School of Computing Science

University of Glasgow

Ethics information: Introduction Script

Heart Rate Recovery Smartwatch Application Investigation

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The aim of this experiment is to investigate the usability and functionality of my developed smartwatch application that helps users track their Heart Rate Recovery and more generally their overall Heart Fitness. This is going to be done through tasking people to complete a short run as well as a more general exercise to see how the app is being used, what you make of the features, and any areas for future improvements to be made.

I will give you some time - around 4 days - to at some point go on a run of 10 minutes - with a 2 minute break after roughly 5 minutes - as well as completing a more standard exercise or sport that you normally do that still includes arm movement – for example Football, Badminton, etc. – before asking you to fill out a short survey on your opinions of the application. These questions include intuition questions on how easy the application is to navigate, task-based questions that will ask you to complete a task and how easy completing this task was, and practicality questions on what you more generally liked and what could see improvements. Throughout the entirety of the experiment, you will have my email address (2556961H@student.gla.ac.uk) for any questions about your involvement or the experiment as a whole. While the expectation is for exercise to be carried out throughout this activity, it is by no means a test of ability and there is no data collected that will indicate how you performed during the exercise whatsoever, and all responses to the survey will remain entirely anonymous. You are welcome to withdraw from the experiment at any time. If you do so, then it will not be possible for you to be debriefed about the purposes of the experiment. Do you agree to taking part in this evaluation? Do you have any questions or concerns before we start?