### Systematic Observation of Physical Activity Using iSOPARC: An iPad Application for Research and Practice



Michael Kanters\*, Jason Bocarro\*, Thomas McKenzie\*\*, Luis Suau\*\*\*, Troy Carlton\*

\*North Carolina State University, \*\*San Diego State University, \*\*\*Shaw University





#### Agenda

- 3:00 Welcome & Introductions
- 3:05 3:25 Systematic
   Observation (Thom McKenzie)
- 3:30 4:30 Using iSOPARC App Step-by-Step Interactive Tutorial
- 4:30 4:45 Mid-Session BREAK! Refreshments in the Foyer.
- Questions and Troubleshooting
- 4:45 5:45 Active break to the practice site!
- 5:50 5:55 Exporting Data
- 5:55 6:00 Wrap Up & Questions



<u>Basics of the iPad</u>
 Internet, iSOPARC App







iPad	Ŷ	2:27 PM		* 56% 💷
	iSOPARC Menu		Home	Change to Load Mode
	Current Observation			
	Home	PARK / LARGE AREA		
	Tools	Project Unique Identifier	(TI	EST) For practice use only >
2.5	Scan Space & Photos	* Park ID#	Designated Park I	D, generally a three-letter abbr.
	Map the Target Area	* Description		Park/Large Area description.
۲	Counter >	* Address		
		* City		
Ę	Explore >	Fixed fields on each observation.		
	Project >	TARGET AREA		
	Settings	Area Information		>
٥,	General >	* Мар		NOT IMPORTED
	Information	Fixed fields on each observation.		
0	Help Tutorial & Function Manual	SCANS		
0	About iSOPARC >	Observation Information		>
		* Counter Data		NOT IMPORTED
		Variable fields. Must be filled in on each obser	vation.	
Ŵ	Submit Observation	Ū		Save Park / Large Area

Home Large Area, Target Area, and Scans



#### Create a **PROJECT**

- Small (+) in bottom right hand corner



Add ProjectProject ID#ALRDescriptionJust for fun



Input Basic Information then click 'Save'.



## Now you have a Project! Next......go back to your HOME screen.

iPad		12:2	27 PM	🕇 🗍 81% 💷
	iSOPARC Menu		Home	Change to Insert Mode
	Current Observation			
	Home >	PARK / LARGE AREA		
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	Counter >	* Address	(TEST) For practice use only	
		* City	(CTG) Community Transformation Gr	
	Explore >	Fixed fields on each observa		
	Project >	TARGET AREA		
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0	About iSOPARC >	Observation Information		>
		* Counter Data		NOT IMPORTED
		Variable fields. Must be filled	in on each observation.	
Ŵ	Submit Observation			Save Park / Large Area

Select '(ALR) Just for fun' as the Project Unique Identifier.

Pad			12:27 PM		🖌 🕴 81% 💷
	iSOPARC Menu			Home	Change to Insert Mode
	Current Observation				
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	Tools		Project Unique Identifier		(ALR) Just for fun
195	Scan Space & Photos	>	* Park ID#	Designated Pa	rk ID, generally a three-letter abbr.
	Map the Target Area		* Description		Park/Large Area description.
۲	Counter Scan tool	>	* Address		
			* City		
ē	Explore Saved data	>	Fixed fields on each observation.		
111	Project Edit and export project data	>	TARGET AREA		
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	Information		Fixed fields on each observation.		
0	Help Tutorial & Function Manual	>	SCANS		
0	About iSOPARC	>	Observation Information		>
			* Counter Data		NOT IMPORTED
			Variable fields. Must be filled in on each ob	oservation.	
ា	Submit Observat	tion			Save Park / Large Area

#### <u>Input</u>

Park ID#: <u>309</u> Description: <u>Paradise Point Hotel</u> Address: <u>1404 Vacation Ave.</u> City: <u>San Diego</u>

iPad		12:30 PM	<b>1</b> ∦ 80% 💶)
	iSOPARC Menu	Home	Change to Insert Mode
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	map are raiger and	Description	Paradise Point Hotel
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	Collection	City	San Diego
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		Fixed fields on each observation.	
0	Help >	SCANS	
U	About iSOPARC >	Observation Information	>
		* Counter Data	NOT IMPORTED
		Variable fields. Must be filled in on each observation.	
Ŵ	Submit Observation	Ŵ	Save Park / Large Area

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۲	Counter Scan tool	>	Read-only data. Must be imp	ported from the button above.	
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Φ,	General	>	* Area Type		NOT SELECTED >
			Fixed fields on each observa	tion.	
0	Help Tutorial & Function Manual	>	OPTIONAL DATA		
ດເ	About ISOPARC	、	Location		NOT SELECTED >
U	About ISOFANO	-	Fixed Setting		NOT SELECTED >
			Improvement Overlap		
Ŵ	Submit Observat	ion	Ŵ		Save Target Area

Under Target Area click: Area Information

🖌 🕴 79% 💷 iPad 12:32 PM iSOPARC Menu Area Information Import Scan Space Home > Summarize data for submission Total Area 0.00 sq.m. Read-only data. Must be imported from the button above. Scan Space & Photos > Map the Target Area GENERAL INFO Target Area ID# Counter > Scan tool Open Field Description \* Surface NOT SELECTED Explore > Saved data NOT SELECTED \* Area Type Project > Edit and export project data Fixed fields on each observation. OPTIONAL DATA General > Location NOT SELECTED Fixed Setting NOT SELECTED Help Ō > Tutorial & Function Manual Improvement Overlap About iSOPARC > Comments These fields are optional. 腧 Save Target Area Submit Observation

General Info → Target Area ID# <u>1</u> Description <u>Open Field</u>

iPad	12	32 PM		<b>⊀</b> ∦ 79% 💷				
iSOPARC Menu	<b>&lt;</b> Home	Area Information	C	Change to Insert Mode 🛛 👔				
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Home Summarize data for submission		NOT SELECTED	~		×.	F		
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Counter >	Target Area ID#	Gravel	-1	1 UN		S		
Collection	Description	Sand	- 1	Open Field	th Ca	roling		
Explore	* Surface		- 8	NOT SELECTED	in cu	i olinid		
Saved data	* Area Type	Wood chips		NOT SELECTED >				
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	These fields are optional.			Home Summarize data for submission	>		Area Type	
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	Home Summarize data for submission	PARK / LARGE AREA			Cood	
	Tools	Project Unique Identifier	(ALR) ,	Just for fun	G000	
	Scan Space & Photos	Park ID#		309		
		Description	Parac	dise Point Hotel		
	Scan tool	Address	140	04 Vacation Ave	-	
		City Park / Large Area saved		San Diego	Bad	
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۵.	General	* Map	N	IOT IMPORTED		
		Fixed fields on each observation.				
0	Help Tutorial & Function Manual	SCANS		Menu	12:33 PM ≮ Home Area Ir	+ ₹ 79% ■
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Ŵ	Submit Observation	Û	Save Pa	rk / Large Area	Read-only data. Must be imported from the button a	above.
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			۲	Counter Scan tool	Target Area ID#	1
					Unable to save Target Area.	Open Field
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iPad	1	2:34 PM	<b>イ</b> ∦ 79% 💷 ׁ
iSOPARC Menu	<b>&lt;</b> Home	Area Information	Change to Insert Mode
Current Observation			
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Map the Target Area	Total Area		0.00 sq.m.
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Project >	Description		Open Field
Edit and export project data	Surface		Grass >
General >	Area Type		Lawn >
Information	Fixed fields on each observ	ation.	
Help     Tutorial & Function Manual	OPTIONAL DATA		
	Location		NOT SELECTED >
	Fixed Setting		NOT SELECTED >
	Improvement Overlap		
Submit Observation	Ŵ		Save Target Area

## Here is our Target Area Information





Click the writing tool at the bottom of your screen.

Begin plotting your area by placing your finger at desired starting point.



#### Complete your polygon



Click 'Register' in the Upper right hand corner.

Select 'Scan Space'.

iPad 🤻	÷		12:47	РМ	<b>√</b> ∦ 77% 💷
	iSOPARC Menu	<	Home	Area Information	Change to Insert Mode
	Current Observation				
	Home Summarize data for submission	N	MAP		
	Tools			Import Scan Space	
	Scan Space & Photos Map the Target Area	•	Total Area		971.59 sq.m.
۲	Counter Scan tool	F	Read-only data. Must be impor	ted from the button above.	
		(	GENERAL INFO		
<b>P</b>	Explore Saved data		Target Area ID#		1
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Ŵ	Submit Observatior	1	<u>ش</u>		Save Target Area

#### Screen Check

iPad 🗢		12:47 PM	<b>イ</b> ∦ 77% <b>■</b>
iSOPARC Menu		Area Information	Change to Insert Mode
Current Observation			
Home Summarize data for submission	> MAP		
Tools		Import Scan Space	
Scan Space & Photos Map the Target Area	> Total Area		971.59 sq.m.
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Saved data	> Target A	Target Area saved.	1
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Settings	Surface		Grass
🧔 General	> Area Type		Lawn >
Information	Fixed fields on eac	ch observation.	
O Help Tutorial & Function Manual	> OPTIONAL DATA		
	Location		NOT SELECTED
	Fixed Setting		NOT SELECTED
	Improvement C	verlap	
Submit Observat	ion		Save Target Area

Click 'Save Target Area' in bottom right hand corner.

A message will appear saying "Target Area saved."



Next, select 'Counter' from the Menu bar.

Then, click 'Hide Menu' at the top of the screen (red circle).





After MALE counts.... Black boxes total the MALE counts.



After FEMALE counts.... White boxes total the FEMALE counts.



To register a scan...

Click the box in the upper right hand corner (red circle), then select 'Register Scans'.



Screen Check

iPad a				12:50 PM		<b>1</b> ∦ 76% <b>■</b>
	iSOPARC Menu			Observa	tion Information	Change to Insert Mode
	Current Observation					
	Home Summarize data for submission	>	SCANS			
	Tools					
	Scan Space & Photos Map the Target Area	>	Male			33
۲	Counter Scan tool	>	Female		_	27
			Read-only	Counter Data Import All data has been imported.	above.	
	Explore Saved data	>	OBSERVE	Please fill the Main Activity for both		
00	Project Edit and export project data	>	Observe	gender.		44
			Name	ОК		Troy
۵,	General	>	Reliability	6		0
			LOCATION	0. THAT		
0	Help Tutorial & Function Manual	>	Coding S	tation		5
0	About iSOPARC	>	•			
			Date			Feb 24, 2014
			Start Tim	e		12:49 PM
Ŵ	Submit Observa	ition	End Time	· · · · · · · · · · · · · · · · · · ·		12:50 PM

Success message will appear.

#### Click OK.

iPad ᅙ		12:50 PM	<del>1</del> 🗍 76% 💷 )
iSOPARC Menu	K Home	Observation Information	Change to Insert Mode
Current Observation			
Bummarize data for submission	> SCANS		
Tools		Import Counter Data	
Scan Space & Photos Map the Target Area	Male		33
Counter Scan tool	> Female		27
	Read-only data. Must	be imported from the button above.	
Explore Saved data	> OBSERVER		
Edit and export project data	> Observer ID#		44
Settings	Name		Troy
🔅 General	> Reliability		
Information			
Help     Tutorial & Function Manual	> Coding Station		>
About iSOPARC	>		
	Date		Feb 24, 2014
	Start Time		12:49 PM
Submit Observat	ion End Time		12:50 PM

Observer ID# <u>Pick a 2-digit #</u> Name: <u>Input your first name</u>

iPad ᅙ		<b>⊀</b> ∦ 75% 📼	
iSOPARC Menu	<b>&lt;</b> Home	Observation Information	Change to Insert Mode
Current Observation			
📺 Home ,	Date		Feb 24, 2014
Summarize data for submission	Start Time		12:49 PM
Tools	End Time		12:50 PM
Scan Space & Photos Map the Target Area	Observation Period		Noon >
Counter >	Elapsed Time		1:13
Collection	AREA CONDITIONS		
Saved data	Accessible		No Yes
Project > Edit and export project data	Usable		No Yes
Settings	Equipped		No Yes
General >	Supervised		No Yes
Information			
• Help >	Organized		No Yes
	Check conditions to descr	ibe specific conditions for this scan area.	
About ISOPARC	MALE		
	Activity Type		Primary Activity >
Submit Observation	Categories		Sport >
	* Marin Archivite		

#### Scroll down....

Area Conditions: answer 5 Yes/No questions

iPad ᅙ			<b>1</b> \$ 759		
	iSOPARC Menu		<b>&lt;</b> Home	Observation Information	Change to Insert Mc
	Current Observation		Check conditions to desc	ribe specific conditions for this scan area	
	Home Summarize data for submission	>	MALE		
	Tools		Activity Type		Primary Activity
	Scan Space & Photos Map the Target Area	>	Categories		Sport
	Counter	>	* Main Activity	Categories	NOT SELECTED
	Scan tool			Fitness	
	Collection		Activity Level	Sport	,
	Saved data	>	Sedentary		
	Edit and export project data	>	Walking	Active Game	
	Settings			Sedentary	
	🔅 General	>	Vigorous	NO ACTIVITY	
	Information		Age Group	iPad 🗟	
	Help     Tutorial & Function Manual	>	Child		iSOPARC Menu
	About iSOPARC	>	Teen		Current Observation
			Adult	Hom	e rrize data for submission

Scroll down....

1) Choose from 'Categories' list for MALES

Senior

2) Choose from 'Main Activity' list for MALES

			12:52 PM	<b>⊀</b> ∦ 75% 🔲
iSOPARC Menu		<b>&lt;</b> Home	Observation Information	Change to Insert Mode
Current Observation				
lome ummarize data for submission	>	MALE	ibe specific conditions for this scan area.	
Tools		Activity Type		Primary Activity
can Space & Photos	>	Categories		Sport >
Counter		* Main Activity	NOT SELECTED	
can tool	in tool		Main Activity	
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xplore aved data	>	Sedentary	NOT SELECTED	m
roject	>		Baseball	
dit and export project data	·	Walking	Basketball	10
		Vigorous	Cheer leading	0
eneral	>	Age Group	Cheer leading	-
Information		Age Group	Dance	
lelp Itorial & Function Manual	>	Child	Football	25
bout iSOPARC	>	Teen	Handball	0
		Adult		0
		Senior		0
Submit Observ	ation			

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iPad ᅙ		12:52 PM		
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Current Observation	Addit			
Home Summarize data for submission	Senior			
Tools	FEMALE			
Scan Space & Photos	> Activity Type		Primary Activity	
wap the target Area	Categories		Fitness	
Counter Scan tool	* Main Activity	Categories	NOT SELECTED	
Explore Saved data	> Activity Level	Fitness	<b>~</b>	
Edit and export project data	> Sedentary	Active Come	-	
Settings	Walking	Active Game		
🤹 General	> Vigorous	Sedentary		
		NO ACTIVITY		
O Help Tutorial & Function Manual	Age Group	iP	ad ᅙ	
About iSOPARC	> Child		iSOPARC M	
	Teen		Current Observa	
	Adult		Home Summarize data <u>for subr</u>	
Submit Observa	tion Senior		Tools	

#### Repeat for FEMALES

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	iSOPARC Menu		<b>〈</b> Home	Observation Information	Change to Insert Mode	
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Ë	Home	>	Senior		0	
_	Tools	-	FEMALE			
	Scan Space & Photos	,	Activity Type		Primary Activity >	
			Categories		Sedentary >	
۲	Scan tool	>	Main Activity		Sitting	
					$\sim$	
<b>Ş</b>	Explore Saved data	>	Activity Level	Main Activity		
	Project			NOT SELECTED		
-	Edit and export project data	`	Sedentary	Artwork	19	
			Walking		6	
<b>¢</b> ,	General	>	Vigorous	Cness/cneckers/cards	A	
				Lying down		
0	Help Tutorial & Function Manual	>	Age Group	Picnicking (food involved)		
0	About iSOPARC	>	Child	Reading	10	
			Teen	Standing	0	
			Adult		Ø	
	Submit Observati	on	Senior		0	

75% 📼

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19 5 3



Scroll down....

Select 'Comments'. You can add any comments related to the observation if you wish.

	iPad ᅙ			12:54 PM			<b>⊀</b> ∦ 75% 💷 •
		iSOPARC Menu		<b>〈</b> Home		Observation Information	Change to Insert Mode
		Current Observation		Main Activit	v		Sitting >
$\Rightarrow$		Home Summarize data for submission	>		,		
		Tools		Activity Level			
		Scan Space & Photos Map the Target Area	>	Sedentary			19
	æ	Counter		Walking			5
	G	Scan tool	1	Vigorous			0
				A			
		Explore Saved data	>	Age Group			
	[[[	Project	>	Child			10
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	٥,	General	>	Adult			0
				Senior			0
	0	Help Turvial & Function Manual	>				
	U	About iSOPARC	>	Comments	Insert any specific	comments here.	>
			_	Photos			NOT LOADED
	崳	Submit Observa	ition	Please register	r photos on Scan Space	e & Photos.	
				-			

#### Submit Observation!

Click the button in lower left corner (red circle).

iPad 🗟	12:54 PM		<del>1</del> 🕴 75% 💷 )
iSOPARC Menu	<b>&lt;</b> Home	Observation Information	Change to Insert Mode
Current Observation			
Bummarize data for submission	SCANS		
Tools		Import Counter Data	
Scan Space & Photos Map the Target Area	Male		NOT LOADED
Counter Scan tool	Female		NOT LOADED
Collection	Read-only da	ta. Must be imported from the button above.	
Explore >	OBSERVE	Observation saved.	
Project >	Observe	ок	44
Settings	Name		Troy
🔅 General >	Reliability		
Information	LOCATION &	TIME	
O Help Tutorial & Function Manual	Coding Sta	tion	>
About iSOPARC			
	Date		Feb 24, 2014
	Start Time		12:54 PM
Submit Observation	End Time		12:54 PM

Success Message appears: "Observation saved."

Click OK.



#### **Exporting Data**

Project tab  $\rightarrow$  click 'Select Projects' in upper right hand corner (red circle).



Check the circle next to the project data that you would like to Export.

Then click 'Export (1)' at the bottom of the screen.



Select either 'Total' or 'Incremental'



Email will have attached .CSV file with observations.

Click Send!



# Thank you!