# Weight-lifting Exercise Qualitative Prediction

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#### **Overview**

A random forest classification model is fitted to data from Velloso et al. (2013). The model predicts how well a person performs a weight-lifting exercise, with 95% accuracy.

## **Data preparation**

The size of the data and computational limitations drove the design of data partitions between train and validation. We originally split 70/30, but a random forest model required hours to train on available hardware. Therefore we set aside 90% of the data for validation and used the remaining 1,964 samples for training.

### Model selection

Data exploration techniques such as pair-wise plots proved not very helpful with this data, given the large number of variables and difficulty in interpreting their influence. Therefore for our model selection we relied heavily on the original paper, which used random forests with bagging. With only random forest using default parameters, the model achieves 95% accuracy (good enough for our purposes).

## **Data preparation**

The data has variables that are not useful as predictors, including:

- The first 7 columns that describe the data, such as name and timestamps
- Variables that have NA whenever new window is "no" (98% of the records)
- Variables for kurtosis, skewness, amplitude, max and min. They are factor variables with many levels, including blanks and "#DIV/0!"

Variables meeting the above criteria are removed, leaving 52 predictors (down from 159).

```
new_window_count <- length(train[train$new_window=='no',1])</pre>
trainFeatures <- subset(train, select='classe')</pre>
nonPredictors <- c('X', 'user_name', 'raw_timestamp_part_1', 'raw_timestamp_part_2', 'cv
td_timestamp', 'new_window', 'num_window')
removedFeatures <- subset(train, select=nonPredictors)</pre>
for (col in colnames(train)) {
    if (col %in% nonPredictors) next
    if (regexpr('^kurtosis_|^skewness_|^amplitude_|^max_|^min_', col)[1] == -1 && sum(i
s.na(train[[col]])) != new_window_count) {
        trainFeatures[[col]] = train[[col]]
    }
    else {
        removedFeatures[[col]] = train[[col]]
    }
}
validationFeatures <- subset(validation, select=colnames(trainFeatures))</pre>
```

## Fitting the model

After training the random forest model we print the variable importance, for reference.

```
fitRf <- train(classe ~ .,data=trainFeatures,method="rf",prox=TRUE)
#print(fitRf)
varImp(fitRf)</pre>
```

```
## rf variable importance
##
##
    only 20 most important variables shown (out of 52)
##
##
                       Overall
## roll belt
                        100.00
## pitch_forearm
                         61.13
## roll forearm
                        48.42
## magnet dumbbell z
                         48.20
## magnet_dumbbell y
                        44.76
## yaw belt
                         42.83
## pitch belt
                        32.18
## roll dumbbell
                         23.76
## magnet dumbbell x
                        22.85
## accel dumbbell y
                         22.77
## accel forearm x
                         19.35
## magnet belt z
                         16.64
## magnet forearm z
                         15.48
## magnet belt y
                         14.64
## roll arm
                         14.53
## accel belt z
                         13.61
## accel_dumbbell_z
                         13.15
## total accel dumbbell
                         12.78
## gyros dumbbell y
                         12.49
## yaw dumbbell
                         12.06
```

Finally, the prediction and confusion matrix for the validation data suggest we can expect about 95% accuracy for out-of-sample data.

```
#trainPred <- predict.train(fitRf, trainFeatures)
#confusionMatrix(trainPred, trainFeatures$classe)
validationPred <- predict.train(fitRf, validationFeatures)
confusionMatrix(validationPred, validationFeatures$classe)</pre>
```

```
## Confusion Matrix and Statistics
##
##
            Reference
## Prediction
                Α
                     В
                         С
                              D
                                   Е
                        12
##
           A 4931 174
                              2
                                   0
##
           В
               27 3129 142
                              8
                                  43
##
           С
               29
                    95 2856 131
                                  18
##
           D
                         67 2747
                                  23
               12
                    16
##
               23
                     3
                          2
           Е
                              6 3162
##
##
  Overall Statistics
##
##
                 Accuracy : 0.9528
##
                   95% CI: (0.9496, 0.9559)
##
      No Information Rate: 0.2844
##
      P-Value [Acc > NIR] : < 2.2e-16
##
##
                    Kappa : 0.9403
##
   Mcnemar's Test P-Value : < 2.2e-16
##
## Statistics by Class:
##
##
                       Class: A Class: B Class: C Class: D Class: E
## Sensitivity
                                 0.9157
                                          0.9276
                                                   0.9492
                         0.9819
                                                           0.9741
## Specificity
                        0.9851
                                 0.9846
                                          0.9813
                                                   0.9920
                                                           0.9976
## Pos Pred Value
                                 0.9343 0.9128
                         0.9633
                                                   0.9588
                                                           0.9894
## Neg Pred Value
                        0.9927 0.9799 0.9847
                                                   0.9901
                                                           0.9942
## Prevalence
                        0.2844
                                 0.1935 0.1744
                                                   0.1639
                                                           0.1838
## Detection Rate
                       0.2793 0.1772
                                          0.1617
                                                   0.1556
                                                           0.1791
## Detection Prevalence 0.2899 0.1897
                                          0.1772
                                                           0.1810
                                                   0.1622
## Balanced Accuracy
                         0.9835
                                 0.9501
                                          0.9544
                                                   0.9706
                                                           0.9859
```

#### References

Velloso, E., A. Bulling, H. Gellersen, W. Ugulino, and H. Fuks. 2013. "Qualitative Activity Recognition of Weight Lifting Exercises." *Proceedings of 4th International Conference in Cooperation with SIGCHI (Augmented Human '13*). ACM SIGCHI. http://groupware.les.inf.puc-rio.br/har#weight\_lifting\_exercises#ixzz4Qu8t3jbV (http://groupware.les.inf.puc-rio.br/har#weight\_lifting\_exercises#ixzz4Qu8t3jbV).