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Article

# Core Motion updates

Learn about important changes to Core Motion.



## Overview

Browse notable changes in [Core Motion](#).

## September 2024

- Apple Watch Series 10 supports the Shallow Depth and Pressure capability. Use [CMWaterSubmersionManager](#) to start a shallow dive session.

## June 2024

- Use the [CMHeadphoneActivityManager](#) class to access motion activity from connected headphones.
- Enable connect or disconnect monitoring outside of a motion session with the [CMHeadphoneMotionManager](#) class. You can also use CMHeadphoneMotionManager to support AirPods device motion data on watchOS.

## June 2023

- Use the [CMHighFrequencyHeartRateData](#) class to get heart rate data, including the confidence level.
- Use the [CMOdometerData](#) class to get odometer data from workouts, such as speed, slope, distances, and altitude.

- Use the [CMBatchedSensorManager](#) class to access batches of high-frequency accelerometer and device motion data during workouts, such as a golf swing or a baseball bat swing.
  - Use the [CMWaterSubmersionManager](#) class to monitor shallow dives on Apple Watch Ultra.
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## See Also

### Technology updates

 Accelerate updates

Learn about important changes to Accelerate.

 Accessibility updates

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 ActivityKit updates

Learn about important changes in ActivityKit.

 AdAttributionKit Updates

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 App Clips updates

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 App Intents updates

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Learn about important changes to AppKit.

 Apple Intelligence updates

Learn about important changes to Apple Intelligence.

 AppleMapsServerAPI Updates

Learn about important changes to AppleMapsServerAPI.

 Apple Pencil updates

Learn about important changes to Apple Pencil.

 ARKit updates

Learn about important changes to ARKit.

 **Audio Toolbox updates**

Learn about important changes to Audio Toolbox.

 **AuthenticationServices updates**

Learn about important changes to AuthenticationServices.

 **AVFAudio updates**

Learn about important changes to AVFAudio.

 **AVFoundation updates**

Learn about important changes to AVFoundation.