College of Health Sciences
Distinguished Scholars Lecture Series

Welcomes

Barbara Ainsworth, PhD, MPH, FACSM, FNAK
Associate Director and Professor
School of Nutrition and Health Promotion
Arizona State University

Monday, October 10, 2016
12:00 pm – 1:30 pm
STAR Atrium

About the speaker...
Barbara E. Ainsworth is a Regents’ Professor in the Exercise Science and Health Promotion Program in School of Nutrition and Health Promotion at Arizona State University. Her research relates to physical activity and public health with focus on the assessment of physical activity in populations, the evaluation of physical activity questionnaires, and physical activity in women. Dr. Ainsworth is best known as the lead author for the Compendium of Physical Activities, an exhaustive list of the energy cost of human physical activities. Dr. Ainsworth is a Past President of the American College of Sports Medicine (ACSM) and the National Academy of Kinesiology. She is a recipient of the ACSM Citation Award and the SHAPE America McKenzie Award. In 2015 she received the Lifetime Achievement Award from the President’s Council on Fitness, Sports and Nutrition and has also served on the President’s Council and the California Governor’s Council on Physical Fitness and Sport Scientific Committees. She is a life-long advocate of active living and spends her free time maintaining her yard and animals in Arizona, bicycling, and hiking in the nearby hills.

Physical Activity Assessment and Promotion:
Historical and Future Perspectives

Light refreshments will be provided
ABSTRACT:

Why is it so confusing? Comparing physical activity recommendations for fitness and health

In the past 40 years, there have been no fewer than ten recommendations about the optimal amount of physical activity needed to improve physical fitness and health. While intending to provide a translation of the latest research, some recommendations have proved confusing and hard to follow. This presentation will provide an overview of various physical activity recommendations, clarify their similarities and differences, and summarize the ‘bottom line’ for the types and amounts of physical activity needed for optimal physical fitness and health.