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

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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
• Basics of the iPad
  Internet, iSOPARC App
### Home

**Large Area, Target Area, and Scans**

<table>
<thead>
<tr>
<th>Home</th>
<th>Large Area, Target Area, and Scans</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Create a PROJECT
- Small (+) in bottom right hand corner
Add Project
Project ID#  ALR
Description  Just for fun
Input Basic Information then click ‘Save’.
Now you have a Project!
Next............go back to your HOME screen.
Select ‘(ALR) Just for fun’ as the Project Unique Identifier.
Input

Park ID#: 309
Description: Paradise Point Hotel
Address: 1404 Vacation Ave.
City: San Diego
Under Target Area click:  **Area Information**
<table>
<thead>
<tr>
<th>General Info</th>
<th>Target Area ID# 1</th>
<th>Description</th>
<th>Open Field</th>
</tr>
</thead>
</table>
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’.
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’.
Confirmation
Are you sure you want to REGISTER your Scans?

NO
YES

Screen Check
Success message will appear.

Click OK.
Observer ID#  **Pick a 2-digit #**
Name:  **Input your first name**
Scroll down....

Area Conditions: answer 5 Yes/No questions
Scroll down…

1) Choose from ‘Categories’ list for MALES

2) Choose from ‘Main Activity’ list for MALES
Repeat for FEMALES
Scroll down....

Select ‘Comments’. You can add any comments related to the observation if you wish.
Submit Observation!

Click the button in lower left corner (red circle).
Success Message appears: “Observation saved.”
Click OK.
Exporting Data
Project tab → 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!