

## Physical Activity Study

---



Ten second year students participated in a recent physical activity study with current Mayo footballer and former young player of the year Diarmuid O'Connor.

The project title 'Examination and validation of a range of consumer level physical activity monitors in measuring physical activity patterns' involved the students wearing fit-bits for four weeks to investigate changes to their physical activity. The students also completed several surveys to see if there was any change in their motivation to be physically active.