

[Updates](#) / Core Motion updates

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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