, usually for a number of months. The plan is designed to generate the largest improvements specific to a chosen goal for the least time, effort and impact on the body. This is achieved by manipulating workouts and training types in terms of volume and timing over an extended period of time allowing the body to gradually adapt to the various physical stimuli placed on it.

### Workout

A workout is an activity session on a particular day which contains a set of different types of activities called Training Types. The workout is usually for a set duration or distance.

### Training Types

30 Training Types occur within a workout, which are training tasks to be performed within the workout/session.

Workouts contain Training Types of set durations, efforts and the number of times the activity should be repeated within a workout which are also known as repetitions. (reps)

A workout may be 60mins in duration and contain the Training Types; Hills and Up Tempo. The repetitions might be 4 hills and 2 x 2mins at Up Tempo. This means that within the 60mins

workout or activity the user has a prescription to complete 4 hills and do 4mins of Up Tempo broken into 2 parts. Using the Activity Classification method which detects Training Types, the user can choose when it is most appropriate to complete a Training Type within a session.

#### Training/ Activity Plan. Workout. Training Types Combination

5 A Training Plan is made up of a series of workouts that contain Training Types, set within a calendar over a series of months that describe the activity tasks required to achieve a goal whether this be to compete in an sporting event, lose weight or maintain health.

The interpretation can be compliance, technique or performance based.

10 Compliance measures are used to determine how closely a user follows their Training Plan. If the actual data closely matches the plan, compliance is high; if data does not closely match the plan, compliance is low. Compliance is made up of the number of hills completed and cumulative vertical meters ascended for Rolling Hills and Hills Training Types. Duration and reps completed are the elements that make up compliance for Up Tempo and Anaerobic Threshold. There is no compliance measure for the Easy Training Type. Compliance can only be measured against a  
15 Training Plan.

Technique measures can include measurements of how the user conducts themselves within the workout. Stride rates, heaviness of foot strike and many other components can be used to provide feedback on technique. Technique measures can occur whether the user is following a plan is not.

20 Performance measures are also possible where fatigue and improvement can be ascertained. Elevated heart rates for a particular speed indicate fatigue for example and there are many other methods available within the prior art (e.g. R-R, V02max, EPOC, Training Effect, Heart Rate Decoupling) that can be used. Performance measures can occur whether or not the user follows a training plan.

#### 25 **Coaching Advice:**

##### **Training Types used for Coaching Advice:**

Measures of each Training Type occur separately and therefore independent analysis occurs for:

- Easy
- Rolling Hills
- 30 • Hills
- Up Tempo
- Anaerobic Threshold

These Training Types have been described in the Activity Classification method.

**Sample Plan for the Workout**

Below is an example of a workout that is part of a Running Training Plan, where the workout duration and the number of reps/ durations for all the training types are used within the workout.

5	<u>Training Types &amp; Workout Duration</u>	<u>Planned</u>
	Workout Duration:	60mins
	Anaerobic Threshold	0
	Up Tempo	4 reps (of 4mins)
	Hills	3 hills (> 20 vertical meters)
10	Rolling Hills	0

The above describes a 60min workout that has 4 periods of 4mins of the Up tempo Training Type in it totaling 16mins at Up Tempo and 3 hills of 20meters making approximately 60meters. There is no Anaerobic Threshold Speed training or Rolling Hills to be done within the workout today.

15 The workout therefore uses 2 Training Types; Up Tempo and Hills. The other 2 Training Types are not being used; Anaerobic Threshold and Rolling Hills.

It is against this set of tasks that the user's activity is measured.

Data that shows that the user followed the Training Plan closely shows high compliance and data that does not match the plan closely enough and/or has missing tasks or tasks completed that were not scheduled within the plan will indicate poor compliance.

20

The following is a table of the plan versus what was actually done in the workout:

**Table 9:**

	<u>Training Types &amp; Workout Duration</u>	<u>Planned</u>	<u>Actual</u>
	Workout Duration:	60mins	70mins
25	Anaerobic Threshold (85-95% HRmax* on flat)	0	0
	Up Tempo (75-85% HRmax* on flat)	4 reps (of 4mins) = 16min	3 reps (18mins)
	Hills (> 20 vertical meters)	3 hills (60 meters)	2 hills (80 meters)
30	Rolling Hills (>6 vertical meters, <20 meters)	0	0

\*HRmax =maximum heart rate

We will now go through the analysis for each Training Type and Total Workout duration that was specified in the plan compared to what was actually performed by the user:

**Example 1: Workout Duration:**

The plan for the workout called for 60mins of running. The actual exercise duration was 70mins. The user did 10mins more training than the program specified.

This means that the user did 116% of what they should have done for the plan. (70mins divided by 60mins equals 116% of the plan.)

Workout Duration Data Thresholds:

The 116% is applied against a set of thresholds

- Less than 85%
- 85% to 95%
- 95% to 105%
- Greater than 105%

116% fits into the 'greater than 105%' threshold.

- Less than 85% *'Exercise Duration was far below the plan, please follow the plan carefully'*
- 85% to 95% *'Exercise Duration was slightly below the plan, please follow the plan carefully'*
- 95% to 105% *'Exercise Duration was correct well done!'*
- Greater than 105% *'Exercise Duration exceeded plan, please follow the plan carefully'*

The coaching feedback/ advice would be:

*'Exercise Duration exceeded plan, please follow the plan carefully'*

Timing of 'Coaching Advice'- Real Time or Post Workout:

The coaching advice for workout duration occurs immediately upon completion of the workout on a device or could be provided on a website or device for post workout feedback. A real time comment could occur however, if the workout duration is exceeded. In the example, when the users workout duration exceeds 5% greater than the prescribed workout duration of 60mins which is 63mins a real time comment can be given *"Prescribed workout duration exceeded."*

**Example 2: Up Tempo Training Type:**

The workout plan was for 4 repetitions of 4mins making a total of 16mins of the Training Type; Up Tempo.

Up Tempo is a Training Type that occurs at about 75-85% of effort. (as defined by the calibration system within the Activity Classification method). This is above the Easy Training Type of 65-75% of effort. During a workout the runner spends most of their time at Easy but may decide to increase their effort to 75-85% of maximum to do the Up Tempo Training Type.

Up Tempo is determined by a heart rate or speed training zone which must occur on flat terrain as per the classification description. 75-85% of maximum might equate to a heart rate of 175 -

185bpm or a speed of 12.5-13.5km/hr as calibrated by the Activity Classification method. (both heart rate and speed parameters might be combined to define effort).

The runner therefore moves their effort up and heart rate reaches 175bpm on the flat. The classification system identifies that the user has now moved into the Up Tempo Training Types zones (on the flat) and will begin to log recorded data that occurs as an Up Tempo Training Type segment.

For the next 4mins the runner focuses on keeping their heart rate within the training zone of 175 to 185bpm on the flat. After 4mins the user slows down again and their heart rate drops below 175bpm which means that it has fallen out of the Up Tempo Training Type and back into the Easy Training Type. At this point the system discontinues logging the Up Tempo Training Type. Therefore the logged duration of the Up Tempo Training Type segment is 4mins.

In this case the user logged Up Tempo 3 times as opposed to the 4 repetitions that were planned within the workout. There were correct and incorrect rep durations of 4mins, 11mins and 3mins making a total of 18mins.

Up Tempo Compliance utilizes 2 measurement areas:

- Up Tempo Duration
- And repetitions completed

- Up Tempo Duration Data Calculation:

The planned workout duration for Up Tempo was 16mins and 18mins was completed during the workout. (see Table 9)

18mins divided by 16mins equals 112% meaning that 12% more Up Tempo Duration training occurred than was planned.

Up Tempo Duration Data Thresholds:

(=>, <)	takes most significant comment (i.e. compliance: <-1.5% or > 1%, performance: <-2% or >0.2%, if 2 significant comments split (hi/lo, lo/lo, hi/hi)= most % biggest change
1 <-2%	Part of going fast is getting used to the speed. Up Tempo is used to aid you in acquiring speed endurance. Look at the duration targets in the plan more carefully.
2 (-2% to -1%)	You can't get faster without speed and Up Tempo is a good low impact way to do this. Use the training program for guidelines on how much you should do.
3 (-1% to 1%)	Good work!
4 1% to 5%	Too much speedwork is a bad thing. Apart from increasing chance of injury, it causes high fatigue, upsets your energy for other workouts and can predispose you to illness.

The correct coaching advice for 12% more for Up Tempo Duration training done than scheduled is 4 (see table above):

*"Too much speedwork is a bad thing, apart from increasing chance of injury, it causes high fatigue, upsets your energy for other workouts and can predispose you to illness."*

- Up Tempo Repetitions Completed Data Calculation:

The plan was for 4 repetitions of 4mins at Up Tempo (see figure 1) and the actual training carried out training was 3 repetitions of 4mins, 11mins and 3mins.

4 repetitions were supposed to be completed and only 3 were completed.

3 ÷ 4 = -75% meaning 25% less (-25%) Up Tempo Repetitions completed occurred than planned.

Up Tempo Repetitions Completed Data Thresholds:

1	<-2	You need to progressively increase the number of reps of a training type that you do to get improvement. The training program will guide you on this.
2	(-2 to -1%)	To get faster there has to be some increase in the number of reps run for this training type within a workout.
3	(-1 - 1%)	Nice work, keep moving the number reps of Up Tempo run up gradually over time.
4	1% to 5%	If you didn't plan to do extra Up Tempo, you might be pushing it a little hard as you seem to be jumping up into Up Tempo too often.

The correct coaching advice for -25% Up Tempo Reps Completed is 1 (see table above):

- 5 *'You need to progressively increase the number of reps of a training type that you do to get an improvement. The training program will guide you on this.'*

Timing of 'Coaching Advice'- Real Time or Post Workout:

Coaching feedback can occur in real time if the user exceeds the total duration of Up Tempo scheduled in the plan. The following advice would be given: *'Too much Up Tempo speedwork, this can overtrain you or cause injury. Discontinue Up Tempo training.'* This would occur immediately after the planned Up Tempo duration is exceeded by more than 5%. For 16mins of the planned Up tempo, a 5% increase is 16.8mins or 16mins 48secs. If the duration for a particular rep is exceeded by more than 10% which for a 4mins repetition is 4.4mins or 4mins 24secs, the commentary is *"Planned Rep duration exceeded, slow-down"* and if the planned duration matches within + or -10% (e.g 4mins +/- 24secs) the real time comment is *'Excellent, your rep duration was correct'*. If the rep duration is less than - 10% (e.g. 3mins 36secs) the comment is: *"Rep Duration too short"*

After the completion of each repetition, a data summary is provided which includes the duration of the repetition. For example at the end of the repetition of Up Tempo the commentary is: *"1<sup>st</sup>, etc Up Tempo.Rep Completed Xmins"*

**Example 3: Hills Training Type:**

The workout plan was for 3 Hills. (meaning a minimum of 60 vertical meters ascended).

Hills are measured if the continuous ascent for a user travelling faster than 7 km/hr exceeds 20 meters of continuous climbing. 3 Hills means a minimum of 60 vertical meters ascended. The user runs to the hill and after 6 meters of vertical ascent a hill is detected, when the user exceeds 20 meters the Training Type is classed as Hills Training Type and is logged as such until the user reaches the top at say 27 meters. When the user reaches the top and the terrain plateaus, the system detects that the user has stopped climbing.

At this point the system discontinues logging the Hills Training Type.

Therefore, the logged vertical meters ascended is in this case 27 meters for a Hills Training Type segment.

The user incorrectly logged 2 hills totaling 80 vertical meters of climbing, 1 of 27 meters and the other of 53 meters. (see Table 9)

Hills compliance utilizes 2 measurement areas:

- Number of Hills Completed
- And Cumulative Vertical Meters Ascended

5 - Number of Hills Completed Data Calculation:

The planned number of Hills was 3 and only 2 Hills were completed. (See figure 1)

$2 \div 3 = 66\%$  or 34% less (-34%) Hills than planned.

Number of Hills Completed Data Thresholds:

	(=>, <)	takes most significant comment (i.e. compliance: <-1.5% or > 1%, performance: <-2% or >0.2%, if 2 significant comments split (hi/lo, to/lo, hi/hi)= most % biggest change
1	<-2%	Without a steady increase in your hillwork, you don't get the stimulus that drives your strength endurance up. Increase the number of hills you do gradually each session.
2	(-2% to -1%)	To get stronger you need more load and in this case that means slightly more hills each time you do a hills session.
3	(-1% to 1%)	Great Work!
4	>1%	Overdoing your training is not beneficial, it is more likely to lead to injury, illness or fatigue! Follow the training plan more closely please.

10 The correct coaching advice for -34% less Hills completed than scheduled is 1 (see table above):

*'Without a steady increase in your hill work you don't get the stimulus that drives your strength endurance up. Increase the number of hills you are doing gradually each session.'*

- Cumulative Vertical Meters Ascended Data Calculation:

15 The plan was for approximately 60 vertical meters of climbing to be done and 80 vertical meters was climbed. (See Table 9)

$80 \div 60 = 133\%$  meaning 33% more meters climbed than planned.

Cumulative Vertical Meters Ascended Data Thresholds:

1	<-2	To get an improvement in your strength endurance you need more load and in this case it means slightly more climbed vertical meters each time you do a hills session.
2	(-2 to -1%)	Getting stronger strength endurance wise is not made without some increase in the volume of meters climbed in training.
3	(-1 - 1%)	Nice work, keep building on the number of vertical meters ascended you do gradually over time.
4	>1%	Doing more climbing than is in the training plan is counter productive, you are far more likely to disrupt the balance of the program, get fatigued or worse injured. Follow the plan.

20 The correct -coaching advice for 33% more vertical meters climbed than was planned for Hills is 4 (see table above):

*'Doing more climbing than is in the training plan is counterproductive, you are far more likely to disrupt the balance of the program, get fatigued or worse, get injured. Follow the plan.'*

Timing of 'Coaching Advice'- Real Time or Post Workout:

25 Coaching feedback can occur in 'real time' if the user exceeds the vertical meters of the Hills vertical meters scheduled in the plan by 20% or more ( $60 \times 120\% = 72$  meters). The following advice would be given: *"Too much Hill work, this can overtrain you or cause injury. Discontinue Hill Training"* This would occur immediately after 72 meters was exceeded.

30 At the completion of each Hill a data summary is provided which includes the vertical meters climbed and the number of Hills climbed to that point. For example at the completion of the 1<sup>st</sup> Hill of 27 meters the commentary is: *"1<sup>st</sup> Hill completed, 27 meters, Cumulative Vertical Meters: 27 meters."*

**Example 4: Easy Training Type:**

All training that is not Up Tempo, Anaerobic Threshold, Rolling Hills or Hills is classed as Easy Training Type. As the user goes through a workout they will complete other Training Types. In this case the user did 3 repetitions of 4mins, 11mins and 3mins of Up Tempo and 2 Hills totaling 80 meters. In between each of these Training Types the user was still running although more gently in the Easy Training Type. Therefore multiple segments of the Easy Training Type were produced in this workout. If we include a warm up and a warm down and count Easy segments between other Training Types the number of Easy Training Type segments is 6 repetitions.

**10 Compliance Count Ups:**

An assessment of what Training Types need to be completed during the workout is made every 20mins. This means that the system works out what scheduled training has been completed and what has not been completed allowing the user some explanation of what is left to train. Because the classification system outlined previously can automatically detect a Training Type, it allows the user to do Training Types when it is most suitable so it is useful to be informed of what Training Types are left to train as the user moves through the workout.

For example, after 20mins of training the user may have completed 1 repetition of Up Tempo and have completed 1 Hill. The system analyses this against the plan of 4 Up tempo repetitions and 3 Hills and the comment is "*Training to complete; 3 Up tempo and 2 Hills, Time: 20mins.*"

20 The same system can be applied to more detailed performance and technique coaching.

**5. System Requirements**

It will be appreciated that the system of the invention may be implemented on any suitable hardware system, platform or architecture. The hardware system may be provided on-board a device used by the user or on a remote server for example, and preferably comprises at least a processor for running the classification system and in particular the algorithms, at least one memory component for storing at least the algorithms and the threshold criteria, and interface circuitry for communicating with external components that either directly or indirectly provide sensor output data. It will be appreciated that the processor may be any form of programmable hardware device, whether a CPU, Digital Signal Processor, Field-Programmable Gate Array, Microcontroller, Application-Specific Integrated Circuit, or the like.

There are 3 possible configurations for housing the classification system.

- The data is processed 'on board' a measurement device (i.e. the classification system is within the measurement/monitoring device),
- Data is processed via manual (controlled by user) or automatic transfer (upload and download) of data via a communications network (e.g. telecommunications, wifi etc) to a remote server that contains the classification system, or
- manual or automatic transfer of data to a home computer that either contains the system or that transfers (upload and download) the data to a remote server that contains the system.

10 They system may house the infrastructure for the classification and allow a person, trainer or coach to input the one or more parameters and/ or the one or more associated thresholds that define an activity.

Figure 10 shows an exemplary diagram of a user 2000 exercising or engaging in one or more activities (i.e. engaging in an activity session) whilst wearing one or more parameter sensing devices 2100 (which can be any combination of devices as explained in the sensor types section above). The device(s) 2100 collect information on the activity session and in particular data streams associated with the parameters required to classify the activities performed during the user's exercise/activity session. The device(s) 2100 may automatically process the data 'on board' (or manually when the user prompts the device to process the data for example) if the classification system is housed within the monitoring device(s). Alternatively or in addition the data may be automatically sent over to an analysis system 2400 (which may reside in a remote server or a home computer), either wirelessly or via cables, and if sent to a remote server preferably e.g. via a network. Instead of automatic transmission of the data, the user may upload the data manually to a home computer 2200 connected to the analysis system 2400 via a network 2300 or even directly to a remote server where the analysis system resides. The system (whether in the monitoring device, personal computer or remote server or elsewhere) processes the data by accessing memory 2500 (again this may be in the monitoring device, personal computer or remote server and is not necessarily in the same place as the processing circuitry) containing the classification system algorithms and threshold criteria (and preferably user information) to determine the activities conducted and the level of performance as described above. The system 2400 may then interpret this data and any other activity data provided by the devices 2100 to provide feedback to the user and/or alter a training program stored in memory 2500. The analysis system 2400 may communicate to the user's computer or devices 2100 via any communication means known in the art.

The invention is also intended to cover a method of analysing an exercise session as employed by the system described above.

**CLASSIFICATION TABLES**

Edge Forgiveness is a period where Activity Type can 'drop out' of zone without ending the Identification Period for that Activity Type

Weight Loss - Walking/Running Classification System  
 Classification of Activity Type

In active

Primary Intensity measurement system	Metrics Used (Parameters)	Algorithm (also Historic Averages, and Calibration)	Measurement Sensor/s (GPS Speed would need smoothing. GPS Altitude would require error correction.)	Example of Output	Collected Raw Data over the Identified Activity Period
Speed or Power (GPS, Accelerometer, indoor/mechanical)	Positional Status AND	Upright	Accelerometer	Inactive Upright Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Speed or Power	Speed < 2km/hr for more than 15sec Power < 25w for more than 15sec	GPS or Accelerometer Power (direct or indirect)		
	Stride Rate:	<10 strides per minute	Accelerometer		
Heart Rate & Speed or Power	Heart Rate AND Positional Status AND	Upright	Accelerometer	Inactive Upright Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Speed or Power	Speed < 2km/hr for more than 2mins Power < 25w for more than 15sec	Heart Rate GPS or Accelerometer Power (direct or indirect)		
	Stride Rate:	<10 strides per minute	Accelerometer		
Heart Rate & Accelerometer	Heart Rate AND Movement Detected AND	Upright	Accelerometer	Inactive Upright Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Positional Status	less than pedometer measure of 5 strides/min	Heart Rate Accelerometer		
	Stride Rate:	<10 strides per minute	Accelerometer		
Speed (GPS, Accelerometer, indoor/mechanical) or Power & Heart Rate (or respiration rate)  R-R could be used	Positional Status AND	Prone	Accelerometer	Inactive Rest Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Speed or Power AND	Speed < 2km/hr for more than 15sec Power < 25w for more than 15sec	GPS or Accelerometer Power (direct or indirect)		
	Heart Rate or Respiration Rate	<40% of AT heart rate <37% HR max  < 12 breaths a minute	Heart Rate Heart Rate or Direct		
	Stride Rate:	<10 strides per minute	Accelerometer		
Accelerometer & Heart Rate (or Respiration Rate)	Positional Status AND	Prone	Accelerometer	Inactive Rest Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Heart Rate or Respiration Rate	<40% of AT heart rate <37% HR max  < 12 breaths a minute	Heart Rate Heart Rate or Direct		
Speed (GPS, Accelerometer, indoor/mechanical) or Power & Heart Rate	Positional Status AND	Prone	Accelerometer	Inactive Prone Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover

		(or respiration rate)	Speed or Power AND Heart Rate or Respiration Rate	Speed < 2km/hr for more than 15sec Power < 25w for more than 15sec >40% of AT heart rate >37% HR max > 12 breaths a minute	GPS or Accelerometer Power (direct or indirect) Heart Rate Heart Rate or Direct		HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
		Accelerometer & Heart Rate (or Respiration Rate)	Positional Status AND Heart Rate or Respiration Rate	Prone >40% of AT heart rate >37% HR max >12 breaths a minute	Accelerometer Heart Rate Heart Rate or Direct	Inactive Prone Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Walking	Easy Walking		Altitude change (slope, gradient)  AND Speed or or Power Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and >-2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1.9secs)  <45% of AT speed <45% of AT Power  >40 and < 66 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 3-4 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  GPS or Accelerometer Power (direct or indirect)  Accelerometer	Easy Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover  HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance  Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
			Heart Rate	Altitude change (slope, gradient)  AND Heart Rate Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and >-2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1.9secs) <60% of AT heart rate <55% HR max (AT HR - 40bts & AT HR - 110bts)  < 66 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 3-4 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  Heart Rate  Accelerometer	Easy Walking Identified
	Rolling Hills - Walking		Altitude change (slope, gradient)  AND Speed or or Power	gradient > 2 degrees (4% gradient) <8 degrees (15%) > 7m, <20m vertical gain  gradient > 2 degrees > 70secs, < 200 secs  with 'edge forgiveness' (1.9secs)  <7km/hr < power calc for 7km/hr taking into account and slope	GPS, Barometer, DEM, Inclinometer	Rolling Hill Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities),

		Possible Extra Parameter:				Direction to User is Facing,
	No Heart Rate	Stride Rate:	< 66 steps a min (1 full cycle L & R legs)			
<b>Hills - Walking</b>	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  <b>AND</b>  Speed or  or Power Possible Extra Parameter:	gradient > 2 degrees (4% gradient) < 8 degrees (15%) > 20m, < 30m vertical gain  gradient > 2 degrees > 200secs < 410 secs  <i>with 'edge forgiveness' (1-9secs)</i>  < 7km/hr  < power calc for 7km/hr taking into account and slope	GPS, Barometer, DEM, Inclinometer	Hill Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	No Heart Rate	Stride Rate:	< 66 steps a min (1 full cycle L & R legs)			
<b>Long Climb - Walking</b>	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  <b>AND</b>  Speed or  or Power Possible Extra Parameter:	gradient > 2 degrees (4% gradient) < 8 degrees (15%) > 30m vertical gain  gradient > 2 degrees > 410 secs  <i>with 'edge forgiveness' (1-9secs)</i>  < 7km/hr  < power calc for 7km/hr taking into account and slope	GPS, Barometer, DEM, Inclinometer	Long Climb Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	No Heart Rate	Stride Rate:	< 66 steps a min (1 full cycle L & R legs)			
<b>Fat Burning Zone</b>	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  <b>AND</b>  Speed or  or Power Possible Extra Parameter:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i>  45 - 60% of AT speed  45- 60% of AT Power	GPS, Barometer, DEM, Inclinometer   GPS or Accelerometer Power (direct or indirect)  Accelerometer	Fast Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	Heart Rate	Altitude change (slope, gradient)  <b>AND</b>  Heart Rate Possible Extra Parameter:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i> 55 - 70% of AT heart rate 55-65% HR max (AT HR - 20bts & AT HR - 50bts)	GPS, Barometer, DEM, Inclinometer   Heart Rate	Fast Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
		Stride Rate:	< 66 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 3-4 of Max Effort via User Rating	Accelerometer		

Run  
ning

Low Speed - Run	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND  Speed or  or Power Possible Extra Parameter:  Stride Rate:	Slope < 2 degrees (4% gradient) and >-2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i>  60 - 90% of AT speed  60- 90% of AT Power  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 6.5-7.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer   GPS or Accelerometer Power (direct or indirect)   Accelerometer	Low Speed Run Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance  Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Heart Rate	Altitude change (slope, gradient)  AND  Heart Rate Possible Extra Parameter:  Stride Rate:	Slope < 2 degrees (4% gradient) and >-2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i> 70 - 80% of AT heart rate 65-75% HR max (AT HR - 10bts & AT HR - 40bts)  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 6.5-7.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer   Heart Rate   Accelerometer	Low Speed Run Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Rolling Hills - Running	Speed (GPS, Accelerometer, indoor/mechanical) or Power  No Heart Rate	Altitude change (slope, gradient)  AND  Speed or  or Power Possible Extra Parameter:  Stride Rate:	gradient > 2 degrees (4% gradient) <8 degrees (15%) > 7m, <20m vertical gain  gradient > 2 degrees > 70secs, < 200 secs  <i>with 'edge forgiveness' (1-9secs)</i>  >7km/hr  > power calc for 7km/hr taking into account and slope  > 70 steps a min (1 full cycle L & R legs)	GPS, Barometer, DEM, Inclinometer	Rolling Hill Running Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Hills - Running	Speed (GPS, Accelerometer, indoor/mechanical) or Power  No Heart Rate	Altitude change (slope, gradient)  AND  Speed or  or Power Possible Extra Parameter:  Stride Rate:	gradient > 2 degrees (4% gradient) <8 degrees (15%) > 20m, <50m vertical gain  gradient > 2 degrees > 200secs < 410 secs  <i>with 'edge forgiveness' (1-9secs)</i>  >7km/hr  > power calc for 7km/hr taking into account and slope  > 70 steps a min (1 full cycle L & R legs)	GPS, Barometer, DEM, Inclinometer	Hills Running Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Long Climb - Running		Altitude change (slope, gradient)	gradient > 2 degrees (4% gradient) <8 degrees (15%) > 50m vertical gain  gradient > 2 degrees > 410 secs	GPS, Barometer, DEM, Inclinometer	Long Climb Running Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis

	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND	with 'edge forgiveness' (1-2secs)			Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,	
	No Heart Rate	Speed or or Power Possible Extra Parameter:	>7km/hr  > power calc for 7km/hr taking into account and slope  > 70 steps a min (1 full cycle L & R legs)				
High Speed - Run	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND	with 'edge forgiveness' (1-2secs)	Altitude change (slope, gradient)	GPS, Barometer, DEM, Inclinometer	High Speed Run Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance  Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
				Speed or or Power Possible Extra Parameter:	90 - 95% of AT speed  90- 95% of AT Power  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 7.5-8.5 of Max Effort via User Rating	GPS or Accelerometer Power (direct or indirect)	Accelerometer
High Speed - Run	Heart Rate	AND	with 'edge forgiveness' (1-2secs)	Altitude change (slope, gradient)	GPS, Barometer, DEM, Inclinometer	High Speed Run Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
				Heart Rate Possible Extra Parameter:	80 - 90% of AT heart rate 75-85% HR max (AT HR & AT HR - 10bts)  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 7.5-8.5 of Max Effort via User Rating	Heart Rate	Accelerometer
Out of Zone - Too Fast	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND	with 'edge forgiveness' (1-2secs)	Altitude change (slope, gradient)	GPS, Barometer, DEM, Inclinometer	Too fast Identified Very High Speed Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance  Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
				Speed or or Power Possible Extra Parameter:	> 95% of AT speed  > 95% of AT Power  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 7.5-8.5 of Max Effort via User Rating	GPS or Accelerometer Power (direct or indirect)	Accelerometer
Out of Zone - Too Fast	Heart Rate			Altitude change (slope, gradient)	GPS, Barometer, DEM, Inclinometer	Too fast Identified Very High Speed Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas

		AND Heart Rate Possible Extra Parameter: Stride Rate:	with 'edge forgiveness' (1-9secs) > 90% of AT heart rate >85% HR max (AT HR & AT HR + & - 3bts) if Specialist: 90-101% AT heart rate & 85 - 95% of maximum Heart rate > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 7.5-8.5 of Max Effort via User Rating	Heart Rate  Accelerometer		Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Non Specific Movement - Moderate Intensity	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Speed	2 - 6 km/hr	GPS or Accelerometer	Non Specific Movement Moderate Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
		AND Stride Rate:  AND Postural Status	5 - 40 impacts/strides per min, Time Uniformity > 40ms  Upright	Accelerometer  Accelerometer		
Non Specific Movement - Moderate Intensity	Heart Rate	Heart Rate	> 45% and <55% of AT HR (>37% and < 60% of Maximum Heart Rate)	Heart Rate	Non Specific Movement Moderate Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
		AND Stride Rate:  AND Postural Status	5 - 40 impacts/strides per min, Time Uniformity > 40ms  Upright.	Accelerometer  Accelerometer		
Non Specific Movement - High Intensity	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Speed	2 - 6 km/hr	GPS or Accelerometer	Non Specific Movement High Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
		AND Stride Rate:  AND Postural Status	40 - 60 impacts/strides per min, Time Uniformity > 40ms  Upright	Accelerometer  Accelerometer		
Non Specific Movement - High Intensity	Heart Rate	Heart Rate	> 55% and <70% of AT HR (>55% and < 63% of Maximum Heart Rate)	Heart Rate	Non Specific Movement Moderate Intensity Identified High Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
		AND Stride Rate:  AND Postural Status	5 - 40 impacts/strides per min, Time Uniformity > 40ms  Upright	Accelerometer  Accelerometer		
Non Specific Movement - Very High Intensity	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Speed	2 - 6 km/hr	GPS or Accelerometer	Non Specific Movement Very High Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
		AND Stride Rate:  AND Postural Status	60+ impacts/strides per min, Time Uniformity > 40ms  Upright	Accelerometer  Accelerometer		

						Direction to User is Facing,
Heart Rate	Heart Rate	>70% of AT HR (> 65% of Maximum Heart Rate)	Heart Rate	Non Specific Movement Very High Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,	
	AND	5 - 40 impacts/strides per min, Time Uniformity > 40ms	Accelerometer			
	AND	Postural Status Upright	Accelerometer			

**Table 1: Weight Loss - Walking/ Running Classification System**

**Activity Status Monitoring - Health/Military/Personel - Walking/Running Classification System**

Edge Forgiveness is a period where Activity Type can 'drop out' of zone without ending the Identification Period for that Activity Type

Classification of Activity Type	Primary Intensity measurement system	Metrics Used (Parameters)	Algorithm (also Historic Averages, and Calibration)	Measurement Sensor/s (GPS Speed would need smoothing, GPS Altitude would require error correction.)	Example of Output	Collected Raw Data over the Identified Activity Period
Inactive Upright	Speed or Power (GPS, Accelerometer, indoor/mechanical)	Positional Status AND	Upright	Accelerometer	Inactive Upright Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
		Speed or or Power	Speed < 2km/hr for more than 15sec Power < 25w for more than 15sec	GPS or Accelerometer Power (direct or indirect)		
		Stride Rate:	<10 strides per minute	Accelerometer		
Inactive Upright	Heart Rate & Speed or Power	Heart Rate AND Positional Status AND	>30% <45% of AT heart rate >30% < 45% HR max Upright	Heart Rate Accelerometer	Inactive Upright Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
		Speed or or Power	Speed < 2km/hr for more than 2mins Power < 25w for more than 15sec	GPS or Accelerometer Power (direct or indirect)		
		Stride Rate:	<10 strides per minute	Accelerometer		
Inactive Upright	Heart Rate & Accelerometer	Heart Rate AND Movement Detected AND	>30% <45% of AT heart rate >30% < 45% HR max less than pedometer measure of 5 strides/min	Heart Rate Accelerometer	Inactive Upright Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
		Positional Status	Upright	Accelerometer		
		Stride Rate:	<10 strides per minute	Accelerometer		
Inactive Rest	Speed (GPS, Accelerometer, indoor/mechanical) or Power & Heart Rate	Positional Status AND	Prone (< 80 degree to upright)	Accelerometer	Inactive Rest Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident
	(or respiration rate)	Speed or Power AND	Speed < 2km/hr for more than 15sec Power < 25w for more than 15sec	GPS or Accelerometer Power (direct or indirect)		
	R-R could be used	Heart Rate or	<40% of AT heart rate<37% HR max	Heart Rate		

		or Respiration Rate	< 12 breaths a minute	Heart Rate or Direct		Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Accelerometer & Heart Rate (or Respiration Rate)	Positional Status AND Heart Rate or Respiration Rate	Prone (< 80 degree to upright) <40% of AT heart rate < 37% HR max < 12 breaths a minute	Accelerometer Heart Rate Heart Rate or Direct	Inactive Rest Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Inactive Prone	Speed (GPS, Accelerometer, indoor/mechanical) or Power & Heart Rate  (or respiration rate)  R-R could be used	Positional Status AND Speed or Power AND Heart Rate or Respiration Rate	Prone (< 80 degree to upright)  Speed < 2km/hr for more than 15sec  Power < 25w for more than 15sec  >40% of AT heart rate >37% HR max  > 12 breaths a minute	Accelerometer GPS or Accelerometer Power (direct or indirect) Heart Rate Heart Rate or Direct	Inactive Prone Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Accelerometer & Heart Rate (or Respiration Rate)	Positional Status AND Heart Rate or Respiration Rate	Prone (< 80 degree to upright)  >40% of AT heart rate >37% HR max  >12 breaths a minute	Accelerometer Heart Rate Heart Rate or Direct	Inactive Prone Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Easy Walking	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND Speed or or Power Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > -2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs)  <45% of AT speed  <45% of AT Power  < 66 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 3-4 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  GPS or Accelerometer Power (direct or indirect)  Accelerometer	Easy Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Heart Rate	Altitude change (slope, gradient)  AND Heart Rate	Slope < 2 degrees (4% gradient) and > -2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs) <60% of AT heart rate <55% HR max (AT HR - 40bts & AT HR - 110bts)	GPS, Barometer, DEM, Inclinometer  Heart Rate	Easy Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives

		Possible Extra Parameter: Stride Rate:	< 66 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 3-4 of Max Effort via User Rating	Accelerometer		Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Rolling Hills - Walking	Speed (GPS, Accelerometer, indoor/mechanical) or Power  No Heart Rate	Altitude change (slope, gradient)  AND  Speed or  or Power Possible Extra Parameter: Stride Rate:	gradient > 2 degrees (4% gradient) < 8 degrees (15%) > 7m, < 20m vertical gain  gradient > 2 degrees > 70secs, < 200 secs  <i>with 'edge forgiveness' (1-9secs)</i>  < 7km/hr  < power calc for 7km/hr taking into account and slope  < 66 steps a min (1 full cycle L & R legs)	GPS, Barometer, DEM, Inclinometer	Rolling Hill Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Hills - Walking	Speed (GPS, Accelerometer, indoor/mechanical) or Power  No Heart Rate	Altitude change (slope, gradient)  AND  Speed or  or Power Possible Extra Parameter: Stride Rate:	gradient > 2 degrees (4% gradient) < 8 degrees (15%) > 20m, < 30m vertical gain  gradient > 2 degrees > 200secs < 410 secs  <i>with 'edge forgiveness' (1-9secs)</i>  < 7km/hr  < power calc for 7km/hr taking into account and slope  < 66 steps a min (1 full cycle L & R legs)	GPS, Barometer, DEM, Inclinometer	Hill Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Long Climb - Walking	Speed (GPS, Accelerometer, indoor/mechanical) or Power  No Heart Rate	Altitude change (slope, gradient)  AND  Speed or  or Power Possible Extra Parameter: Stride Rate:	gradient > 2 degrees (4% gradient) < 8 degrees (15%) > 30m vertical gain  gradient > 2 degrees > 410 secs  <i>with 'edge forgiveness' (1-9secs)</i>  < 7km/hr  < power calc for 7km/hr taking into account and slope  < 66 steps a min (1 full cycle L & R legs)	GPS, Barometer, DEM, Inclinometer	Long Climb Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Fast Walking	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND  Speed or  or Power Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i>  45 - 60% of AT speed  45- 60% of AT Power  < 66 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 5-6 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer   GPS or Accelerometer Power (direct or indirect)  Accelerometer	Fast Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident  Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)

	Heart Rate	Altitude change (slope, gradient)  <b>AND</b>  Heart Rate Possible Extra Parameter:  Stride Rate:	Slope < 2 degrees (4% gradient) and >2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i> 55 - 70% of AT heart rate 55-65% HR max (AT HR - 20bts & AT HR - 50bts)  < 66 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 5-6 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer          Heart Rate    Accelerometer	Fast Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Low Speed - Run	Speed (GPS, Acclerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  <b>AND</b>  Speed or  or Power Possible Extra Parameter:  Stride Rate:	Slope < 2 degrees (4% gradient) and >2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i>  60 - 90% of AT speed  60- 90% of AT Power  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 6.5-7.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer          GPS or Accelerometer Power (direct or indirect)    Accelerometer	Low Speed Run Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Heart Rate	Altitude change (slope, gradient)  <b>AND</b>  Heart Rate Possible Extra Parameter:  Stride Rate:	Slope < 2 degrees (4% gradient) and >2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i> 70 - 80% of AT heart rate 65-75% HR max (AT HR - 10bts & AT HR - 40bts)  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 6.5-7.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer          Heart Rate    Accelerometer	Low Speed Run Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Rolling Hills - Running	Speed (GPS, Acclerometer, indoor/mechanical) or Power   No Heart Rate	Altitude change (slope, gradient)  <b>AND</b>  Speed or  or Power Possible Extra Parameter:  Stride Rate:	gradient > 2 degrees (4% gradient) <8 degrees (15%) > 7m, <20m vertical gain  gradient > 2 degrees > 70secs, < 200 secs  <i>with 'edge forgiveness' (1-9secs)</i>  >7km/hr  > power calc for 7km/hr taking into account and slope  > 70 steps a min (1 full cycle L & R legs)	GPS, Barometer, DEM, Inclinometer	Rolling Hill Running Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Hills - Running		Altitude change (slope, gradient)	gradient > 2 degrees (4% gradient) <8 degrees (15%) > 20m, <30m vertical gain	GPS, Barometer, DEM, Inclinometer	Hills Running Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover

	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND	gradient > 2 degrees > 200secs < 410 secs  with 'edge forgiveness' (1-9secs)			HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	No Heart Rate	Speed or  or Power Possible Extra Parameter:	>7km/hr  > power calc for 7km/hr taking into account and slope			
	Stride Rate:		> 70 steps a min (1 full cycle L & R legs)			
<b>Long Climb - Running</b>	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND	Altitude change (slope, gradient)  gradient > 2 degrees (4% gradient) <8 degrees (15%) > 30m vertical gain  gradient > 2 degrees > 410 secs  with 'edge forgiveness' (1-9secs)	GPS, Barometer, DEM, Inclinometer	Long Climb Running Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	No Heart Rate	Speed or  or Power Possible Extra Parameter:	>7km/hr  > power calc for 7km/hr taking into account and slope			
	Stride Rate:		> 70 steps a min (1 full cycle L & R legs)			
<b>High Speed - Run</b>	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND	Altitude change (slope, gradient)  Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs)	GPS, Barometer, DEM, Inclinometer	High Speed Run Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance  Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Heart Rate	Speed or  or Power Possible Extra Parameter:	90 - 95% of AT speed  90 - 95% of AT Power	GPS or Accelerometer Power (direct or indirect)		
	Stride Rate:		> 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 7.5-8.5 of Max Effort via User Rating	Accelerometer		
	Heart Rate	AND	Altitude change (slope, gradient)  Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs) 80 - 90% of AT heart rate 75-85% HR max (AT HR & AT HR - 10bts)	GPS, Barometer, DEM, Inclinometer	High Speed Run Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Heart Rate	Heart Rate Possible Extra Parameter:	> 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 7.5-8.5 of Max Effort via User Rating	Heart Rate		
	Stride Rate:		> 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 7.5-8.5 of Max Effort via User Rating	Accelerometer		
<b>Out of Zone - Too Fast Specialist: Very High Speed - Run</b>		AND	Altitude change (slope, gradient)  Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs	GPS, Barometer, DEM, Inclinometer	Too Fast Identified Very High Speed Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,

	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND Speed or or Power Possible Extra Parameter: Stride Rate:	with 'edge forgiveness' (1-2secs)  > 95% of AT speed (if Specialist: 95-101% AT speed) > 95% of AT Power (if Specialist: 95 - 101% AT power)  > 70 steps a min. (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 8.5-9.5 of Max Effort via User Rating	GPS or Accelerometer  Power (direct or indirect)  Accelerometer		Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident  Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Heart Rate	Altitude change (slope, gradient)  AND Heart Rate Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-2secs) > 90% of AT heart rate > 85% HR max (AT HR & AT HR + & - 3bts) if Specialist: 90-101% AT heart rate & 85 - 95% of maximum Heart rate > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 8.5-9.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  Heart Rate.  Accelerometer	Too fast Identified Very High Speed Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Specialist: Sprint Flat	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND Speed or or Power Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-2secs)  > 101% of AT speed > 105% of AT Power  > 85 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of >9 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  GPS or Accelerometer Power (direct or indirect)  Accelerometer	Flat Sprint Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident  Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Heart Rate	Altitude change (slope, gradient)  AND Heart Rate Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-2secs) > 101% of AT heart rate > 95% HR max (> AT HR + 3bts) if Specialist: 90-101% AT heart rate & 85 - 95% of maximum Heart rate > 85 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of >9 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  Heart Rate  Accelerometer	Flat Sprint Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives  Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Specialist: Sprint Hills		Altitude change (slope, gradient)  AND	gradient > 2 degrees (4% gradient) < 8 degrees (15%) > 6m, vertical gain  gradient > 2 degrees > 70secs.  with 'edge forgiveness' (1-2secs)	GPS, Barometer, DEM, Inclinometer	Hill Sprint Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas



		AND Postural Status	Upright	Accelerometer		Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Heart Rate	Heart Rate  AND Stride Rate:  AND Postural Status	> 45% and <55% of AT HR (>37% and < 60% of Maximum Heart Rate)  5 - 40 impacts/strides per min, Time Uniformity > 40ms  Upright	Heart Rate  Accelerometer  Accelerometer	Non Specific Movement Moderate Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Non Specific Movement - High Intensity	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Speed  AND Stride Rate:  AND Postural Status	2 - 6 km/hr  40 - 60 impacts/strides per min, Time Uniformity > 40ms  Upright	GPS or Accelerometer  Accelerometer  Accelerometer	Non Specific Movement High Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Heart Rate	Heart Rate  AND Stride Rate:  AND Postural Status	> 55% and <70% of AT HR (>55% and < 65% of Maximum Heart Rate)  40 - 60 impacts/strides per min, Time Uniformity > 40ms  Upright	Heart Rate  Accelerometer  Accelerometer	Non Specific Movement Moderate Intensity Identified High Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
Non Specific Movement - Very High Intensity	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Speed  AND Stride Rate:  AND Postural Status	2 - 6 km/hr  60+ impacts/strides per min, Time Uniformity > 40ms  Upright	GPS or Accelerometer  Accelerometer  Accelerometer	Non Specific Movement Very High Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)
	Heart Rate	Heart Rate  AND Stride Rate:  AND Postural Status	>70% of AT HR (> 65% of Maximum Heart Rate)  60+ impacts/strides per min, Time Uniformity > 40ms  Upright	Heart Rate  Accelerometer  Accelerometer	Non Specific Movement Very High Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance, Location of an object or incident Weather Forecast, Location of other Users (including information on their Activities), Location of Resources, Goal Target, Mission Objectives Direction to User is Facing, Forwards vs Backwards vs Lateral Movement (left and right)

**Table 2: Activity Status Monitoring - Health/Military/Personel - Walking/ Running Classification System**

Running Classification System (Cross Country Skiing, Skating)

Edge Forgiveness is a period where Activity Type can 'drop out' of zone without ending the Identification Period for that Activity Type

Stationary	Classification of Activity Type	Primary Intensity measurement system	Metrics Used (Parameters)	Algorithm also Historic Averages, and Calibration	Measurement Sensor/s GPS Speed would need smoothing. GPS Altitude would require error correction.	Example of Output	Collected Raw Data over the Identified Activity Period
	Inactive	Speed or Power (GPS, Accelerometer, indoor/mechanical)	Speed or Power	Speed < 2km/hr for more than 15sec Power < 25w for more than 15sec	GPS or Accelerometer Power (direct or indirect)	Inactive Identified (Pause)	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
		Heart Rate & Speed or Power	Heart Rate  AND Speed or Power	>30% <70% of AT heart rate >30% < 60% HR max  Speed < 1km/hr for more than 2mins Power < 25w for more than 15sec	Heart Rate  GPS or Accelerometer Power (direct or indirect)	Inactive Identified (Pause)	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Running	Easy	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND Speed or Power Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9sec)</i>  65 - 90% of AT speed  65- 90% of AT Power  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 6 -7.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  GPS or Accelerometer Power (direct or indirect)  Accelerometer	Easy Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
		Heart Rate	Altitude change (slope, gradient)  AND Heart Rate Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9sec)</i> 70 - 80% of AT heart rate 60- 75% HR max (AT HR - 10bts & AT HR - 40bts)  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 6.5-7.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  Heart Rate  Accelerometer	Easy Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Rolling Hills - Running		Altitude change (slope, gradient)	gradient > 2 degrees (4% gradient) <8 degrees (15%) > 7m, <20m vertical gain	GPS, Barometer, DEM, Inclinometer	Rolling Hill Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover

	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND	gradient > 2 degrees > 70secs, < 200 secs  with 'edge forgiveness' (1-2secs)			HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	No Heart Rate	Speed or  or Power Possible Extra Parameter:  Stride Rate:	>7km/hr  > power calc for 7km/hr taking into account and slope  > 70 steps a min (1 full cycle L & R legs)			
<b>Hills - Running</b>	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND	Altitude change (slope, gradient)  gradient > 2 degrees (4% gradient) < 8 degrees (15%) > 20m, < 30m vertical gain  gradient > 2 degrees > 200secs < 410 secs  with 'edge forgiveness' (1-2secs)	GPS, Barometer, DEM, Inclinometer	Hill Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	No Heart Rate	Speed or  or Power Possible Extra Parameter:  Stride Rate:	>7km/hr  > power calc for 7km/hr taking into account and slope  > 70 steps a min (1 full cycle L & R legs)			
<b>Long Climb - Running</b>	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND	Altitude change (slope, gradient)  gradient > 2 degrees (4% gradient) < 8 degrees (15%) > 30m vertical gain  gradient > 2 degrees > 410 secs  with 'edge forgiveness' (1-2secs)	GPS, Barometer, DEM, Inclinometer	Long Climb Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	No Heart Rate	Speed or  or Power Possible Extra Parameter:  Stride Rate:	>7km/hr  > power calc for 7km/hr taking into account and slope  > 70 steps a min (1 full cycle L & R legs)			
<b>Hill Efforts</b>	Speed (GPS, Accelerometer, indoor/mechanical) or Power	AND	Altitude change (slope, gradient)  slope = 2 - 4 degrees (gradient = 4-7%)  stop: slope > 4 degrees (7%)  stop: slope less than 2 degrees  with 'edge forgiveness' (1-2secs)	GPS, Barometer, DEM, Inclinometer	Hill Effort Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance  Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	Heart Rate	Speed or  or Power Possible Extra Parameter:  Stride Rate:	90 - 95% of AT speed (AT Speed - (AT Speed * 5%), AT Speed * 95%)  95- 105% of AT Power  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 7.5 - 8.5 of Max Effort via User Rating	GPS or Accelerometer  Power (direct or indirect)  Accelerometer		Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
		AND	Altitude change (slope, gradient)  slope = 2 - 4 degrees (gradient = 4-7%)  stop: slope > 4 degrees (7%)  stop: slope less than 2 degrees  with 'edge forgiveness' (1-2secs)	GPS, Barometer, DEM, Inclinometer	Hill Effort Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance

		Heart Rate Possible Extra Parameter: Stride Rate:	80 - 90% of AT heart rate 75-85% HR max (AT HR & AT HR - 10bts)  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 6.5-7.5 of Max Effort via User Rating	Heart Rate  Accelerometer		Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Up Tempo	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND  Speed or or Power Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9sec)</i>  90 - 95% of AT speed  90- 95% of AT Power  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 7.5 -8.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  GPS or Accelerometer Power (direct or indirect)  Accelerometer	Up Tempo Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance  Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Heart Rate	Altitude change (slope, gradient)  AND  Heart Rate Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9sec)</i> 80 - 90% of AT heart rate 75-85% HR max (AT HR & AT HR - 10bts)  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 7.5-8.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  Heart Rate  Accelerometer	Up Tempo Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Anaerobic Threshold	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND  Speed or or Power Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9sec)</i>  95 - 105% of AT speed  95- 105% of AT Power  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 8.5 -9.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  GPS or Accelerometer Power (direct or indirect)  Accelerometer	Anaerobic Threshold Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance  Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Heart Rate	Altitude change (slope, gradient)  AND	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9sec)</i>	GPS, Barometer, DEM, Inclinometer	Anaerobic Threshold Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance

		Heart Rate Possible Extra Parameter: Stride Rate:	99 - 101% of AT heart rate 85-93% HR max (AT HR + & - 3 bts)  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 8.5-9.5 of Max Effort via User Rating	Heart Rate  Accelerometer		Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Sprint	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND  Speed or  or Power Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > -2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs)  105% - 115% of AT speed  105% - 115% of AT Power  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 8.5-9.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer    GPS or Accelerometer Power (direct or indirect)  Accelerometer	Sprint Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance  Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Heart Rate	Altitude change (slope, gradient)  AND  Heart Rate Possible Extra Parameter: Stride Rate:	Slope < 2 degrees (4% gradient) and > -2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs)  101 - 103% of AT heart rate > 95 - 98% HR max (AT HR + 3 bts, AT HR + 8 bts)  > 70 steps a min (1 full cycle L & R legs) Speed or Heart Rate equivalent to Initial Calibration of 8.5-9.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer    Heart Rate  Accelerometer	Sprint Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Overspeed	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND  Speed or  or Power	Slope < -2 degrees (-4% gradient) and > -4 degrees (-7%)  stop: gradient > -2 degrees over 15secs, < -4 degrees over 15 secs  with 'edge forgiveness' (1-9secs)  100% - 105% of AT speed  100% - 105% of AT Power	GPS, Barometer, DEM, Inclinometer    GPS or Accelerometer Power (direct or indirect)	Overspeed Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Speed (GPS, Accelerometer, indoor/mechanical) or Power and Stride Rate	Altitude change (slope, gradient)  AND  Speed or  or Power  AND	Slope < -2 degrees (-4% gradient) and > -4 degrees (-7%)  stop: gradient > -2 degrees over 15secs, < -4 degrees over 15 secs  with 'edge forgiveness' (1-9secs)  100% - 105% of AT speed  100% - 105% of AT Power	GPS, Barometer, DEM, Inclinometer    GPS or Accelerometer Power (direct or indirect)	Overspeed Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.

		Stride Rate:	> 5% AT SR (1 full cycle L & R legs)	Accelerometer	
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**Table 3: Running Classification**

Activity Type	Classification of Activity Type	Cycling Classification System			Measurement Sensor/s	Example of Output	Collected Raw Data over the Identified Activity Period
		Primary Intensity measurement system	Metrics Used (Parameters)	Algorithm (also Historic Averages, and Calibration)			
Running	Inactive	Speed or Power (GPS, Accelerometer, indoor/mechanical)	Speed or or Power	Speed < 2km/hr for more than 15sec  Power < 25w for more than 15sec	GPS or Cycle Speed Sensor  Power (direct or indirect)	Inactive Identified (Pause)	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
		Heart Rate & Speed or Power	Heart Rate  AND Speed or or Power	>30% <70% of AT heart rate >30% < 60% HR max  Speed < 1km/hr for more than 15secs  Power < 25w for more than 15sec	Heart Rate  GPS or Accelerometer  Power (direct or indirect)	Inactive Identified (Pause)	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
	Easy	Altitude change (slope, gradient)	AND	Slope < 2 degrees (4% gradient) and >2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs)	GPS, Barometer, DEM, Inclinometer	Easy Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
		Speed (GPS, Accelerometer, indoor/mechanical) or Power	Speed or or Power Possible Extra Parameter: Cadence	65 - 90% of AT speed  65- 90% of AT Power  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm Speed or Heart Rate equivalent to Initial Calibration of 6-7.5 of Max Effort via User Rating	GPS or Cycle Speed Sensor Power (direct or indirect)  Cycle Cadence Sensor		
	Easy	Altitude change (slope, gradient)	AND	Slope < 2 degrees (4% gradient) and >2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs) 70 - 80% of AT heart rate 65-75% HR max (AT HR - 10bts & AT HR - 40bts)	GPS, Barometer, DEM, Inclinometer	Easy Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
		Heart Rate	Heart Rate Possible Extra Parameter: Cadence	Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm Speed or Heart Rate equivalent to Initial Calibration of 6-7.5 of Max Effort via User Rating	Heart Rate  Cycle Cadence Sensor		
Rolling Hills	No Primary Intensity (Altitude)	Altitude change (slope,	gradient > 2 degrees (4% gradient) <8 degrees (15%) > 7m, <20m vertical gain	GPS, Barometer, DEM,	Rolling Hill Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover	

Edge Forgiveness is a period where Activity Type can 'drop out' of zone without ending the Identification Period for that Activity Type

		gradient)	gradient > 2 degrees > 70secs, < 200 secs  <i>with 'edge forgiveness' (1-9secs)</i>	Inclinometer		HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
Hills	No Primary Intensity (Altitude)	Altitude change (slope, gradient)	gradient > 2 degrees (4% gradient) < 8 degrees (15%) > 20m, < 30m vertical gain  gradient > 2 degrees > 200secs < 410 secs  <i>with 'edge forgiveness' (1-9secs)</i>	GPS, Barometer, DEM, Inclinometer	Hill Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
Long Climb	No Primary Intensity (Altitude)	Altitude change (slope, gradient)	gradient > 2 degrees (4% gradient) < 8 degrees (15%) > 30m vertical gain  gradient > 2 degrees > 410 secs  <i>with 'edge forgiveness' (1-9secs)</i>	GPS, Barometer, DEM, Inclinometer	Long Climb Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
Hill Efforts	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  <b>AND</b>  Speed or  or Power Possible Extra Parameter:  Cadence	slope = 2 - 4 degrees (gradient = 4-7%)  stop: slope > 4 degrees (7%)  stop: slope less than 2 degrees  <i>with 'edge forgiveness' (1-9secs)</i>  90 - 95% of AT speed (AT Speed - (AT Speed * 5%), AT Speed + 95%)  95 - 105% of AT Power  Road: 90-105rpm, Triathlon, MTB, TT: 83-95rpm, Recreational: 80-95rpm Speed or Heart Rate equivalent to Initial Calibration of 7.5 - 8.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer         GPS or Cycle Speed Sensor Power (direct or indirect)         Cycle Cadence Sensor	Hill Effort Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
	Heart Rate	Altitude change (slope, gradient)  <b>AND</b>  Heart Rate Possible Extra Parameter:  Cadence	slope = 2 - 4 degrees (gradient = 4-7%)  stop: slope > 4 degrees (7%)  stop: slope less than 2 degrees  <i>with 'edge forgiveness' (1-9secs)</i>  80 - 90% of AT heart rate 75-85% HR max (AT HR & AT HR - 10bts)  Road: 90-105rpm, Triathlon, MTB, TT: 83-95rpm, Recreational: 80-95rpm Speed or Heart Rate equivalent to Initial Calibration of 7.5 - 8.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer         Heart Rate         Cycle Cadence Sensor	Hill Effort Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
Flat Big Gear		Altitude change (slope, gradient)  <b>AND</b>	Slope < 2 degrees (4% gradient) and > 2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i>	GPS, Barometer, DEM, Inclinometer	Flat Big Gear Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance

	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Speed or Power  AND Cadence or Distance per Pedal Revolution	65 - 90% of AT speed  65- 90% of AT Power  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm  85 - 130% of AT Distance per Pedal Revolution Speed or Heart Rate equivalent to Initial Calibration of 6 -7.5 of Max Effort via User Rating	GPS or Cycle Speed Sensor Power (direct or indirect)  Cycle Cadence Sensor GPS or Cycle Speed & Cadence Sensor		(rain etc), Distance
	Heart Rate	Altitude change (slope, gradient)  AND Heart Rate  AND Cadence or Distance per Pedal Revolution	Slope < 2 degrees (4% gradient) and > -2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs) 70 - 80% of AT heart rate 65-75% HR max (AT HR - 10bts & AT HR - 40bts)  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm  85 - 130% of AT Distance per Pedal Revolution Speed or Heart Rate equivalent to Initial Calibration of 6 -7.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  Heart Rate  Cycle Cadence Sensor GPS or Cycle Speed & Cadence Sensor	Flat Big Gear Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
Big Gear Time Trial	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND Speed or Power  AND Cadence or Distance per Pedal Revolution	Slope < 2 degrees (4% gradient) and > -2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs)  90 - 105% of AT speed  90- 120% of AT Power  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm  100 - 130% of AT Distance per Pedal Revolution Speed or Heart Rate equivalent to Initial Calibration of 7.5 -8.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer  GPS or Cycle Speed Sensor Power (direct or indirect)  Cycle Cadence Sensor GPS or Cycle Speed & Cadence Sensor	Big Gear Time Trial Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
	Heart Rate	Altitude change (slope, gradient)  AND Heart Rate  AND Cadence or Distance per Pedal Revolution	Slope < 2 degrees (4% gradient) and > -2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs) 80 - 90% of AT heart rate 75-85% HR max (AT HR & AT HR - 10bts)  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm  100 - 130% of AT Distance per Pedal Revolution	GPS, Barometer, DEM, Inclinometer  Heart Rate  Cycle Cadence Sensor GPS or Cycle Speed & Cadence Sensor	Big Gear Time Trial Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance

Up Tempo	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND  Speed or  or Power Possible Extra Parameter:  Cadence	Slope < 2 degrees (4% gradient) and >2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs)  90 - 95% of AT speed  90- 95% of AT Power  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm Speed or Heart Rate equivalent to Initial Calibration of 7.5 -8.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer    GPS or Cycle Speed Sensor Power (direct or indirect)   Cycle Cadence Sensor	Up Tempo Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
	Heart Rate	Altitude change (slope, gradient)  AND  Heart Rate Possible Extra Parameter:  Cadence	Slope < 2 degrees (4% gradient) and >2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs) 93 - 99% of AT heart rate 75-85% HR max (AT HR & AT HR - 10bts)  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm Speed or Heart Rate equivalent to Initial Calibration of 7.5-8.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer    Heart Rate   Cycle Cadence Sensor	Up Tempo Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
Anaerobic Threshold	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  AND  Speed or  or Power Possible Extra Parameter:  Cadence	Slope < 2 degrees (4% gradient) and >2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs)  95 - 105% of AT speed  95- 105% of AT Power  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm Speed or Heart Rate equivalent to Initial Calibration of 8.5 -9.5 of Max Effort via User Rating	GPS, Barometer, DEM, Inclinometer    GPS or Cycle Speed Sensor Power (direct or indirect)   Cycle Cadence Sensor	Anaerobic Threshold Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
	Heart Rate	Altitude change (slope, gradient)  AND  Heart Rate Possible Extra Parameter:  Cadence	Slope < 2 degrees (4% gradient) and >2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  with 'edge forgiveness' (1-9secs) 99 - 101% of AT heart rate 85-95% HR max (AT HR + & - 5bts)  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm	GPS, Barometer, DEM, Inclinometer    Heart Rate   Cycle Cadence Sensor	Anaerobic Threshold Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance

			Speed or Heart Rate equivalent to Initial Calibration of 8.5-9.5 of Max Effort via User Rating			
Power	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)	Slope < 2 degrees (4% gradient) and >-2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i>	GPS, Barometer, DEM, Inclinometer	Power Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
		Speed or Power  AND  Cadence	from 20km/hr to AT speed in less than 20 secs 50% to 133% of AT Power in under 20secs  70 - 95rpm in under 20secs Speed or Heart Rate equivalent to Initial Calibration of >9 of Max Effort via User Rating	GPS or Cycle Speed Sensor Power (direct or indirect)  Cycle Cadence Sensor		
Power	Heart Rate	Altitude change (slope, gradient)	Slope < 2 degrees (4% gradient) and >-2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i>	GPS, Barometer, DEM, Inclinometer	Power Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
		Heart Rate  AND  Cadence	Heart Rate change > 15% of AT Heart Rate < 20secs  70 - 95rpm in under 20secs Speed or Heart Rate equivalent to Initial Calibration of >9 of Max Effort via User Rating	Heart Rate  Cycle Cadence Sensor		
Sprint	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)	Slope < 2 degrees (4% gradient) and >-2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i>	GPS, Barometer, DEM, Inclinometer	Sprint Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
		Speed or Power Possible Extra Parameter:  Cadence	>106% of AT speed  >133% of AT Power  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm Speed or Heart Rate equivalent to Initial Calibration of >9.5 of Max Effort via User Rating	GPS or Cycle Speed Sensor Power (direct or indirect)  Cycle Cadence Sensor		
Sprint	Heart Rate	Altitude change (slope, gradient)	Slope < 2 degrees (4% gradient) and >-2 degrees (-4%)  stop: gradient > 2 degrees over 6 meters vertical gain  stop: gradient > 2 degrees > 30secs  <i>with 'edge forgiveness' (1-9secs)</i>	GPS, Barometer, DEM, Inclinometer	Sprint Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance
		Heart Rate Possible Extra Parameter:  Cadence	>101% of AT heart rate >95% HR max (AT HR + 3bts, AT HR + 8bts)  Road: 90-105rpm, Triathlon, MTB, TT: 85-95rpm, Recreational: 80-95rpm	Heart Rate  Cycle Cadence Sensor		

			Speed or Heart Rate equivalent to Initial Calibration of >9.5 of Max Effort via User Rating			
<b>Overspeed</b>	Speed (GPS, Accelerometer, indoor/mechanical) or Power	Altitude change (slope, gradient)  <b>AND</b>  Cadence	Slope < -2 degrees (-4% gradient) and >-4 degrees (-7%)  stop: gradient > -2 degrees over 15secs, < -4 degrees over 15 secs  with 'edge forgiveness' (1-9secs)  Road: >111rpm, Triathlon, MTB, TT: >111rpm, Recreational: >111rpm	GPS, Barometer, DEM, Inclinometer   Cycle Cadence Sensor	Overspeed Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, L-R Power Balance, Force Measures for Pedal Stroke (direct, Lateral, Vertical and tangential), Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance

**Table 4: Cycling Classification**

Activity Type	Rowing/Kayaking Classification System				Example of Output	Collected Raw Data over the Identified Activity Period
	Classification of Activity Type	Primary Intensity measurement system	Metrics Used (Parameters)	Algorithm also Historic Averages, and Calibration		
Inactive	Speed or Power (GPS, Accelerometer, indoor/mechanical)	Speed or Power	Speed < 2km/hr for more than 15sec  Power < 25w for more than 15sec	GPS or Accelerometer  Power (direct or indirect)	Inactive Identified (Pause)	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
	Heart Rate & Speed or Power	Heart Rate  <b>AND</b>  Speed or Power	<45% of AT heart rate < 45% HR max  Speed < 1km/hr for more than 2mins  Power < 25w for more than 15sec	Heart Rate  GPS or Accelerometer  Power (direct or indirect)	Inactive Identified (Pause)	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
Easy	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate  <b>AND</b>  Speed or Power	18 - 22 strokes per min (crew number dependent)  65% to 90% of AT Speed  65% to 90% of AT Power Speed or Heart Rate equivalent to Initial Calibration of 6 - 7.5 of Max Effort via User Rating	Stroke Rate Sensor  Rowing/Kayak Speed Device, GPS	Easy Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate  <b>AND</b>  Heart Rate	18 - 22 strokes per min (crew number dependent)  70 to 80% of AT heart rate or 65-75% HR max (AT HR - 10 bts & AT HR - 40bts) Speed or Heart Rate equivalent to Initial Calibration of 6 - 7.5 of Max Effort via User Rating	Stroke Rate Sensor  Heart Rate	Easy Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
Slow Full Pressure	Speed (GPS, Rowing/Kayak Speed device,	Stroke Rate	18 - 22 strokes per min (crew number dependent)	Stroke Rate Sensor	Slow Full Pressure Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover

Edge Forgiveness is a period where Activity Type can 'drop out' of zone without ending the Identification Period for that Activity Type

	indoor/mechanical)	AN D Speed or Power	80% to 93% of AT Speed  80% to 93% of AT Power Speed or Heart Rate equivalent to Initial Calibration of 7 - 8 of Max Effort via User Rating	Rowing/Kayak Speed Device, GPS		HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate AN D Heart Rate	18 - 22 strokes per min (crew number dependent)  70 to 80% of AT heart rate or 65-75% HR max (AT HR - 10 bts & AT HR - 40bts) Speed or Heart Rate equivalent to Initial Calibration of 7 - 8 of Max Effort via User Rating	Stroke Rate Sensor  Heart Rate	Slow Full Pressure Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
Tempo Load	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate AN D Speed or Power	18 - 22 strokes per min (crew number dependent)  90% to 93% of AT Speed  90% to 103% of AT Power Speed or Heart Rate equivalent to Initial Calibration of 7.5 - 8.5 of Max Effort via User Rating	Stroke Rate Sensor  Rowing/Kayak Speed Device, GPS	Tempo Load Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate AN D Heart Rate	18 - 22 strokes per min (crew number dependent)  80 to 90% of AT heart rate or 75-85% HR max (AT HR & AT HR - 10bts) Speed or Heart Rate equivalent to Initial Calibration of 7.5 - 8.5 of Max Effort via User Rating	Stroke Rate Sensor  Heart Rate	Tempo Load Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
Up Tempo	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate AN D Speed or Power	23 - 32 strokes per min (crew number dependent)  90% to 93% of AT Speed  90% to 93% of AT Power Speed or Heart Rate equivalent to Initial Calibration of 7.5 - 8.5 of Max Effort via User Rating	Stroke Rate Sensor  Rowing/Kayak Speed Device, GPS	Up Tempo Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate AN D Heart Rate	23 - 32 strokes per min (crew number dependent)  80 to 90% of AT heart rate or 75-85% HR max (AT HR & AT HR - 10bts) Speed or Heart Rate equivalent to Initial Calibration of 7.5 - 8.5 of Max Effort via User Rating	Stroke Rate Sensor  Heart Rate	Up Tempo Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
Anaerobic Threshold	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate AN D Speed or Power	33 - 37 strokes per min (crew number dependent)  93% to 105% of AT Speed  93% to 105% of AT Power Speed or Heart Rate equivalent to Initial Calibration of 8.5 - 9.5 of Max Effort via User Rating	Stroke Rate Sensor  Rowing/Kayak Speed Device, GPS	Anaerobic Threshold Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance

	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate  AND Heart Rate	33 - 37 strokes per min (crew number dependent)  99 to 101% of AT heart rate or 85-95% HR max (AT HR - & + 3 bts) Speed or Heart Rate equivalent to Initial Calibration of 8.5 - 9.5 of Max Effort via User Rating	Stroke Rate Sensor  Heart Rate	Anaerobic Threshold Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
Starts	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate  AND Speed or Power	0 stroke rate up to >36 strokes per min (crew number dependent)  0% up to 95% to 105% of AT Speed  0% up to 95% to 105% of AT Power Speed or Heart Rate equivalent to Initial Calibration of >9 of Max Effort via User Rating	Stroke Rate Sensor  Rowing/Kayak Speed Device, GPS	Start Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate  AND Heart Rate	0 stroke rate up to >36 strokes per min (crew number dependent)  below 75% up to 99 to 101% of AT heart rate or below 65% up to 85-95% HR max Speed or Heart Rate equivalent to Initial Calibration of >9 of Max Effort via User Rating	Stroke Rate Sensor  Heart Rate	Start Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
Moves	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate  AND Speed or Power	33 - 37 strokes per min (crew number dependent)  > 105% of AT Speed  > 105% of AT Power Speed or Heart Rate equivalent to Initial Calibration of >9 of Max Effort via User Rating	Stroke Rate Sensor  Rowing/Kayak Speed Device, GPS	Move Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance
	Speed (GPS, Rowing/Kayak Speed device, indoor/mechanical)	Stroke Rate  AND Heart Rate	33 - 37 strokes per min (crew number dependent)  > 101% of AT heart rate or >95% HR max (> AT HR +3 bts) Speed or Heart Rate equivalent to Initial Calibration of >9 of Max Effort via User Rating	Stroke Rate Sensor  Heart Rate	Move Identified	Speed, Elapsed Time, Time of Day, Location, Altitude, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Strokes Environmental Temp, (water temp) Heat Index, Wind Chill, Altitude, Power Curve, Wind Speed, Weather (rain etc), Distance

Table 5: Rowing/Kayaking Classification

Activity	Classification of Activity Type	Field Sports Classification System			Measurement Sensor/s	Example of Output	Collected Raw Data over the Identified Activity Period
		Primary Intensity measurement system	Metrics Used  (Parameters)	Algorithm  also Historic Averages, and Calibration			
All areas would be summarised into Totals							
Running	0 - 5m Speed or Power-moving start	Speed (GPS, Accelerometer, video motion capture, RF triangulation) Power direct or indirect (based on body weight & speed)	Speed  (Body Weight)	Speed > 95% of highest 5% of game speed (adjustable) Speed at start: > 40% of highest 5% of game speed (adjustable) Power based on body weight & speed Power > 95% of highest 5% of the game (adjustable)	GPS, Accelerometer, Transmitter to Transceiver/Receiver Video Motion Capture	0 - 5m Speed or Power-moving identified for a specified location on the playing area	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain

Edge Forgiveness is a period where Activity Type can 'drop out' of zone without ending the Identification Period for that Activity Type

			<p>Power at Start: &gt; 40% of highest 5% of game power (adjustable)</p> <p>each of the following is listed independently: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3, Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3, (adjustable)</p> <p>AND Distance or Time Possible Extra: Stride Rate &gt;70 strides per min (1 full cycle left &amp; right legs)</p>	<p>GPS, Accelerometer, Transmitter to</p> <p>Transceiver/Receiver</p> <p>Video Motion Capture</p> <p>Time</p> <p>Accelerometer</p>	<p>etc), Distance</p> <p>each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3,</p> <p>Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,</p> <p>Duration of a game, half or quarter time</p>
<p>0 - 5m Speed or Power - stationary start</p>	<p>Speed (GPS, Accelerometer, video motion capture, RF triangulation) Power direct or indirect (based on body weight &amp; speed)</p>	<p>Speed (Body Weight)</p> <p>Location</p> <p>AND Distance or Time Possible Extra: Stride Rate</p>	<p>Speed &gt; 95% of highest 5% of game speed (adjustable) Speed at start: &lt; 40% of highest 5% of game speed (adjustable) Power based on body weight &amp; speed</p> <p>Power &gt; 95% of highest 5% of the game (adjustable) Power at Start: &lt; 40% of highest 5% of game power (adjustable)</p> <p>each of the following is listed independently: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3, Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3, (adjustable)</p> <p>0 - 5 meters or equivalent time &gt;10 up to &lt;70 strides per min (1 full cycle left &amp; right legs)</p>	<p>GPS, Accelerometer, Transmitter to</p> <p>Transceiver/Receiver</p> <p>Video Motion Capture</p> <p>GPS, Accelerometer, Transmitter to</p> <p>Transceiver/Receiver</p> <p>Video Motion Capture</p> <p>Time</p> <p>Accelerometer</p>	<p>0 - 5m Speed or Power - stationary identified for a specified location on the playing area</p> <p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover</p> <p>HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps</p> <p>Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance</p> <p>each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3,</p> <p>Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,</p> <p>Duration of a game, half or quarter time</p>
<p>5 - 10m Speed or Power - moving start</p>	<p>Speed (GPS, Accelerometer, video motion capture, RF triangulation) Power direct or indirect (based on body weight &amp; speed)</p>	<p>Speed (Body Weight)</p> <p>Location</p> <p>AND</p>	<p>Speed &gt; 90% of highest 5% of game speed (adjustable) Speed at start: &gt; 40% of highest 5% of game speed (adjustable) Power based on body weight &amp; speed</p> <p>Power &gt; 90% of highest 5% of the game (adjustable) Power at Start: &gt; 40% of highest 5% of game power (adjustable)</p> <p>each of the following is listed independently: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3, Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3, (adjustable)</p>	<p>GPS, Accelerometer, Transmitter to</p> <p>Transceiver/Receiver</p> <p>Video Motion Capture</p> <p>GPS, Accelerometer, Transmitter to</p> <p>Transceiver/Receiver</p> <p>Video Motion Capture</p>	<p>5 - 10m Speed or Power - moving identified for a specified location on the playing area</p> <p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover</p> <p>HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps</p> <p>Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance</p> <p>each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3,</p> <p>Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,</p> <p>Duration of a game, half or quarter time</p>

		Distance or Time Possible Extra: Stride Rate	5 - 10 meters or equivalent time  >70 strides per min (1 full cycle left & right legs)	Time  Accelerometer		
5 - 10m Speed or Power-stationary start	Speed (GPS, Accelerometer, video motion capture, RF triangulation) Power direct or indirect (based on body weight & speed)	Speed  (Body Weight)	Speed > 90% of highest 5 % of game speed (adjustable) Speed at start: < 40% of highest 5% of game speed (adjustable) Power based on body weight & speed  Power > 90% of highest 5 % of the game (adjustable) Power at Start: < 40% of highest 5% of game power (adjustable)	GPS, Accelerometer, Transmitter to  Transceiver/ Receiver Video Motion Capture  GPS, Accelerometer, Transmitter to  Transceiver/ Receiver Video Motion Capture  Time  Accelerometer	5 - 10m Speed or Power - stationary identified for a specified location on the playing area	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover  HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3,  Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,  Duration of a game, half or quarter time
10 - 20m Speed or Power-moving start	Speed (GPS, Accelerometer, video motion capture, RF triangulation) Power direct or indirect (based on body weight & speed)	Speed  (Body Weight)	Speed > 85% of highest 5 % of game speed (adjustable) Speed at start: > 40% of highest 5% of game speed (adjustable) Power based on body weight & speed  Power > 85% of highest 5 % of the game (adjustable) Power at Start: > 40% of highest 5% of game power (adjustable)	GPS, Accelerometer, Transmitter to  Transceiver/ Receiver Video Motion Capture  GPS, Accelerometer, Transmitter to  Transceiver/ Receiver Video Motion Capture  Time  Accelerometer	10 - 20m Speed or Power - moving identified for a specified location on the playing area	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover  HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3,  Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,  Duration of a game, half or quarter time
10 - 20m Speed or Power-stationary start	Speed (GPS, Accelerometer, video motion capture, RF triangulation) Power direct or indirect (based on body weight & speed)	Speed  (Body Weight)	Speed > 85% of highest 5 % of game speed (adjustable) Speed at start: < 40% of highest 5% of game speed (adjustable) Power based on body weight & speed  Power > 85% of highest 5 % of the game (adjustable) Power at Start: < 40% of highest 5% of game power (adjustable)	GPS, Accelerometer, Transmitter to  Transceiver/ Receiver Video Motion Capture  GPS, Accelerometer  Time  Accelerometer	10 - 20m Speed or Power - stationary identified for a specified location on the playing area	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover  HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3,  Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,  Duration of a game, half or quarter time





			<p>Defensive 1/3,</p> <p>Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3,</p> <p>Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,</p> <p>(adjustable)</p>	<p>Video Motion Capture</p>		
		<p>AND Distance or Time Possible Extra: Stride Rate</p>	<p>Over Duration of Game</p>	<p>Time</p>		
		<p>Stride Rate</p>	<p>&gt;70 strides per min (1 full cycle left &amp; right legs)</p>	<p>Accelerometer</p>		
Jogging	<p>Speed (GPS, Accelerometer, video motion capture, RF triangulation)</p> <p>Power direct or indirect (based on body weight &amp; speed)</p>	<p>Speed</p> <p>(Body Weight)</p>	<p>Speed 55-60% of highest 5 % of game speed (adjustable)</p> <p>Power based on body weight &amp; speed</p> <p>Power 55-60% of highest 5 % of the game (adjustable)</p>	<p>GPS, Accelerometer, Transmitter to</p> <p>Transceiver/ Receiver</p> <p>Video Motion Capture</p>	<p>Jogging Speed Identified for a specified location on the playing area</p>	<p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover</p> <p>HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps</p> <p>Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance</p> <p>each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3,</p> <p>Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,</p> <p>Duration of a game, half or quarter time</p>
		<p>Location</p>	<p>each of the following is listed independently: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3, Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,</p> <p>(adjustable)</p>	<p>GPS, Accelerometer, Transmitter to</p> <p>Transceiver/ Receiver</p> <p>Video Motion Capture</p>		
		<p>AND Distance or Time Possible Extra: Stride Rate</p>	<p>Over Duration of Game</p>	<p>Time</p>		
		<p>Stride Rate</p>	<p>&gt;70 strides per min (1 full cycle left &amp; right legs)</p>	<p>Accelerometer</p>		
Walking	<p>Speed (GPS, Accelerometer, video motion capture, RF triangulation)</p> <p>Power direct or indirect (based on body weight &amp; speed)</p>	<p>Speed</p> <p>(Body Weight)</p>	<p>Speed &lt;40% of highest 5 % of game speed (adjustable)</p> <p>Power based on body weight &amp; speed</p> <p>Power &lt;40% of highest 5 % of the game (adjustable)</p>	<p>GPS, Accelerometer, Transmitter to</p> <p>Transceiver/ Receiver</p> <p>Video Motion Capture</p>	<p>Walking Speed Identified for a specified location on the playing area</p>	<p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover</p> <p>HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps</p> <p>Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance</p> <p>each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3,</p> <p>Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,</p> <p>Duration of a game, half or quarter time</p>
		<p>Location</p>	<p>each of the following is listed independently: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3, Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3,</p> <p>(adjustable)</p>	<p>GPS, Accelerometer, Transmitter to</p> <p>Transceiver/ Receiver</p> <p>Video Motion Capture</p>		
		<p>AND Distance or Time Possible Extra: Stride Rate</p>	<p>Over Duration of Game</p>	<p>Time</p>		
		<p>Stride Rate</p>	<p>&lt;70 strides per min (1 full cycle left &amp; right legs)</p>	<p>Accelerometer</p>		
Stationary Upright	<p>Speed (GPS, Accelerometer, video motion capture, RF</p>	<p>Speed</p>	<p>Speed &lt;2km/hr</p>	<p>GPS, Accelerometer, Transmitter</p>	<p>Stationary Upright Identified</p>	<p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover</p>

<p>(standing)</p>	<p>triangulation) Power direct or indirect (based on body weight &amp; speed)</p>	<p>(Body Weight)</p>	<p>Power based on body weight &amp; speed  Power &lt;25w (adjustable)</p>	<p>Transceiver/ Receiver Video Motion Capture</p>	<p>for a specified location on the playing area</p>	<p>HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3, Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3, Duration of a game, half or quarter time</p>
<p>Stationary - Prone (lying on the ground)</p>	<p>Speed (GPS, Accelerometer, video motion capture, RF triangulation) Power direct or indirect (based on body weight &amp; speed)</p>	<p>Speed  (Body Weight)</p>	<p>Speed &lt;2km/hr  Power based on body weight &amp; speed  Power &lt;25w (adjustable)</p>	<p>GPS, Accelerometer, Transmitter to Transceiver/ Receiver Video Motion Capture</p>	<p>Stationary Prone Identified for a specified location on the playing area</p>	<p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3, Right Flank Attacking 1/3, Right Flank Mid field, Right Flank Defensive 1/3, Left Flank Attacking 1/3, Left Flank Mid field, Left Flank Defensive 1/3, Duration of a game, half or quarter time</p>
<p>Jumping - vertical.</p>	<p>Speed (Accelerometer, barometer, video motion capture, RF triangulation)</p>	<p>Altitude Change</p>	<p>Vertical distance changes by &gt;30cm (adjustable)</p>	<p>Barometer, Transmitter to Transceiver, or Receiver, video motion capture GPS, Accelerometer, Transmitter to Transceiver/ Receiver Video Motion Capture</p>	<p>Vertical Jump Identified for a specified location on the playing area</p>	<p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance each of the following is listed independently as a location of incidence: Total Center Attacking 1/3, Center Mid field, Center Defensive 1/3,</p>



		gradient)	stop: gradient > 2 degrees over 6 meters vertical gain stop: gradient > 2 degrees > 30secs with 'edge forgiveness' (1-2secs)	Inclinometer		Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	Heart Rate	Heart Rate  Altitude change (slope, gradient)	< 55% of AT HR (<50% of Hmax) AT HR - 10 beats & AT HR - 40 beats  Slope < 2 degrees (4% gradient) stop: gradient > 2 degrees over 6 meters vertical gain stop: gradient > 2 degrees > 30secs with 'edge forgiveness' (1-2secs)	Heart Rate  GPS, Barometer, DEM, Inclinometer	Easy Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	Power	Power  Altitude change (slope, gradient)	<14% AT power  Slope < 2 degrees (4% gradient) stop: gradient > 2 degrees over 6 meters vertical gain stop: gradient > 2 degrees > 30secs with 'edge forgiveness' (1-2secs)	Power (direct or indirect)  GPS, Barometer, DEM, Inclinometer	Easy Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
Easy (Trot) (Zone 2)	Speed (GPS, Accelerometer, indoor/mechanical)	Speed  Altitude change (slope, gradient)	14%- 33% of AT speed  Slope < 2 degrees (4% gradient) stop: gradient > 2 degrees over 6 meters vertical gain stop: gradient > 2 degrees > 30secs with 'edge forgiveness' (1-2secs)	GPS or Accelerometer  GPS, Barometer, DEM, Inclinometer	Trotting Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	Heart Rate	Heart Rate  Altitude change (slope, gradient)	56-70% of AT HR (51-60% of Hmax) AT HR - 10 beats & AT HR - 40 beats  Slope < 2 degrees (4% gradient) stop: gradient > 2 degrees over 6 meters vertical gain stop: gradient > 2 degrees > 30secs with 'edge forgiveness' (1-2secs)	Heart Rate  GPS, Barometer, DEM, Inclinometer	Trotting Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	Power	Power  Altitude change (slope, gradient)	14 - 33% AT power  Slope < 2 degrees (4% gradient) stop: gradient > 2 degrees over 6 meters vertical gain stop: gradient > 2 degrees > 30secs with 'edge forgiveness' (1-2secs)	Power (direct or indirect)  GPS, Barometer, DEM, Inclinometer	Trotting Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
Hills	Speed (GPS, Accelerometer, indoor/mechanical), Heart Rate & Power	Altitude change (slope, gradient)	gradient > 2 degrees (4% gradient) <8 degrees (15%) > 7m, <20m vertical gain	GPS, Barometer, DEM, Inclinometer	Rolling Hill Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover

			gradient > 2 degrees > 70secs, < 200 secs  <i>with 'edge forgiveness' (1-9secs)</i>			HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Hill Efforts	Speed (GPS, Accelerometer, indoor/mechanical)	Speed  Altitude change (slope, gradient)	AT Speed - (AT speed * 5%), AT speed * 95%  slope = 2 - 4 degrees (gradient = 4-7%)  stop: gradient > 4 degrees (7%)  <i>with 'edge forgiveness' (1-9secs)</i> Minimum Qualifying Window: 1min	GPS or Accelerometer  GPS, Barometer, DEM, Inclinometer	Hill Effort Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Heart Rate	Heart Rate  Altitude change (slope, gradient)	70-80% of Hrmax (Hrmax - Hrrest) * %Exercise intensity + Hrrest  AT HR & AT HR - 10 beats  slope = 2 - 4 degrees (gradient = 4-7%)  stop: gradient > 4 degrees (7%)  <i>with 'edge forgiveness' (1-9secs)</i> Minimum Qualifying Window: 1min	Heart Rate  GPS, Barometer, DEM, Inclinometer	Hill Effort Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Power	Power Altitude change (slope, gradient)	76-90% of AT power  slope = 2 - 4 degrees (gradient = 4-7%)  stop: gradient > 4 degrees (7%)  <i>with 'edge forgiveness' (1-9secs)</i> Minimum Qualifying Window: 1min	Power (direct or indirect) GPS, Barometer, DEM, Inclinometer	Hill Effort Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover  HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Up Tempo (Canter) (Zone 3)	Speed (GPS, Accelerometer, indoor/mechanical)	Speed  Altitude change (slope, gradient)	33-65% of AT Speed AT Speed - (AT speed * 5%), AT speed * 95%  Slope < 2 degrees (4% gradient), > -2 degrees  stop: gradient > 2 degrees over 3 meters vertical gain  stop: gradient > 2 degrees > 15secs  <i>with 'edge forgiveness' (1-9secs)</i> Minimum Qualifying Window: 1min	GPS or Accelerometer  GPS, Barometer, DEM, Inclinometer	Canter identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Heart Rate	Heart Rate  Altitude change (slope, gradient)	71-85% of AT HR (61-70% of Hrmax)  AT HR & AT HR - 10 beats  Slope < 2 degrees (4% gradient), > -2 degrees  stop: gradient > 2 degrees over 3 meters vertical gain  stop: gradient > 2 degrees > 15secs	Heart Rate  GPS, Barometer, DEM, Inclinometer	Canter identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.

			with 'edge forgiveness' (1-9secs) Minimum Qualifying Window: 1min	Time		
	Power	Power Altitude change (slope, gradient)	33-65% of AT power  Slope < 2 degrees (4% gradient), > -2 degrees  stop: gradient > 2 degrees over 3 meters vertical gain  stop: gradient > 2 degrees > 15secs  with 'edge forgiveness' (1-9secs) Minimum Qualifying Window: 1min	Power (direct or indirect) GPS, Barometer, DEM, Inclinometer	Canter identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover  HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
<b>Anaerobic Threshold (Gallop)</b>  (Zone 4)	Speed (GPS, Accelerometer, indoor/mechanical)	Speed  Altitude change (slope, gradient)	65 - 95% of AT Speed AT Speed - (AT speed * 5%), AT speed * 95%  Slope < 2 degrees (4% gradient), > -2 degrees  stop: gradient > 2 degrees over 3 meters vertical gain  stop: gradient > 2 degrees > 15secs  with 'edge forgiveness' (1-9secs) Minimum Qualifying Window: 1min	GPS or Accelerometer  GPS, Barometer, DEM, Inclinometer	Gallop identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	Heart Rate	Heart Rate  Altitude change (slope, gradient)	80-90% of Hmax  AT HR +/- 5beats  Slope < 2 degrees (4% gradient), > -2 degrees  stop: gradient > 2 degrees over 3 meters vertical gain  stop: gradient > 2 degrees > 15secs  with 'edge forgiveness' (1-9secs) Minimum Qualifying Window: 1min	Heart Rate  GPS, Barometer, DEM, Inclinometer	Gallop identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	Power	Power Altitude change (slope, gradient)	65 - 95% of AT power  Slope < 2 degrees (4% gradient), > -2 degrees  stop: gradient > 2 degrees over 3 meters vertical gain  stop: gradient > 2 degrees > 15secs  with 'edge forgiveness' (1-9secs) Minimum Qualifying Window: 1min	Power (direct or indirect) GPS, Barometer, DEM, Inclinometer	Gallop identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover  HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
<b>Race Pace (Fast Gallop)</b>	Speed (GPS, Accelerometer, indoor/mechanical)	Speed  Altitude change (slope, gradient)	95 - 105% of AT Speed AT Speed - (AT speed * 5%), AT speed * 95%  Slope < 2 degrees (4% gradient), > -2 degrees  stop: gradient > 2 degrees over 3 meters vertical gain  stop: gradient > 2 degrees > 15secs  with 'edge forgiveness' (1-9secs) Minimum Qualifying Window: 1min	GPS or Accelerometer  GPS, Barometer, DEM, Inclinometer	Fast Gallop identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,
	Heart Rate	Heart Rate	95-105% of AT HR (80-90% of Hmax)	Heart Rate	Fast Gallop identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force pf Movement, Turnover, Distance per Turnover

		Altitude change (slope, gradient)	<p>AT HR +/- 5 beats</p> <p>Slope &lt; 2 degrees (4% gradient), &gt; -2 degrees</p> <p>stop: gradient &gt; 2 degrees over 3 meters vertical gain</p> <p>stop: gradient &gt; 2 degrees &gt; 15secs</p> <p><i>with 'edge forgiveness' (1-9secs)</i></p> <p>Minimum Qualifying Window: 1min</p>	GPS, Barometer, DEM, Inclinometer	d	<p>HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis</p> <p>Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance</p> <p>Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,</p>
	Power	Power Altitude change (slope, gradient)	<p>95 - 105% of AT power</p> <p>Slope &lt; 2 degrees (4% gradient), &gt; -2 degrees</p> <p>stop: gradient &gt; 2 degrees over 3 meters vertical gain</p> <p>stop: gradient &gt; 2 degrees &gt; 15secs</p> <p><i>with 'edge forgiveness' (1-9secs)</i></p> <p>Minimum Qualifying Window: 1min</p>	Power (direct or indirect) GPS, Barometer, DEM, Inclinometer	Fast Gallop identified	<p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover</p> <p>HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis</p> <p>Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance</p> <p>Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,</p>
Sprint (Zone 5)	Speed (GPS, Accelerometer, indoor/mechanical)	Speed Altitude change (slope, gradient)	<p>&gt;105% of AT Speed</p> <p>Slope &lt; 2 degrees (4% gradient), &gt; -2 degrees</p> <p>stop: gradient &gt; 2 degrees over 3 meters vertical gain</p> <p>stop: gradient &gt; 2 degrees &gt; 15secs</p> <p><i>with 'edge forgiveness' (1-9secs)</i></p> <p>Minimum Qualifying Window: 30secs</p>	GPS or Accelerometer GPS, Barometer, DEM, Inclinometer	Sprint identified	<p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover</p> <p>HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis</p> <p>Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance</p> <p>Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,</p>
	Heart Rate	Heart Rate Altitude change (slope, gradient)	<p>&gt;105% of AT HR (&gt;90% of Hmax)</p> <p>AT HR + 5 beats, +10 beats</p> <p>Slope &lt; 2 degrees (4% gradient), &gt; -2 degrees</p> <p>stop: gradient &gt; 2 degrees over 3 meters vertical gain</p> <p>stop: gradient &gt; 2 degrees &gt; 15secs</p> <p><i>with 'edge forgiveness' (1-9secs)</i></p> <p>Minimum Qualifying Window: 30secs</p>	Heart Rate GPS, Barometer, DEM, Inclinometer	Sprint identified	<p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover</p> <p>HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis</p> <p>Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance</p> <p>Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,</p>
	Power	Power Altitude change (slope, gradient)	<p>&gt;105% of AT power</p> <p>Slope &lt; 2 degrees (4% gradient), &gt; -2 degrees</p> <p>stop: gradient &gt; 2 degrees over 3 meters vertical gain</p> <p>stop: gradient &gt; 2 degrees &gt; 15secs</p> <p><i>with 'edge forgiveness' (1-9secs)</i></p> <p>Minimum Qualifying Window: 30secs</p>	Power (direct or indirect) GPS, Barometer, DEM, Inclinometer	Sprint identified	<p>Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover</p> <p>HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Pulse Oximetry, Steps, Gait Analysis</p> <p>Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance</p> <p>Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing,</p>

Table 7: Horse Training Classification

Pedometer - Walking/Running Classification System

Edge Forgiveness is a period where Activity Type can 'drop out' of zone without ending the Identification Period for that Activity Type

Activity	Classification of Activity Type	Primary Intensity measurement system	Metrics Used (Parameters)	Algorithm	Measurement Sensor/s	Example of Output	Collected Raw Data over the Identified Activity Period
Inactive	Inactive Stationary	Stride Rate	Positional Status AND Stride Rate Stride Rate Variability	Upright Stride Rate = 0 (stride rate/impacts/movements: <15)  >30 ms stride rate variability over 20 secs	Accelerometer  Accelerometer  Accelerometer	Inactive Stationary Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Inactive Rest	Stride Rate	Positional Status AND Stride Rate Stride Rate Variability	Prone Stride Rate = 0 (stride rate/impacts/movements: <15)  >30 ms stride rate variability over 20 secs	Accelerometer  Accelerometer  Accelerometer	Inactive Rest Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Walking	Slow Walk	Stride Rate	Stride Rate AND Stride Rate Variability  <i>with edge forgiveness (1.9secs)</i>	30 to 40 strides per minute > 30secs  < 30 ms stride rate variability over 20 secs or <20G (a calibration session may be required)	Accelerometer  Accelerometer  Accelerometer	Slow Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Walk	Stride Rate	Stride Rate AND Stride Rate Variability  <i>with edge forgiveness (1.9secs)</i>	40 to 55 strides per minute > 30secs  < 30 ms stride rate variability over 20 secs or <20G (a calibration session may be required)	Accelerometer  Accelerometer  Accelerometer	Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
Running	Fast Walk	Stride Rate	Stride Rate AND Stride Rate Variability  <i>with edge forgiveness (1.9secs)</i>	56 to 66 strides per minute > 30secs  < 20 ms stride rate variability over 20 secs or <20G (a calibration session may be required)	Accelerometer  Accelerometer  Accelerometer	Fast Walking Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Jog	Stride Rate	Stride Rate AND Stride Rate Variability  <i>with edge forgiveness (1.9secs)</i>	67 to 75 strides per minute > 30secs  < 10 ms stride rate variability over 20 secs or >20G (a calibration session may be required)	Accelerometer  Accelerometer  Accelerometer	Jogging Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
	Moderate Intensity Run	Stride Rate	Stride Rate AND	76 to 86 strides per minute > 30secs	Accelerometer	Running Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover

		Stride Rate Variability  <i>with edge forgiveness (1-9secs)</i>	< 10 ms stride rate variability over 20 secs or >20G (a calibration session may be required)	Accelerometer  Accelerometer		HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
<b>High Intensity Run</b>	Stride Rate	Stride Rate AND Stride Rate Variability  <i>with edge forgiveness (1-9secs)</i>	87 to 95 strides per minute > 30secs  < 10 ms stride rate variability over 20 secs or >20G (a calibration session may be required)	Accelerometer  Accelerometer  Accelerometer	Fast Running Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
<b>Sprint Intensity Run</b>	Stride Rate	Stride Rate AND Stride Rate Variability  <i>with edge forgiveness (1-9secs)</i>	96+ strides per minute > 30secs  < 10 ms stride rate variability over 20 secs or >20G (a calibration session may be required)	Accelerometer  Accelerometer  Accelerometer	Sprinting Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations,  Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
<b>Non Specific Movement - Moderate Intensity</b>	Stride Rate	Stride rate  AND Stride Rate Variability  AND Postural Status	> 15 and < 40 strides/impacts/movements per minute  > 40ms  Upright	Accelerometer  Accelerometer  Accelerometer	Non Specific Movement Moderate Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
<b>Non Specific Movement - High Intensity</b>	Stride Rate	Stride rate  AND Stride Rate Variability  AND Postural Status	> 40 and < 60 strides/impacts/movements per minute  > 40ms  Upright	Accelerometer  Accelerometer  Accelerometer	Non Specific Movement Moderate Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.
<b>Non Specific Movement - Very High Intensity</b>	Stride Rate	Stride rate  AND Stride Rate Variability  AND Postural Status	> 60 strides/impacts/movements per minute  > 40ms  Upright	Accelerometer  Accelerometer  Accelerometer	Non Specific Movement Moderate Intensity Identified	Speed, Terrain, Elapsed Time, Time of Day, Location, Altitude, Movement Incidence, Force of Movement, Turnover, Distance per Turnover HR, R-R (HRV), ECG, BP, Respiration Rate, Body Temperature, Glucose & Cholesterol Levels, Pulse Oximetry, Steps, Gait Analysis  Heaviness of Footfall, L-R Power Balance, Force Measures for Gait, Environmental Gas Concentrations, Environmental Temp, Heat Index, Wind Chill, Altitude, Slope/Gradient, Wind Speed, Weather (rain etc), Distance Weather Forecast, Location of other Users (including information on their Activities), Direction to User is Facing.

**Table 8: Pedometer - Walking/Running Classification**

The foregoing description of the invention includes preferred forms thereof. Modifications may be made thereto without departing from the scope of the invention as defined by the accompanying claims.

**CLAIMS:**

1. A method of analysing an activity session comprising:  
receiving activity data over a period of time or distance indicative of one or more  
5 activities performed during the activity session, said data relating to multiple parameters  
monitored during the activity session,  
and  
utilising a classification system to identify the one or more activities performed during the  
activity session based on the received activity data, the classification system defining an activity  
10 based on a set of threshold criteria associated with a combination of multiple parameters.
2. A method as claimed in claim 2 wherein the data is received in multiple data streams of  
consecutive data points, each stream relating to one of said monitored parameters, and utilising  
said classification system comprises:  
15 a) comparing corresponding data points of two or more data streams against the set of  
threshold criteria for one or more activities,  
b) identifying when the corresponding data points satisfy the threshold criteria for an  
activity and if satisfied classifying the corresponding data points under the activity,  
and  
20 c) repeating steps a) and b) for other data points from the data streams to identify the  
one or more activities performed during the activity session.
3. A method as claimed in claim 2 wherein utilizing the classification system further  
comprises grouping consecutive data points classified under the same activity to define an  
25 instance of the activity within the activity session, the number of consecutive data points being  
indicative of duration of the instance of the activity.
4. A method as claimed in any one of claim 1 to claim 3 wherein the step of utilizing the  
classification system is performed upon or after receiving the activity data for the entire activity  
30 session.
5. A method as claimed in any one of claim 1 to claim 3 wherein the activity data is received  
during the activity session and the step of utilizing the classification system is performed  
simultaneously during die activity session.

6. A method as claimed in either one of claim 4 or claim 5 wherein activity data is time stamped by a user during an activity session to denote an instance of an activity and said method comprises receiving one or more time stamped blocks of activity data and utilizing the  
5 classification system to identify an activity performed during one or more of the time stamped blocks.

7. A method as claimed in any one of the preceding claims wherein the multiple parameters monitored can be any combination of two or more of: resistance, effort, location, turnover,  
10 distance covered per turnover, positional status, ECG, blood pressure, ambient temperature, relative humidity, barometric pressure, heat index, local wind speed, local wind direction, local rain, body weight, carried weight, vertical jumping height, horizontal jumping distance, drop, climb, crawl, heading direction, oxygen uptake, respiration, ventilation, energy expenditure, energy intake, R-R (HRV), body temperature, weather condition, degree of movement, ground  
15 status, and direction user facing.

8. A method as claimed in claim 7 wherein the combination of monitored parameters for defining an activity includes a measure of resistance or change in resistance and a measure of effort or change in effort.  
20

9. A method as claimed in claim 8 wherein the measure of effort or change in effort is a measure of speed or change in speed.

10. A method as claimed in claim 8 wherein the measure of effort or change in effort is a  
25 measure of heart rate or change in heart rate.

11. A method as claimed in claim 8 wherein the measure of effort or change in effort is a measure of power or change in power.

30 12. A method as claimed in any one of claim 8 to claim 11 wherein the measure of resistance or change in resistance is a measure of altitude or change in altitude.

13. A method as claimed in any one of claim 8 to claim 11 wherein the measure of resistance or change in resistance is a measure of slope or change in slope.

14. A method as claimed in any one of claim 8 to claim 11 wherein the measure of resistance or change in resistance is a measure of gradient or change in gradient.

15. A method as claimed in any one of claim 8 to claim 11 wherein the measure of resistance or change in resistance is determined from stride rate or change in stride rate.

16. A method as claimed in any one of claim 8 to claim 11 wherein the measure of resistance or change in resistance is determined from stroke rate or change in stroke rate.

17. A method as claimed in any one of claim 8 to claim 11 wherein the measure of resistance or change in resistance is determined from cadence or change in cadence.

18. A method as claimed in any one of the preceding claims wherein the classification system comprises any one or more of a weight loss activity\_classification, an activity status monitoring classification, a running classification, a cycling classification, a rowing/kayaking classification, a field sports classification, a pedometer activity monitoring classification, and a horse training classification.

19. A method as claimed in any one of the preceding claims wherein the data relating to the parameters monitored during the activity session is obtained from one or more activity monitoring devices.

20. A method as claimed in any one of the preceding claims further comprising processing data classified under an activity to determine a level of compliance with a predetermined training plan.

21. A method as claimed in claim 20 further comprising updating a training plan based on the level of compliance.

22. A system for analysing an activity session comprising a classification module arranged to receive activity data indicative of one or more activities performed during the activity session, said data relating to multiple parameters monitored during the activity session and having:

at least one memory component for storing one or more classifications for defining one or more activities, each activity being defined based on a set of threshold criteria associated with a combination of multiple parameters., and

at least one processor arranged to utilise the classifications to process the received activity data and identify one or more activities performed during the activity session.

23. A system as claimed in claim 22 wherein the classification module is arranged to receive the data in multiple data streams of consecutive data points, each stream relating to one of said monitored parameters, and said processor is arranged to utilize the one or more classifications by:

a) comparing corresponding data points of two or more data streams against the set of threshold criteria for one or more activities,

b) identifying when the corresponding data points satisfy the threshold criteria for an activity and if satisfied classifying the corresponding data points under the activity, and

c) repeating steps a) and b) for other data points from the data streams to identify the one or more activities performed during the activity session.

24. A system as claimed in claim 23 wherein the processor is further arranged to group consecutive data points classified under the same activity to define an instance of the activity within the activity session, the number of consecutive data points being indicative of a duration of the instance of the activity.

25. A system as claimed in any one of claim 22 to claim 24 wherein the processor is arranged to process the activity data upon or after receiving the activity data for the entire activity session.

26. A system as claimed in any one of claim 22 to claim 24 wherein the processor is arranged to process the activity data upon receiving activity data during the activity session.

27. A system as claimed in either one of claim 25 or claim 26 wherein the processor is arranged to utilize the one or more classifications to process one or more of time stamped blocks of data and identify an activity performed during each of the one or more blocks.

28. A system as claimed in any one of claim 22 to claim 27 wherein the multiple parameters monitored can be any combination of two or more of: resistance, effort, location, turnover, distance covered per turnover, positional status, ECG, blood pressure, ambient temperature, relative humidity, barometric pressure, heat index, local wind speed, local wind direction, local rain, body weight, carried weight, vertical jumping height, horizontal jumping distance, drop, climb, crawl, heading direction, oxygen uptake, respiration, ventilation, energy expenditure, energy intake, R-R (HRV), body temperature, weather condition, degree of movement, ground status, and direction user facing.

10

29. A system as claimed in claim 28 wherein the combination of monitored parameters for defining an activity includes a measure of resistance or change in resistance and a measure of effort or change in effort.

15

30. A system as claimed in claim 29 wherein the measure of effort or change in effort is a measure of speed or change in speed.

31. A system as claimed in claim 29 wherein the measure of effort or change in effort is a measure of heart rate or change in heart rate.

20

32. A system as claimed in claim 29 wherein the measure of effort or change in effort is a measure of power or change in power.

25

33. A system as claimed in any one of claim 29 to claim 32 wherein the measure of resistance or change in resistance is a measure of altitude or change in altitude.

34. A system as claimed in any one of claim 29 to claim 32 wherein the measure of resistance or change in resistance is a measure of slope or change in slope.

30

35. A system as claimed in any one of claim 29 to claim 32 wherein the measure of resistance or change in resistance is a measure of gradient or change in gradient.

36. A system as claimed in any one of claim 29 to claim 32 wherein the measure of resistance or change in resistance is determined from stride rate or change in stride rate.

37. A system as claimed in any one of claim 29 to claim 32 wherein the measure of resistance or change in resistance is determined from stroke rate or change in stroke rate.

38. A system as claimed in any one of claim 29 to claim 32 wherein the measure of resistance or change in resistance is determined from cadence or change in cadence.

39. A system as claimed in any one of the preceding claims wherein the memory component has stored therein any one or more of a weight loss activity classification, an activity status monitoring classification, a running classification, a cycling classification, a rowing/kayaking classification, a field sports classification, a pedometer activity monitoring classification, and a horse training classification.

40. A system as claimed in any one of claim 22 to claim 39 further comprising one or more activity monitoring devices, each arranged to obtain data indicative of parameters monitored during an activity session.

41. A system as claimed in claim 40 wherein the classification module is remote from the one or more monitoring devices and each monitoring device is arranged to transmit the data indicative of the monitored parameters to the classification module.

42. A system as claimed in claim 41 further comprising:  
a central station for accommodating the classification module, and  
a receiver for receiving data indicative of multiple parameters monitored during an activity session from the one or more monitoring devices.

43. A system as claimed in claim 40 wherein the classification module is housed within each monitoring device.

44. A system as claimed in any one of claim 22 to claim 43 further comprising an interpretation module having a processor for processing data classified under an activity to determine a level of compliance with a predetermined training plan.

45. A system as claimed in claim 44 further comprising a plan generation module having a processor for updating a training plan based on the level of compliance determined by the interpretation module.

5

46. A classification system for analysing activity data relating to multiple parameters monitored during an activity session to determine one or more activities performed during the activity session, the classification system comprising:

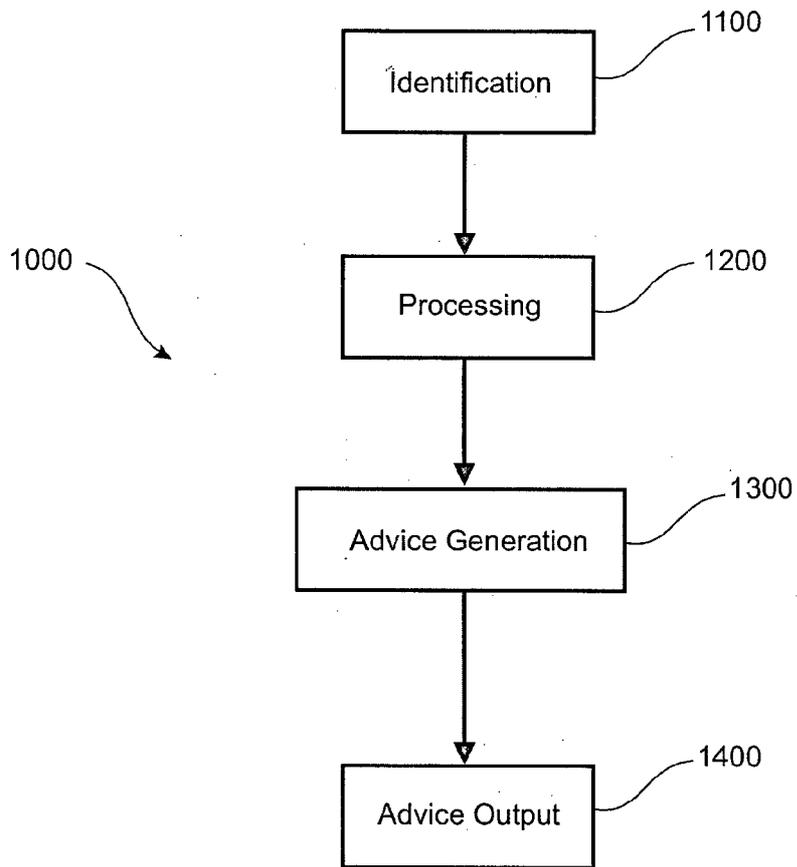
10 at least one memory component for storing one or more classifications for defining one or more activities, each activity being defined based on a set of threshold criteria for a combination of parameters, and

at least one processor arranged to utilise the classifications to process the activity data and identify one or more activities performed during the activity session.

15 47. A classification system as claimed in claim 46 arranged to receive the data in multiple data streams of consecutive data points, each stream relating to one of said monitored parameters, and said processor is arranged to utilize the one or more classifications by:

- 20 a) comparing corresponding data points of two or more data streams against the set of threshold criteria for one or more activities,
- b) identifying when the corresponding data points satisfy the threshold criteria for an activity and if satisfied classifying the corresponding data points under the activity, and
- c) repeating steps a) and b) for other data points from the data streams to identify the one or more activities performed during the activity session.

25



**FIGURE 1**

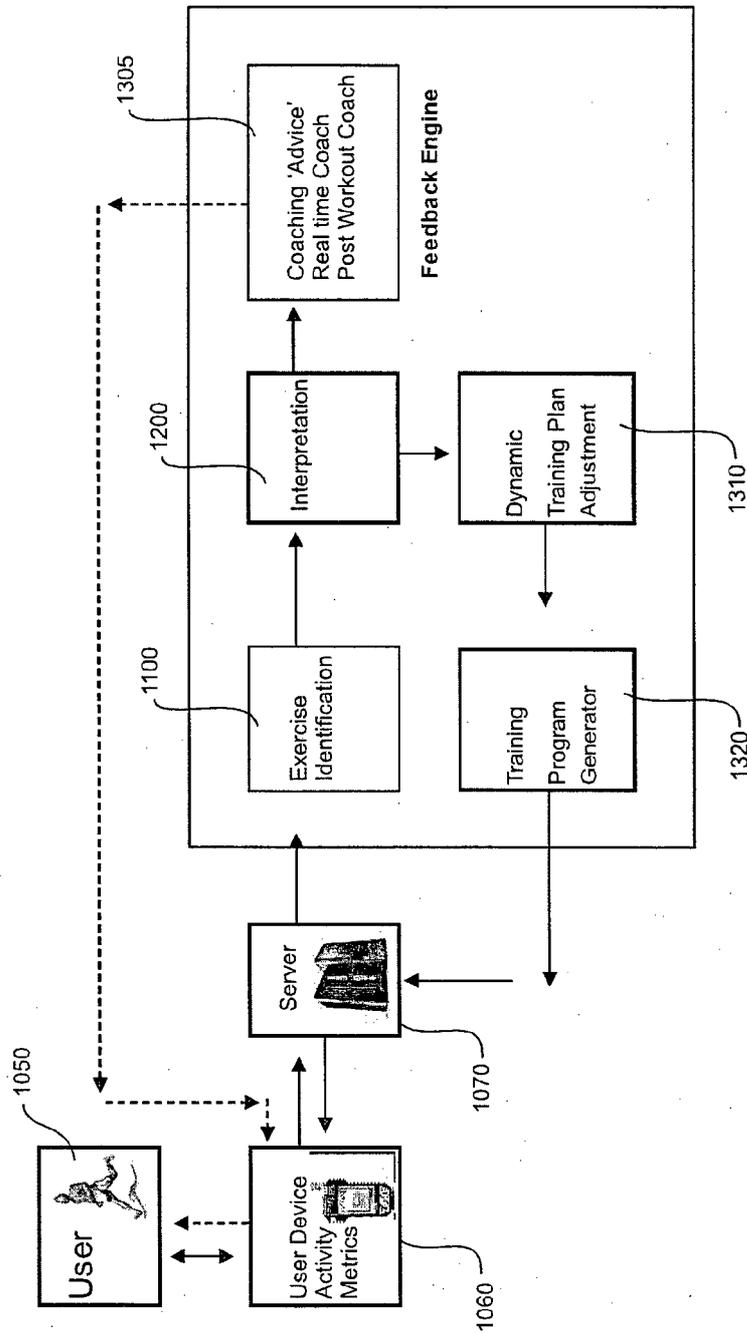


Figure 2

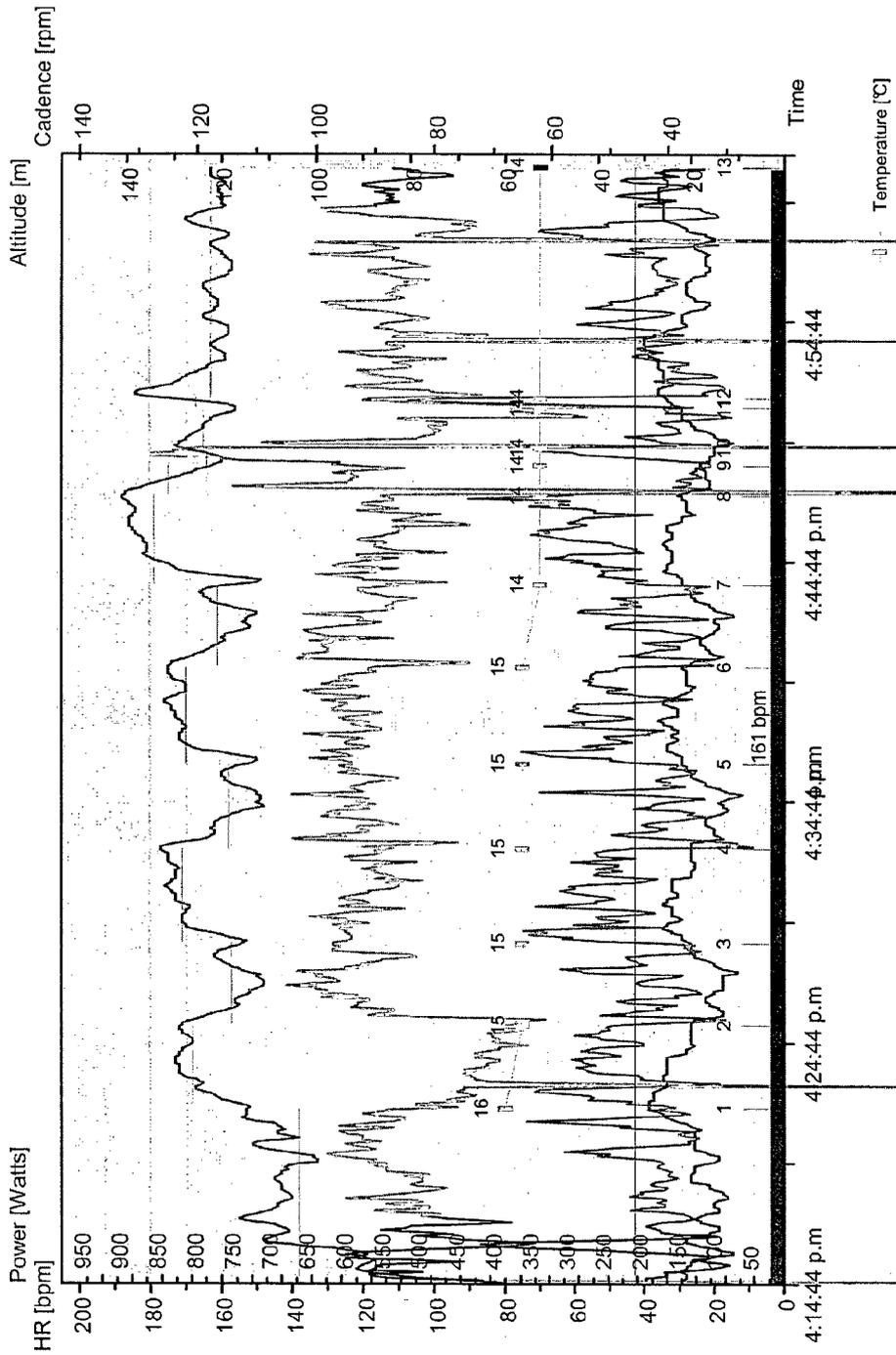
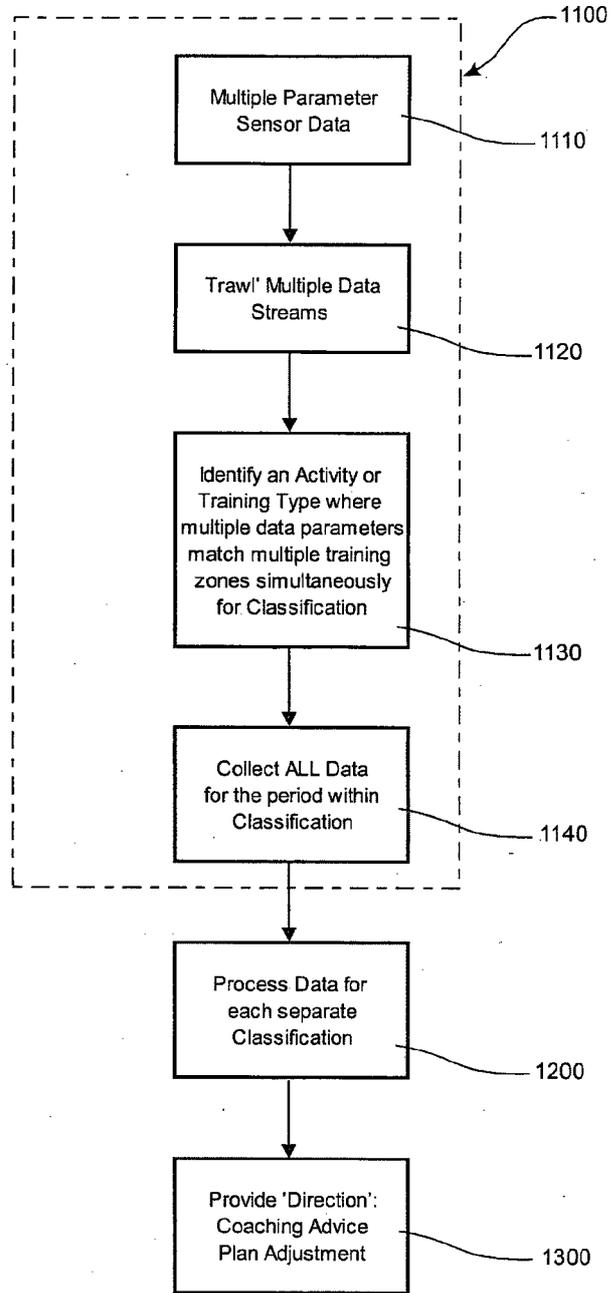


Figure 3



**Figure 4**

DT	HR	SPEED KM/HR	CADENCE RPM	POWER WATTS	LEFT STRENGTH	RIGHT STRENGTH	PEDALING INDEX	DISTANCE KM	M ASCEND	SLOPE	FREEMHEEL	FREE DWNHIL	SURGES	GEAR CHANGES	DISTANCE	M ASCENDED	AV SLOPE	AV W/CAD	AV CADM	AV W/HR	AV W/KG	AV L-R	AV INDEX	AV SPEED	AV POWER	AV HEART RATE	AV CADENCE	AV DPT	SEGMENT COUNT	TRAINING TYPE	DIRECTION	LATITUDE	LONGITUDE	Altitude m	TIME
6.61	157	27.3	59	231	45	55	14	11.1	2	6%											3	20	22	193	157	72	5.07	E12	E	SW	-36.721503	174.60441	18	4:55:04 p.m	
6.00	156	24.9	70	245	72	28	10	11.2	1	3%					282	3	1%	2.56	0.41	1.17	2.29	3	20	22	193	157	72	5.07	E12	E	SW	-36.783733	174.604348	20	4:55:09 p.m
5.83	154	25.3	72	280	53	47	10	11.2	1	3%																			E	SW	-36.783967	174.604293	21	4:55:14 p.m	
5.83	157	24.8	70	236	63	37	10	11.2																					E	SW	-36.784243	174.60421	21	4:55:19 p.m	
5.83	160	25.3	72	202	49	51	14	11.3																					BGTT	SW	-36.784666	174.604122	21	4:55:24 p.m	
7.35	165	27.1	62	184	49	51	18	11.3																					BGTT	SW	-36.784903	174.604035	21	4:55:29 p.m	
7.38	167	28.5	65	172	49	51	27	11.3	1	2%																			BGTT	NW	-36.785208	174.603952	22	4:55:34 p.m	
8.52	168	31.5	62	257	53	47	24	11.4																					BGTT	NW	-36.785518	174.603862	22	4:55:39 p.m	
8.42	169	34.1	67	223	51	49	24	11.4	-2	-4%																			BGTT	NW	-36.785818	174.603778	20	4:55:44 p.m	
8.49	170	38.1	75	203	60	40	28	11.5																					BGTT	NW	-36.786125	174.603693	20	4:55:49 p.m	
9.64	169	38.5	66	201	47	53	24	11.6																					BGTT	NW	-36.786445	174.603602	20	4:55:54 p.m	
6.48	169	35	62	279	46	54	23	11.6																					BGTT	NW	-36.786757	174.603514	20	4:55:59 p.m	
9.25	168	33.8	61	225	49	51	22	11.6																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
9.13	168	36.8	71	227	46	52	25	11.7							282		3.31	0.31	1.29	2.70	1	23	32	218	197	68	8.28	BGTT2	NW	-36.786913	174.604203	20	4:56:04 p.m		
187	37.8				30	50	30	11.7																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.92	166	24.9	53	189	54	46	21	11.8																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
5.91	165	24.1	67	196	61	39	19	11.8	2	8%																				BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
5.83	165	25.3	72	207	52	48	8	11.8																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
5.85	165	27	76	204	56	44	8	11.9																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
6.33	167	29.8	77	233	60	40	16	11.9																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.45	168	32.8	74	230	44	56	23	12	-1	-2%																				BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.80	169	37.4	80	209	59	41	20	12	-1	-2%																				BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.89	169	38.2	76	257	53	47	29	12.1	-1	-2%																				BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
8.00	170	34.4	72	289	49	51	26	12.1																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.84	171	33.8	71	313	48	52	27	12.2																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.89	172	33.1	70	322	49	51	29	12.2																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
8.00	173	33	69	304	48	52	28	12.2	1	2%																				BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.88	174	31.8	67	285	49	51	27	12.3																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.82	174	31.3	66	276	45	55	26	12.3																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.88	178	31.8	67	254	52	48	24	12.4																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
8.71	177	32.7	62	191	54	48	24	12.4																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
9.31	177	37.8	67	190	47	53	29	12.5	-2	-4%																				BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
9.30	176	39.5	71	176	54	46	24	12.5	-3	-5%																				BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
9.31	175	37.8	67	210	55	45	23	12.6																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
9.27	174	38.6	68	240	59	41	24	12.6																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
9.18	173	37.5	68	276	54	46	24	12.7																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
9.31	172	37.1	67	248	52	48	24	12.7																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
8.12	172	31.8	65	302	71	29	25	12.8							795		3.36	0.28	1.35	2.90	6	22	232	171	88	7.82	BGTT3	NW	-36.786913	174.604203	20	4:56:04 p.m			
8.00	177	29.9	63	270	47	53	27	12.8																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
8.53	172	31.3	70	239	49	51	23	12.9	1	2%																				BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
6.52	172	31.5	81	218	45	55	23	12.9																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
6.68	173	32	79	227	55	45	26	13																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
6.51	173	32.6	83	206	42	58	19	13	-1	-3%																				BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.08	173	33.3	76	209	59	41	22	13																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m
7.30	173	32.6	74	261	51	49	26	13.1																						BGTT	NW	-36.786913	174.604203	20	4:56:04 p.m



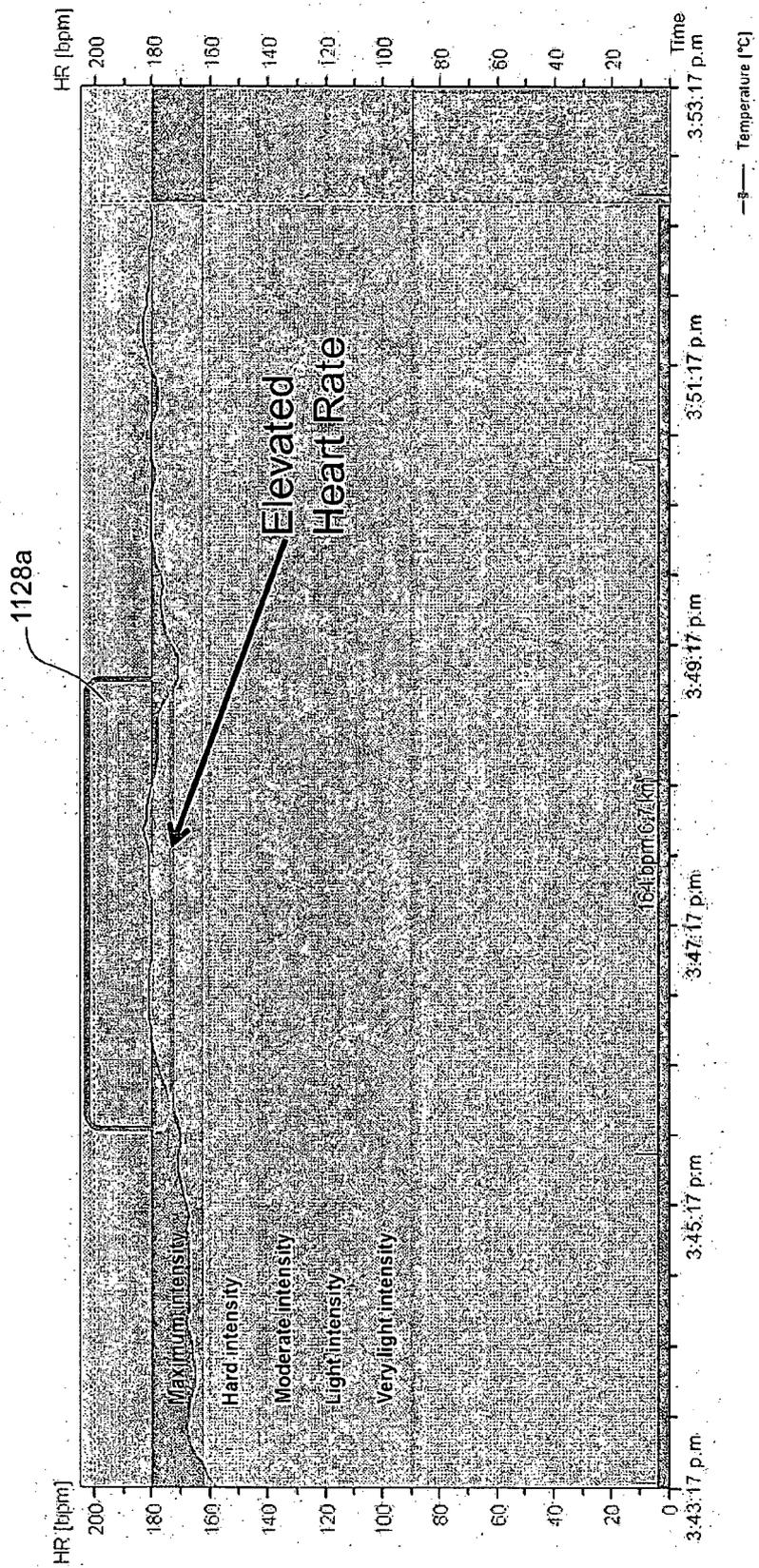


Figure 7a

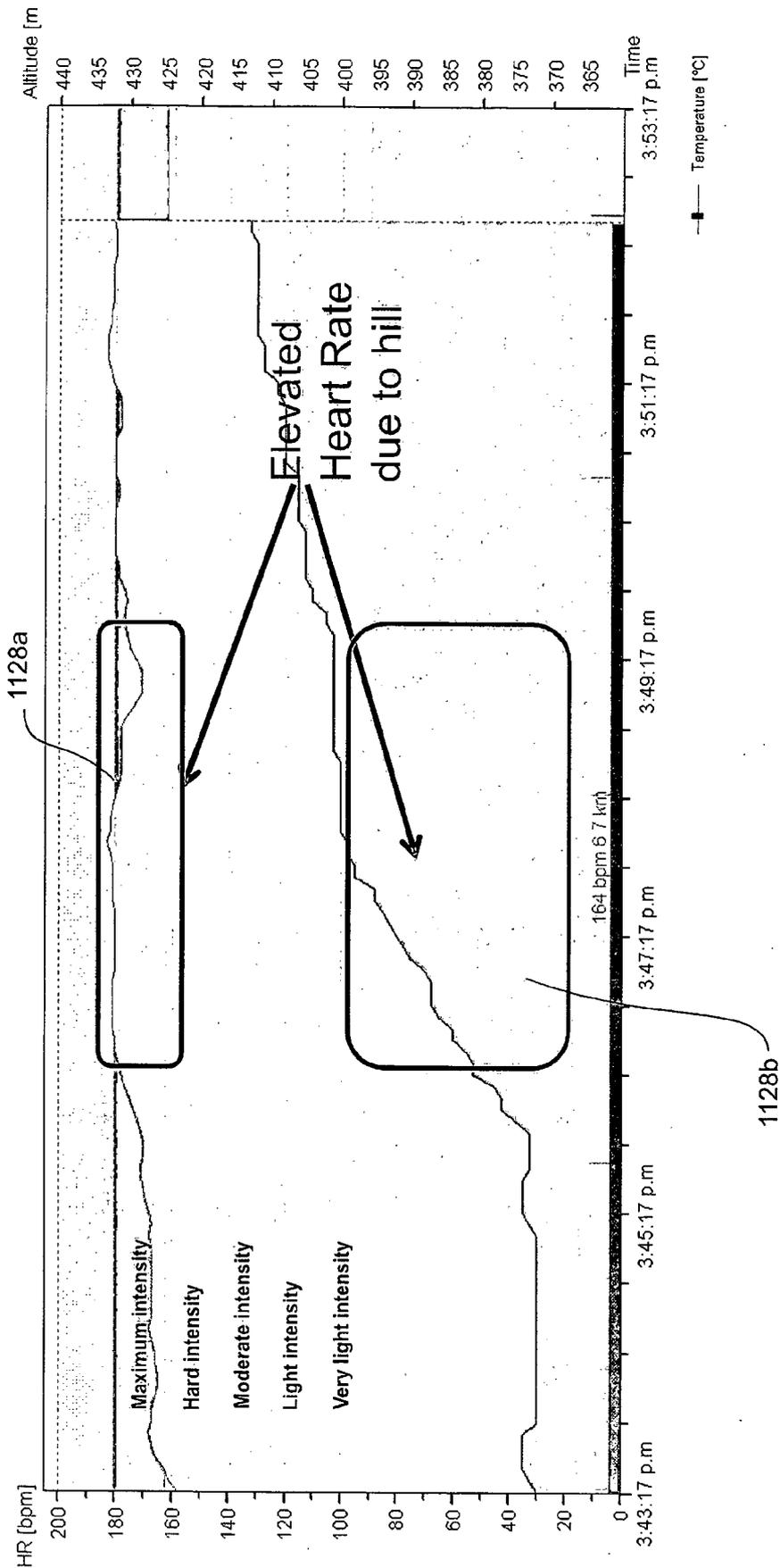
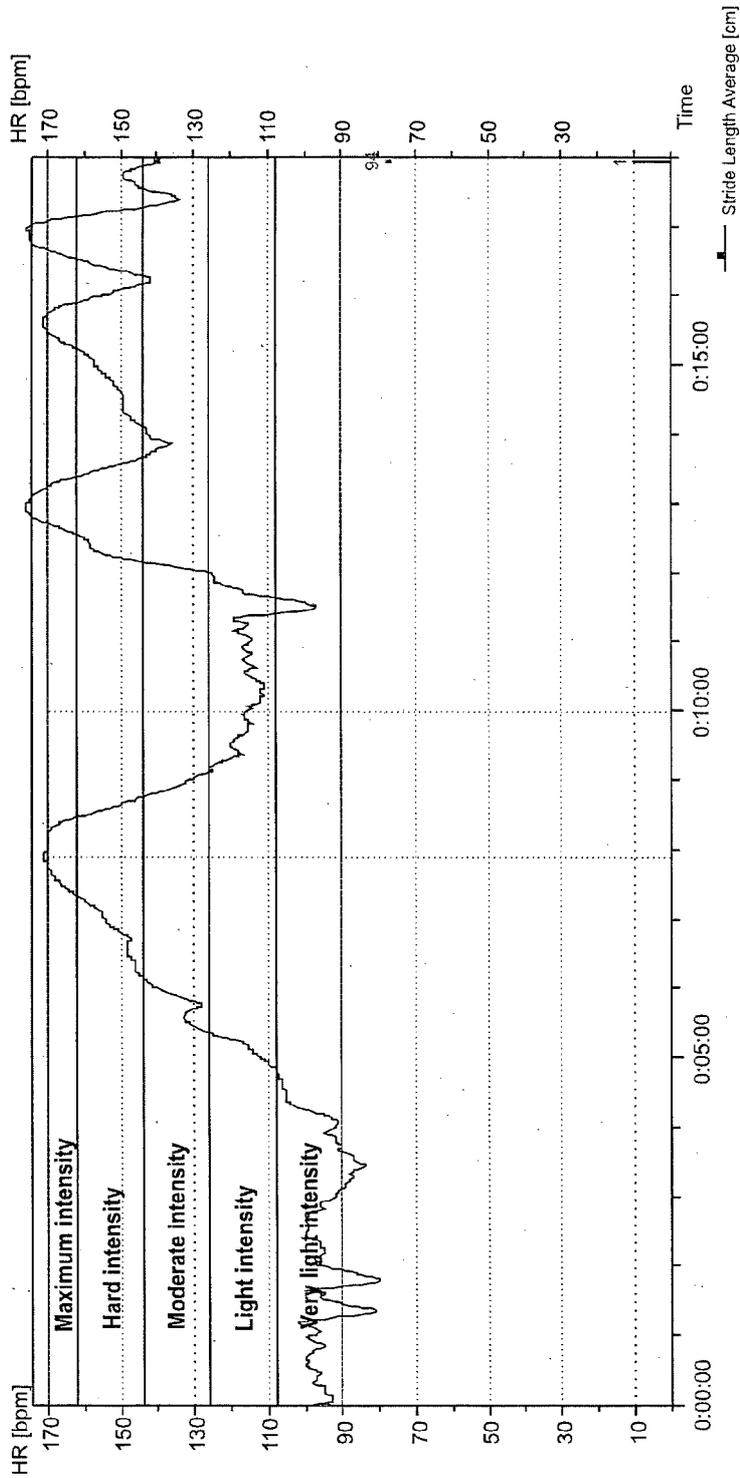


Figure 7b



**Figure 8a**

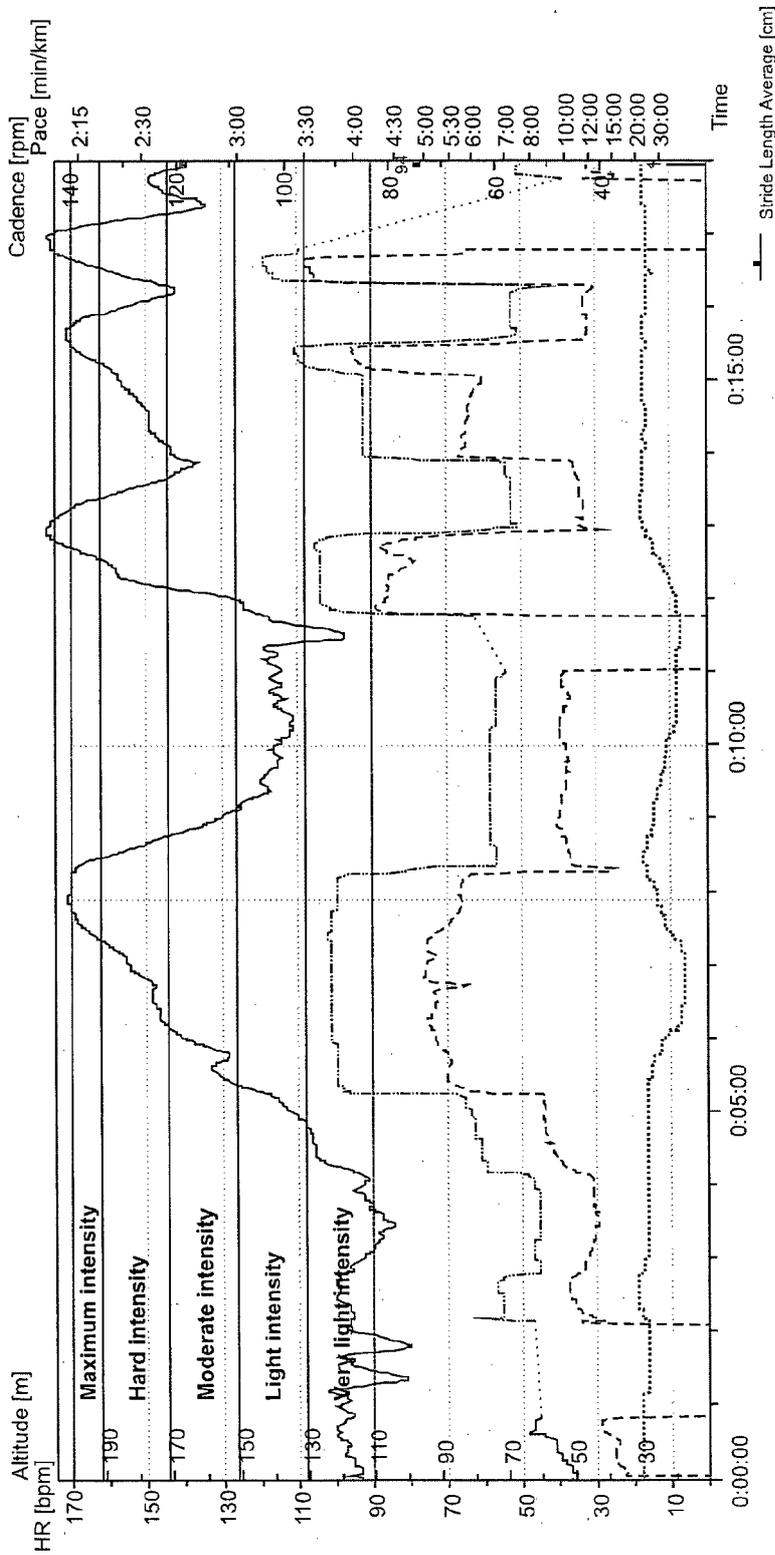


Figure 8b

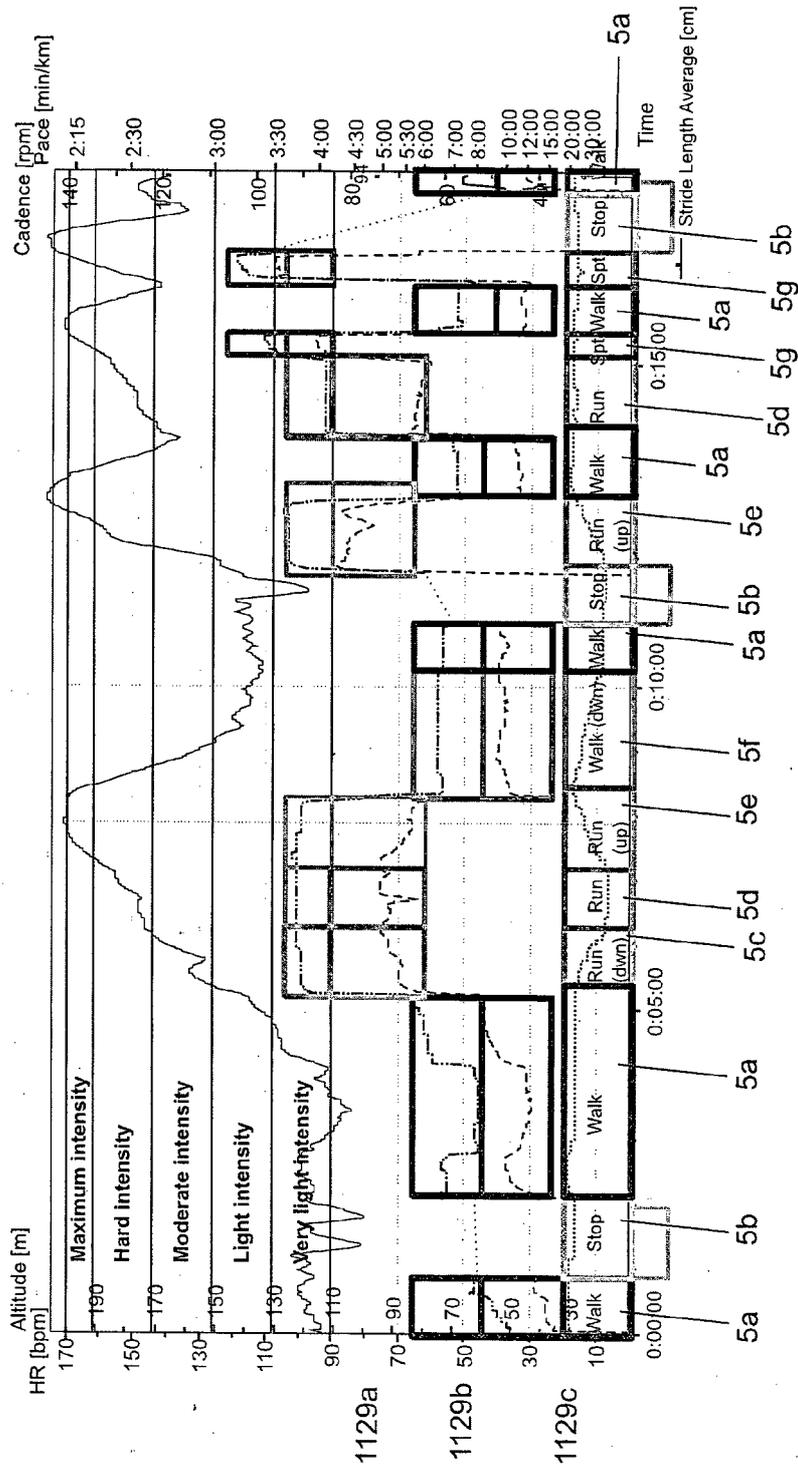


Figure 8c

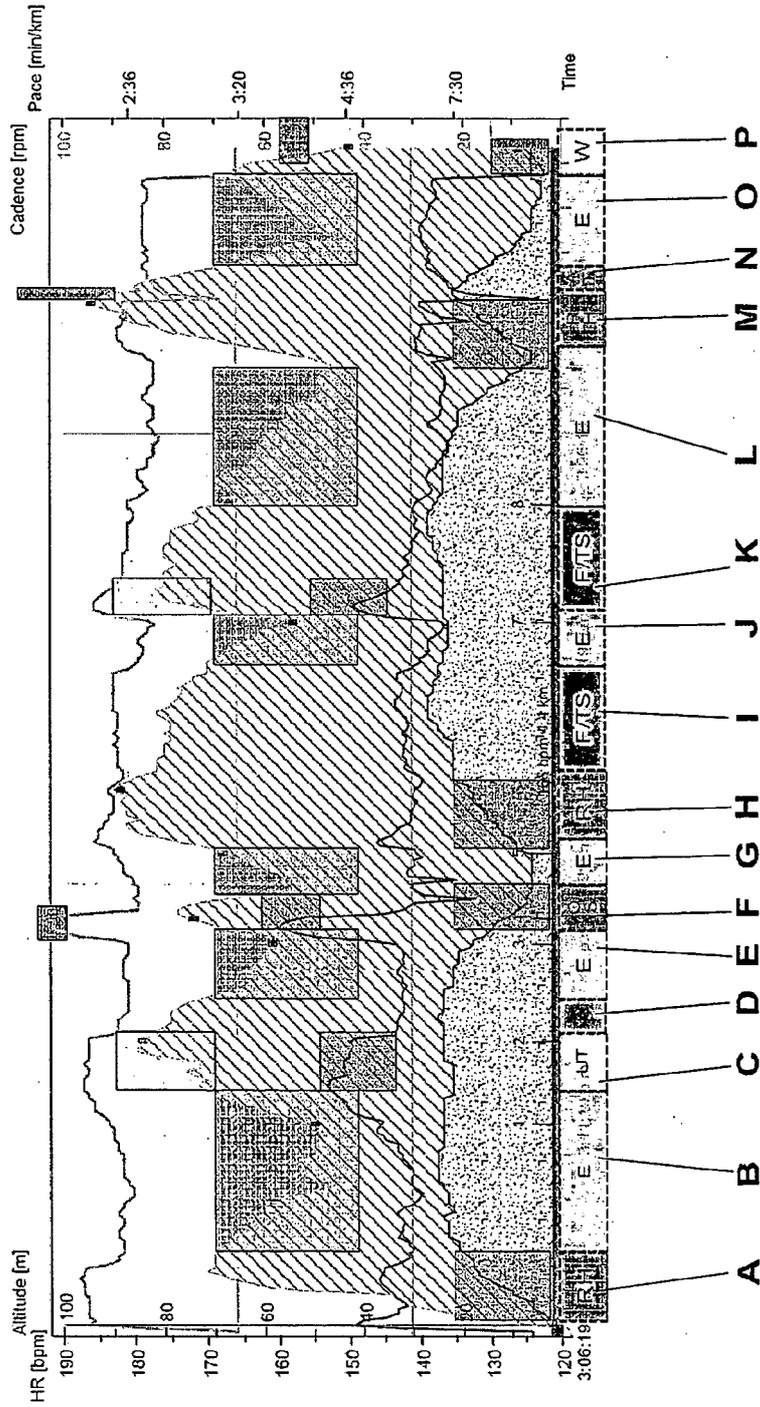
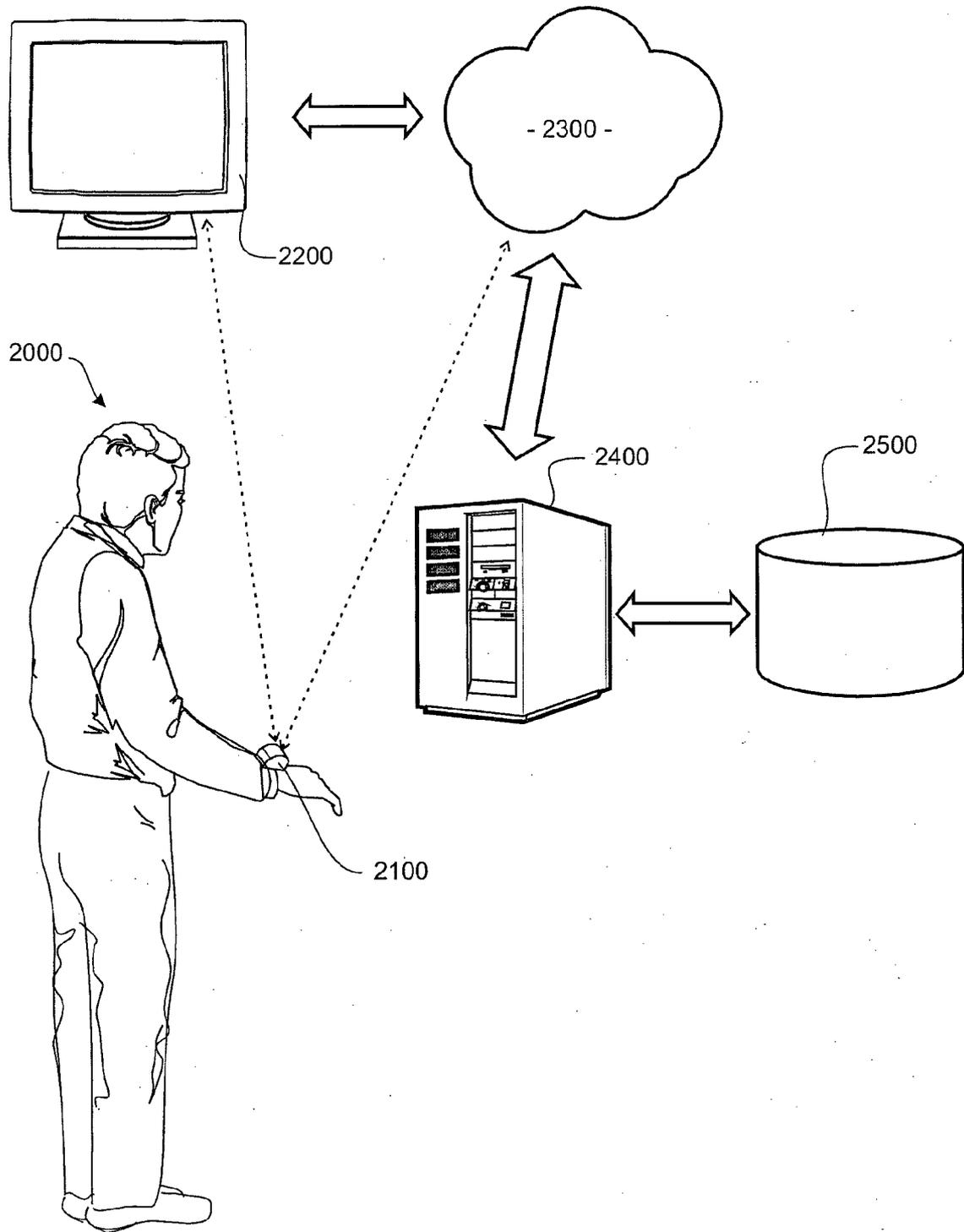
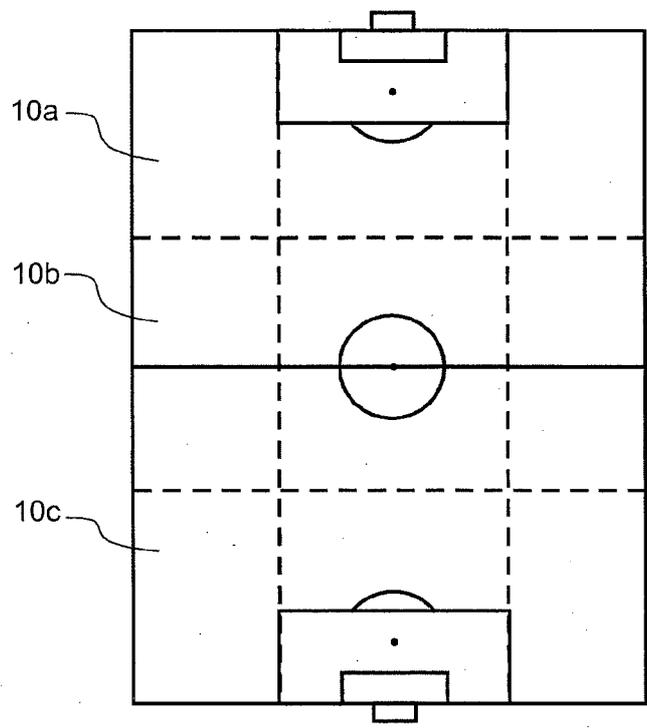


Figure 9



**FIGURE 10**



**FIGURE 11a**

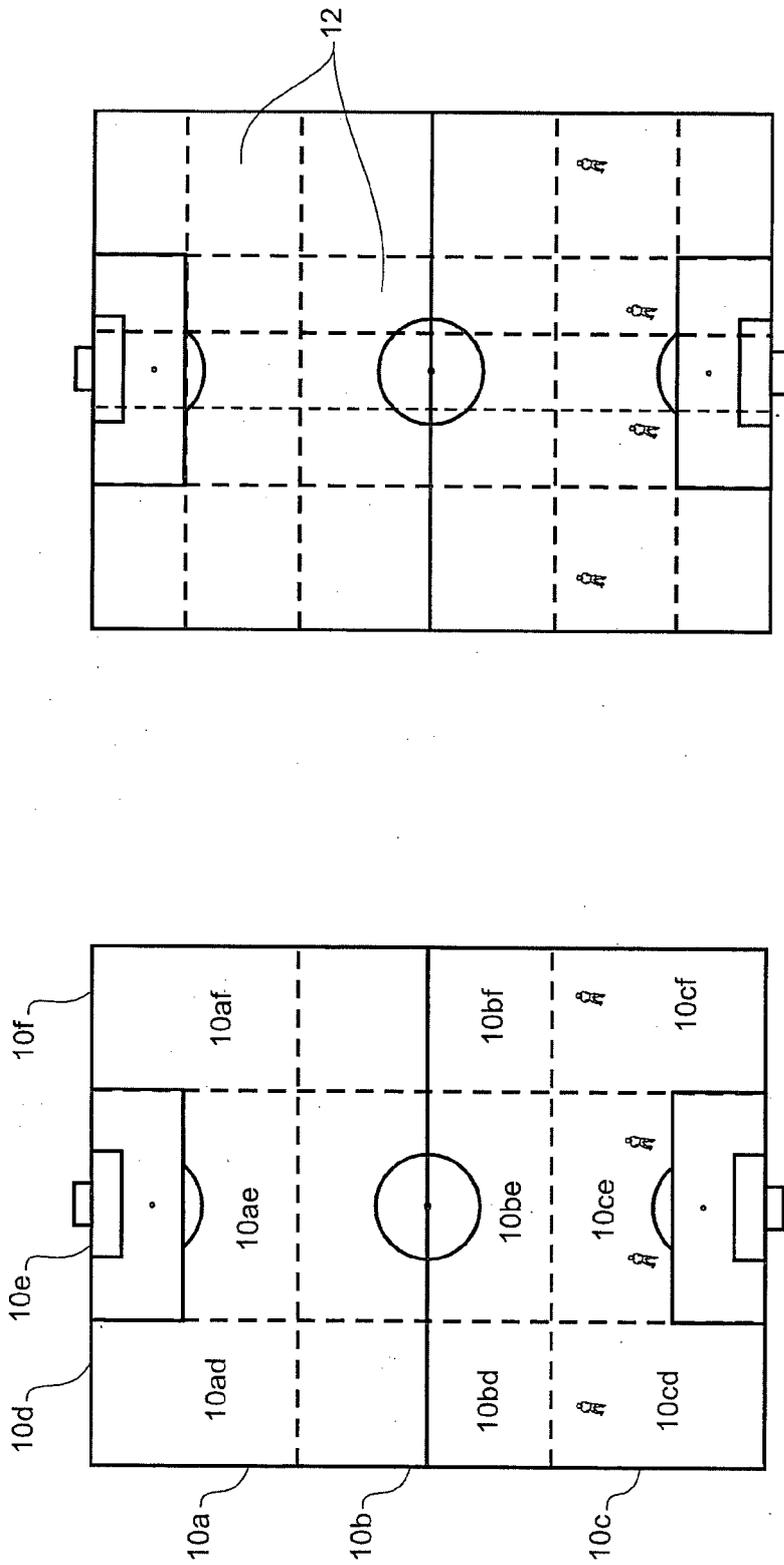


FIGURE 11c

FIGURE 11b

**INTERNATIONAL SEARCH REPORT**

International application No.  
PCT/NZ20 11/000029

<p><b>A. CLASSIFICATION OF SUBJECT MATTER</b></p> <p>Int. Cl.</p> <p><i>G06F 17/40</i> (2006.01)                      <i>A63B 24/00</i> (2006.01)</p> <p>According to International Patent Classification (IPC) or to both national classification and IPC</p>											
<p><b>B. FIELDS SEARCHED</b></p> <p>Minimum documentation searched (classification system followed by classification symbols)</p> <p>Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched</p> <p>Electronic data base consulted during the international search (name of data base and, where practicable, search terms used)</p> <p><u>EPODOC, WPI (exerc, activit, train, workout, fitness, monitor, assess, track, classif, identif, determ, analy, establ, select, choos)</u></p>											
<p><b>C. DOCUMENTS CONSIDERED TO BE RELEVANT</b></p> <table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="width:10%;">Category*</th> <th style="width:70%;">Citation of document, with indication, where appropriate, of the relevant passages</th> <th style="width:20%;">Relevant to claim No.</th> </tr> </thead> <tbody> <tr> <td style="text-align:center;">X, Y</td> <td>U S 2005/01723 11 A 1 (HJELT et al.), 4 August 2005 Abstract, figure 3, 15, paragraphs [0011], [0013]-[0014], [0032], [0035], [0037], [0043]-[0044], [0069]-[0073], [0087]-[0100]</td> <td style="text-align:center;">23-44, 47 45</td> </tr> <tr> <td style="text-align:center;">Y</td> <td>U S 2007/0135264 A 1 (ROSENBERG), 14 June 2007 Paragraphs [0064]-[0065]</td> <td style="text-align:center;">45</td> </tr> </tbody> </table>			Category*	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.	X, Y	U S 2005/01723 11 A 1 (HJELT et al.), 4 August 2005 Abstract, figure 3, 15, paragraphs [0011], [0013]-[0014], [0032], [0035], [0037], [0043]-[0044], [0069]-[0073], [0087]-[0100]	23-44, 47 45	Y	U S 2007/0135264 A 1 (ROSENBERG), 14 June 2007 Paragraphs [0064]-[0065]	45
Category*	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.									
X, Y	U S 2005/01723 11 A 1 (HJELT et al.), 4 August 2005 Abstract, figure 3, 15, paragraphs [0011], [0013]-[0014], [0032], [0035], [0037], [0043]-[0044], [0069]-[0073], [0087]-[0100]	23-44, 47 45									
Y	U S 2007/0135264 A 1 (ROSENBERG), 14 June 2007 Paragraphs [0064]-[0065]	45									
<p><input type="checkbox"/> Further documents are listed in the continuation of Box C      <input checked="" type="checkbox"/> See patent family annex</p>											
<p>* Special categories of cited documents:</p> <table style="width:100%;"> <tr> <td style="width:33%;"> <p>"A" document defining the general state of the art which is not considered to be of particular relevance</p> <p>"E" earlier application or patent but published on or after the international filing date</p> <p>"L" document which may throw doubts on priority claim(s) or which is cited to establish the publication date of another citation or other special reason (as specified)</p> <p>"O" document referring to an oral disclosure, use, exhibition or other means</p> <p>"P" document published prior to the international filing date but later than the priority date claimed</p> </td> <td style="width:33%;"> <p>"T" later document published after the international filing date or priority date and not in conflict with the application but cited to understand the principle or theory underlying the invention</p> <p>"X" document of particular relevance; the claimed invention cannot be considered novel or cannot be considered to involve an inventive step when the document is taken alone</p> <p>"Y" document of particular relevance; the claimed invention cannot be considered to involve an inventive step when the document is combined with one or more other such documents, such combination being obvious to a person skilled in the art</p> <p>"&amp;" document member of the same patent family</p> </td> <td style="width:33%;"></td> </tr> </table>			<p>"A" document defining the general state of the art which is not considered to be of particular relevance</p> <p>"E" earlier application or patent but published on or after the international filing date</p> <p>"L" document which may throw doubts on priority claim(s) or which is cited to establish the publication date of another citation or other special reason (as specified)</p> <p>"O" document referring to an oral disclosure, use, exhibition or other means</p> <p>"P" document published prior to the international filing date but later than the priority date claimed</p>	<p>"T" later document published after the international filing date or priority date and not in conflict with the application but cited to understand the principle or theory underlying the invention</p> <p>"X" document of particular relevance; the claimed invention cannot be considered novel or cannot be considered to involve an inventive step when the document is taken alone</p> <p>"Y" document of particular relevance; the claimed invention cannot be considered to involve an inventive step when the document is combined with one or more other such documents, such combination being obvious to a person skilled in the art</p> <p>"&amp;" document member of the same patent family</p>							
<p>"A" document defining the general state of the art which is not considered to be of particular relevance</p> <p>"E" earlier application or patent but published on or after the international filing date</p> <p>"L" document which may throw doubts on priority claim(s) or which is cited to establish the publication date of another citation or other special reason (as specified)</p> <p>"O" document referring to an oral disclosure, use, exhibition or other means</p> <p>"P" document published prior to the international filing date but later than the priority date claimed</p>	<p>"T" later document published after the international filing date or priority date and not in conflict with the application but cited to understand the principle or theory underlying the invention</p> <p>"X" document of particular relevance; the claimed invention cannot be considered novel or cannot be considered to involve an inventive step when the document is taken alone</p> <p>"Y" document of particular relevance; the claimed invention cannot be considered to involve an inventive step when the document is combined with one or more other such documents, such combination being obvious to a person skilled in the art</p> <p>"&amp;" document member of the same patent family</p>										
<p>Date of the actual completion of the international search</p> <p>20 April 2011</p>		<p>Date of mailing of the international search report</p> <p align="center"><b>S MAY 2011</b></p>									
<p>Name and mailing address of the ISA/AU</p> <p>AUSTRALIAN PATENT OFFICE PO BOX 200, WODEN ACT 2606, AUSTRALIA E-mail address: pct@ipaustalia.gov.au Facsimile No. +61 2 6283 7999</p>		<p>Authorized officer</p> <p>ADRIAN GILLMORE AUSTRALIAN PATENT OFFICE (ISO 9001 Quality Certified Service) Telephone No : +61 2 6283 2125</p>									

**INTERNATIONAL SEARCH REPORT**

International application No.

**PCT7NZ20 11/000029****Box No. II Observations where certain claims were found unsearchable (Continuation of item 2 of first sheet)**

This international search report has not been established in respect of certain claims under Article 17(2)(a) for the following reasons:

1.  Claims Nos.: **1-22 and 46**  
because they relate to subject matter not required to be searched by this Authority, namely:  
Rule 39.1 (iii): Schemes, rules or methods of doing business, performing purely mental acts or playing games.  
Although claims 22 and 46 are carried out on a computer, data could be entered manually and the use of the computer is incidental, unlike claim 23 where the computer is clearly required to process multiple data streams.
2.  Claims Nos.:  
because they relate to parts of the international application that do not comply with the prescribed requirements to such an extent that no meaningful international search can be carried out, specifically:
3.  Claims Nos.:  
because they are dependent claims and are not drafted in accordance with the second and third sentences of Rule 6.4(a)

**Box No. III Observations where unity of invention is lacking (Continuation of item 3 of first sheet)**

This International Searching Authority found multiple inventions in this international application, as follows:

1.  As all required additional search fees were timely paid by the applicant, this international search report covers all searchable claims.
2.  As all searchable claims could be searched without effort justifying additional fees, this Authority did not invite payment of additional fees.
3.  As only some of the required additional search fees were timely paid by the applicant, this international search report covers only those claims for which fees were paid, specifically claims Nos.:
4.  No required additional search fees were timely paid by the applicant. Consequently, this international search report is restricted to the invention first mentioned in the claims; it is covered by claims Nos.:

**Remark on Protest**

- The additional search fees were accompanied by the applicant's protest and, where applicable, the payment of a protest fee.
- The additional search fees were accompanied by the applicant's protest but the applicable protest fee was not paid within the time limit specified in the invitation.
- No protest accompanied the payment of additional search fees.

**INTERNATIONAL SEARCH REPORT**

Information on patent family members

International application No.

PCT/NZ201 1/000029

This Annex lists the known "A" publication level patent family members relating to the patent documents cited in the above-mentioned international search report. The Australian Patent Office is in no way liable for these particulars which are merely given for the purpose of information.

Patent Document Cited in Search Report		Patent Family Member					
US	2005172311	CN	1953700	EP	1708616	EP	1708617
		KR	20060116237	US	2005171410	US	7278966
		WO	2005074795	WO	2005079667		
US	2007135264	CA	2597308	GB	2437221	US	2006167943
		US	7489979	US	2007033012	US	7519537
		US	2006167576	US	7542816	US	2006288074
		US	7562117	US	2007129888	US	7577522
		US	2007125852	US	7586032	US	2007106726
		US	7603414	US	2008032723	US	7917148
		US	2006161621	US	2006173556	US	2006173828
		US	2006179056	US	2006184800	US	2006186197
		US	2006189386	US	2006195361	US	2006218294
		US	2006223635	US	2006229058	US	2006241864
		US	2006253210	US	2006256007	US	2006256008
		US	2006259574	US	2006262120	US	2007037614
		US	2007061314	US	2007106663	US	2007118241
		US	2007143348	US	2007145680	US	2007146347
		US	2007156676	US	2007178967	US	2007189544
		US	2007190494	US	20072131 10	US	2007214182
		US	2007220100	US	2007233743	US	2007266065
		US	2007273583	US	2007276870	US	2007280269
		US	2007288546	US	2008032719	US	2008090703
		WO	2006083861	WO	2006086439	WO	2006124717

Due to data integration issues this family listing may not include 10 digit Australian applications filed since May 2001.

END OF ANNEX