

FitBack Scotland-Developing a Fitness Monitoring System for Scottish Children,

Speaker Biographies

Dr Farid Bardid is Assistant Professor (Lecturer) of Health and Wellbeing at the University of Strathclyde's School of Education. His research area is physical activity and health among children and young people. Dr Bardid's research aims to support children and young people's capabilities (e.g., self-perception, fitness), opportunities (e.g., school, community), and motivation to participate in physical activity. His research themes include active places of learning, sport and recreation for all, and active travel. He co-leads the Active Healthy Kids Scotland and FitBack Scotland projects with Prof John Reilly. He is also a member of the International Motor Development Research Consortium (I-MDRC) and the Health Enhancing Physical Activity (HEPA) Europe Network.

Dr Andrew Dalziell has had over 20-years' experience in clinical practice supporting families with infants, children, and young people with learning and/or behavioural difficulties. Andrew is the co-author of 'Better Movers and Thinkers' (BMT), a novel approach to delivering high quality physical education. The BMT programme achieved a National Roll Out in Scotland and is widely used across primary and secondary schools. Currently Andrew is a Research Assistant at University of Strathclyde working on the 'Building Better Days' project which is looking at the barriers and facilitators to achieving the 24-hour movement behaviour recommendations for children aged 0 – 5-years from low-income families in Scotland.

Professor John J Reilly is Professor of Physical Activity & Public Health, University of Strathclyde. John's research focuses on the causes, consequences, and surveillance (monitoring) of low childhood physical activity and childhood obesity globally. He chaired the committee which developed the UK Health Departments Physical Activity Guidelines for the Under 5s in 2010 and 2019. He has been involved in many WHO Guidelines and Strategies including [Ending Childhood Obesity \(2016\)](#) and [the Guidelines on Physical Activity, Sedentary Behaviour, and Sleep in the Under 5s \(2019\)](#). He is a member of the Expert Committee on Obesity for the World Cancer Research Fund Global Cancer Update Programme. He is co-lead of the [Active Healthy Kids Scotland Report Card](#) a Board Member of the [Active Healthy Kids Global Alliance](#) and a founding member of the [Sunrise International Surveillance Study for Physical Activity, Screen Time, and Sleep in the Early Years](#).

Cameron Stewart joined the University of the West of Scotland (UWS) in October 2022 as a lecturer in P.E. & HWB. Before joining UWS he worked as a primary P.E. specialist at Carolside Primary School for seven years, during which he organised and delivered the school P.E. curriculum along with other P.E. & HWB related projects. His philosophy was always to make P.E. as meaningful as possible for his pupils. He took great interest in model-based practices and examined their potential to develop physical activity levels in primary aged pupils. Prior to Carolside, he was a P.E. specialist at Firpark, an ASN school.

Dr Tuija Tammelin is a Principal Researcher at Jamk University of Applied Sciences, Jyväskylä, Finland. She leads a research team of Physical Activity and Health. Her research focuses on the significance of physical activity and fitness on health, well-being and the prerequisites of learning during the life-course. Dr Tammelin is responsible for the follow-up research related to the national 'Finnish Schools on the Move' programme, aiming to make school days more active and pleasant. She has been a country leader of Finland's Report Card on Physical Activity for Children and Youth in 2016, 2018 and 2022. She was also involved in the [Fitback project](#) creating practical fitness monitoring tools and providing guidelines how to design physical fitness monitoring system for children and adolescents.

Katie Wilde is the Head of Digital Research at the University of Aberdeen, part of Digital and Information Services with a remit of supporting Researchers with their digital needs. She has been a key player in setting up the Grampian Safe Haven (DaSH) within Aberdeen and securing ISO27001 certification for this service. She is DaSH Director and holds an Honorary Contract with NHS Grampian and has over fifteen years of experience of working in the University of Aberdeen's Digital Research Services, which she joined as a Graduate Trainee back in 2007 and now heads up three teams: High Performance Computing Centre, Digital Research Specialists and the DaSH Team as well as being HDRUK Scottish Node Co-Director. Katie specialises in Data Management Best Practice and the use of Trusted Research Environments.