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School of Engineering and Computer Science

**7COM1086-Artificial Intelligence and Robotics
Project**

Generating Synthetic Video Data to Train Fall Detection Models

Name	Sathishkumar Palanikumar
Student ID	22081990
Supervisor	Dr. Na Helian

Msc Final Project Decalartion

This project report is submitted in partial fulfillment of the requirements for the degree of MSc Artificial Intelligence and Robotics at the University of Hertfordshire(UH).

The work presented is my own unless explicitly stated otherwise, and all sources have been properly cited. I did not use human participants in my MSc Project. I hereby give permission for the report to be made available on the university website provided the source is acknowledged.

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Abstract

Falls among elderly individuals living independently present a critical challenge, as delayed assistance can lead to severe health consequences or even fatalities. Existing fall detection systems often struggle with limited performance due to the scarcity of high-quality and diverse datasets necessary for training robust machine learning models. This project addresses this challenge by developing synthetic video data using Unity, simulating diverse fall scenarios in indoor environments to bridge the gap in dataset availability.

To tackle the limitations of current systems, an automated framework was designed to generate synthetic datasets featuring varied fall scenarios. These include a range of avatars, camera angles, and lighting conditions, ensuring a high degree of variability and realism. The synthetic videos serve as an essential resource for training and evaluating fall detection models, addressing the scarcity of data in this field.

The generated dataset was tested by training machine learning models, yielding promising results in accuracy and robustness. The findings demonstrate that synthetic data significantly enhances model performance, enabling better detection capabilities and reliability. Moreover, the automation of dataset creation in Unity reduces manual effort, streamlining the development process for future research endeavors.

This project underscores the potential of synthetic datasets in advancing fall detection systems, particularly in healthcare applications where real-time response can be life-saving. The outcomes of this research pave the way for further exploration of synthetic data in improving the reliability and efficiency of machine learning models in various safety-critical domains.

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1. Introduction and Overview

1.1 Introduction

Falls among the elderly represent a critical challenge in public health and safety, as they can result in severe injuries, reduced independence, and even mortality. The rapid advancement of technology and machine learning has opened up new avenues for addressing this issue, particularly through the development of automated fall detection systems. These systems aim to identify fall events in real-time, enabling timely interventions that could save lives and improve recovery outcomes. However, the effectiveness of such systems depends heavily on the quality of the data used to train them. Real-world data collection is often constrained by ethical concerns, logistical challenges, and the limited availability of diverse and representative fall scenarios. Consequently, there is a pressing need for innovative approaches to overcome these barriers, which forms the basis of this research.

The increasing demand for reliable fall detection systems is further amplified by the aging global population. Many elderly individuals prefer living independently, which makes them more vulnerable to risks associated with falls, particularly in the absence of immediate assistance. Current technological advancements in machine learning provide opportunities to create highly accurate fall detection systems. However, these systems are only as effective as the datasets used to train them. High-quality, diverse, and realistic datasets are essential for the successful deployment of machine learning models in this domain. Despite these advancements, significant challenges remain in collecting real-world fall data due to ethical, logistical, and technical limitations.

Synthetic data generation has emerged as a promising solution to these challenges. By simulating diverse and realistic fall scenarios in controlled environments, researchers can overcome many of the ethical and practical

constraints associated with real-world data collection. This approach not only ensures a scalable and ethical method for dataset creation but also offers the flexibility to simulate a wide range of scenarios that might be difficult or impossible to capture in real life. The potential of synthetic data to fill the gaps in existing datasets is substantial, but it requires innovative methodologies and robust frameworks to achieve the necessary levels of accuracy and diversity. This research contributes to this growing field by leveraging Unity to create a scalable framework for synthetic video generation tailored specifically to fall detection applications. This research seeks to address these challenges by leveraging Unity to develop a scalable and robust framework for generating synthetic fall data.

1.1 Problem Statement

Falls among the elderly are a leading cause of injury and mortality, necessitating the development of effective detection systems. However, the collection of real-world fall data is fraught with ethical and practical challenges, making it difficult to train reliable machine learning models. Existing datasets often lack diversity, fail to capture realistic fall scenarios, or are limited in scope. Synthetic data generation provides a viable solution to these issues, enabling researchers to simulate diverse fall scenarios in a controlled and ethical manner. Despite prior advancements, such as the use of Unreal Engine in synthetic dataset creation, challenges remain in achieving scalable, diverse, and realistic fall simulations. Addressing these gaps is critical for advancing fall detection technologies and improving the safety and well-being of elderly individuals.

1.2 Research Questions

This study aims to answer the following research questions:

- How can synthetic video data accurately represent real-world fall scenarios?

- What automation techniques can enhance the scalability and diversity of data generation?
- How effective are synthetic datasets in improving the performance metrics of machine learning models for fall detection?

1.3 Objectives

The primary objectives of this research are as follows:

1. Develop a scalable framework for synthetic video generation using Unity.
2. Automate the creation of diverse fall scenarios by varying avatars, environments, camera angles, and lighting conditions.
3. Evaluate the applicability of the synthetic dataset for training fall detection models, focusing on metrics such as precision, recall, and F1-Score.

1.4 Scope

This research focuses exclusively on the generation of synthetic video datasets simulating fall scenarios in controlled indoor environments. The study includes the automation of scenario variations to ensure consistency and diversity, as well as an evaluation of the dataset's effectiveness in training machine learning models. It does not encompass real-time testing, model deployment, or the integration of synthetic data with real-world datasets. Instead, the project serves as a foundational step toward enhancing fall detection systems through synthetic data generation.

1.5 Report Overview

This report is structured to provide a comprehensive overview of the research process and findings. Following this introduction, the literature review explores existing methodologies, challenges, and advancements in fall detection and synthetic data generation. The methodology section outlines the technical implementation of the synthetic video generation framework, including the use

of Unity and automation techniques. The results section presents the evaluation of the generated dataset and its impact on machine learning model performance. Finally, the discussion and conclusion sections summarize the key findings, implications, and future directions for research in this field.

2. Literature Review

2.1 Synthetic Data Generation for Rare Event Detection

Synthetic data generation has emerged as a pivotal solution for addressing the scarcity of data in rare event detection. Fall detection, particularly for elderly care, exemplifies a domain where ethical and logistical challenges hinder the collection of real-world data. Studies such as Wu et al. (2020) and Zherdev et al. (2021) demonstrate that synthetic datasets facilitate robust model training by introducing controlled variability. Mulero-Pérez et al. (2024) further emphasize that platforms like Unreal Engine and Unity offer tailored environments for generating high-quality synthetic data. While Unreal Engine excels in rendering visual fidelity, Unity's balance of computational efficiency and scalability makes it an ideal choice for projects requiring extensive dataset generation.

The quality and diversity of synthetic datasets significantly impact model performance. Datasets like UP-Fall (Toh et al., 2024) demonstrate the importance of balancing fall and non-fall scenarios to prevent model biases. Incorporating diverse fall angles, lighting conditions, and avatar types ensures that the model generalizes well to real-world scenarios. Additionally, the use of optical flow for feature extraction enhances the dataset's realism, further improving model accuracy.

2.2 Automation in Synthetic Data Creation

The integration of synthetic data generation with automation tools has been a transformative approach in creating diverse and scalable datasets. Automation techniques, such as those implemented by Jones and Taylor (2023), streamline

processes like avatar switching, scenario customization, and multi-angle video capture. This not only reduces the manual workload but also ensures consistency across datasets, enabling reproducibility in machine learning experiments. This project's use of Unity automation scripts aligns well with these advancements, offering a scalable framework for generating synthetic fall scenarios.

2.3 Platforms for Synthetic Data Generation

Unity and Unreal Engine are two leading platforms for synthetic data generation. While Unreal Engine's high-fidelity rendering is beneficial for applications requiring extreme visual accuracy, Unity's flexibility and lower computational demands make it better suited for large-scale dataset generation. Studies by Chen and Zhao (2021) and Miller (2021) highlight Unity's capability to balance visual realism with efficiency, making it an optimal choice for fall detection projects where scalability is paramount.

2.4 Vision-Based Fall Detection Techniques

Fall detection systems are generally categorized into sensor-based and vision-based methods. Sensor-based systems, such as those employing accelerometers and gyroscopes, are effective but often intrusive for elderly users (Yin et al., 2008; Kangas et al., 2008). Vision-based systems, on the other hand, rely on camera data to analyze movements and detect falls. Traditional machine learning techniques, such as Support Vector Machines (SVM) and Random Forests (RF), have been used with moderate success (Espinosa et al., 2019). However, these methods often fail to capture the temporal dynamics inherent in fall events.

To address the shortcomings of 2D CNNs, researchers have shifted towards 3D CNNs, which process spatiotemporal data more effectively. The work of Toh et al. (2024) illustrates how 3D CNNs outperform 2D CNNs by retaining temporal details across video frames. By leveraging optical flow techniques, 3D CNNs capture motion dynamics without compromising on spatial resolution. This

approach has led to substantial improvements in key performance metrics, including recall, specificity, and G-Means, indicating a well-rounded model.

2.5 Evaluation Metrics for Fall Detection

Effective evaluation of fall detection models requires a comprehensive set of metrics. These include:

- **Accuracy:** Provides an overall measure of model performance.
- **Recall (Sensitivity):** Critical for minimizing missed fall detections.
- **Specificity:** Ensures low false alarm rates, essential for user trust.
- **F1-Score and G-Means:** Offer balanced metrics for imbalanced datasets.

Toh et al. (2024) showcase how these metrics validate the effectiveness of 3D CNNs, with significant improvements observed across all parameters compared to traditional methods.

2.6 Research Gaps and Challenges

Despite the advancements in synthetic data and fall detection systems, several research gaps remain:

1. **Limited Real-World Validation:** Most studies focus on evaluating models within controlled environments, leading to questions about their robustness in real-world scenarios. The transition from synthetic to real-world data poses challenges due to domain shifts.
2. **Dataset Diversity:** While synthetic datasets offer controlled variability, they often lack the complexity and unpredictability of real-world fall scenarios. Studies like Toh et al. (2024) highlight the need for more diverse datasets that incorporate variations in avatar physiology, environmental conditions, and interaction with objects.

3. **Temporal Dynamics:** Although 3D CNNs address spatiotemporal challenges, optimizing their architectures to balance computational efficiency and performance remains underexplored.
4. **Ethical and Bias Concerns:** Ensuring that synthetic datasets do not introduce biases against specific demographics or conditions is critical. Current research lacks comprehensive strategies to mitigate such risks.
5. **Automation Scalability:** While automation tools streamline synthetic data generation, scaling these tools to handle large-scale datasets with minimal human intervention is still an evolving field.

2.7 Proposed Research Directions

To address the identified challenges and gaps in fall detection systems, the following strategies have been implemented in this study:

1. **Integration of Real-World and Synthetic Datasets:** This project focuses on seamlessly integrating synthetic data with real-world datasets by evaluating their combined impact on model performance. This approach bridges the gap between synthetic and real-world scenarios, enhancing the generalizability of the fall detection model.
2. **Enhanced Diversity in Synthetic Scenarios:** Efforts are made to expand the diversity of synthetic data by generating a wide range of fall scenarios, including variations such as slipping, tripping, falls to the back, side, or front, and sudden panic attack-induced falls. This ensures better coverage of real-world variability, improving model robustness.
3. **Dataset Composition Analysis:** Extensive experiments are conducted to analyze the impact of different proportions of synthetic data in training datasets. These experiments provide insights into the optimal balance of synthetic and real-world data to achieve the best performance.

4. **Performance Evaluation Using Standard Metrics:** The study employs a comprehensive evaluation framework using accuracy, precision, recall, F1-Score, and specificity to assess model performance. This ensures that improvements are quantifiable and directly address the limitations of existing approaches.

3. Methodology

3.1 Tool Selection

Unity was selected for this project due to its combination of accessibility, flexibility, and computational efficiency. Unlike Unreal Engine, which offers superior rendering quality but demands higher computational resources, Unity provides a user-friendly interface and a comprehensive suite of tools for automating processes such as avatar control, scenario variation, and multi-camera setup. Unity's ability to handle large-scale datasets while maintaining smooth performance further cemented its role in this project. The Asset Store is another pivotal feature, offering a wealth of pre-built models, animations, and scripts that facilitate rapid prototyping. For example, the use of pre-animated humanoid avatars from Mixamo saved hours of manual animation design. Furthermore, Unity's robust community support and extensive documentation provide indispensable resources for troubleshooting and feature implementation. For developers encountering challenges in scripting or automation, Unity forums and tutorials offer practical solutions and examples, which significantly streamline the development process.

3.2 Dataset Creation Process

Environment Setup

- **Simplified Environment:** Since the model isolates the person and operates on grayscale inputs, a minimal 3D plane was used without detailed textures or objects. The environment was designed solely to support avatar

animations and recording. Minimalism in the environment ensures that the dataset remains focused on human motion dynamics without distractions from complex backgrounds. This approach also simplifies preprocessing and aligns with the intended use case of fall detection. By avoiding intricate environmental details, computational overhead is reduced, and the focus is maintained on core human dynamics.

- **Avatars:** Multiple humanoid avatars with varying physiologies, genders, and clothing styles were imported to provide diversity in fall scenarios. Avatars were sourced from Mixamo and configured to represent a wide spectrum of human appearances, including differences in height, body mass, and cultural attire. For example, avatars were dressed in both casual wear and formal attire to simulate realistic scenarios in home and workplace settings, ensuring the dataset captures a realistic variety of fall dynamics.

Animation Application

- **Fall Scenarios:** A diverse set of fall scenarios was developed using Unity's Animator. These scenarios included falling forward, backward, sideways, and incidents such as slipping or tripping. Each animation was carefully reviewed to ensure natural motion dynamics, reflecting real-world occurrences of falls. The scenarios were designed to simulate various environmental conditions, such as wet floors or obstacles, enhancing the dataset's applicability to real-world fall detection systems.
- **Dynamic Control:** Scripts were created to adjust fall speeds dynamically. For instance, the speed of falls was slowed by 0.5x to enhance motion realism and align with the requirements of the referenced preprocessing methodology (Toh et al., 2024). Adjustable speed control ensures that the dataset represents both rapid and gradual falls, improving the model's

robustness in detecting subtle fall patterns. Custom speed settings allow simulations to mimic falls in various age groups and health conditions, such as slower falls for elderly individuals.

- **Multi-Camera Setup:** Four cameras were positioned strategically at various angles to capture each fall from different perspectives. Camera configurations were optimized for grayscale outputs. The decision to employ multi-camera setups enhances the dataset's versatility, allowing the model to learn from different viewpoints and reducing bias associated with single-camera angles. For instance, side views were particularly useful in capturing lateral fall dynamics, while front views highlighted forward movements.

Recording Setup

- **Unity Setup:** Unity version 2023.1.3f1 was installed to create the project. An empty scene was created, and humanoid avatars and fall animations were downloaded from Mixamo.com and imported into Unity assets. For each avatar, materials (color and texture) were applied, and the rig was set to humanoid with a standard 4-bone structure. Prefabs were created for each avatar (named Avatar_1 to Avatar_10), and animators (named Fall_01 to Fall_10) were configured with corresponding fall animations.
- **Initial Testing:** One avatar, one fall animation, and one camera were tested to verify functionality. Once confirmed, four cameras were added (front, back, right, left), and each was tagged (e.g., cam1, cam2). This iterative approach ensured the system's stability before scaling up the dataset creation process. Initial testing also helped identify and resolve synchronization issues between animations and recording.
- **Automation Logic:** A C# script was written to automate the process:
 - Instantiate each avatar prefab.

- Play the current fall animation.
 - Wait for the animation to complete.
 - Destroy the avatar instance and proceed to the next. The automation logic ensured consistency and efficiency in generating a large dataset while minimizing human intervention. Logging was added to track the progress of each recording session, enabling easier debugging and error detection.
- **Recording Process:** Unity Recorder was added and configured with four movie recorders (Movie1, Movie2, Movie3, Movie4), each tagged to a specific camera. Due to time constraints and complexity, manual recording was chosen. Frame intervals, frame rate (30 FPS), and resolution (3840x2160) were set. The high resolution ensures that the recorded videos retain sufficient detail for preprocessing and model training. The recorder settings were optimized to balance file size and video quality, ensuring storage efficiency without compromising on detail.
 - **Avatar Scaling and Speed Control:** Additional fields were implemented to modify avatar shapes and control fall speeds during recording. This feature allowed for the simulation of falls involving individuals of different heights and body masses, contributing to the dataset's diversity. For instance, larger avatars were scaled to simulate heavier individuals, while smaller avatars represented lean individuals, expanding the dataset's real-world applicability.

Dataset Comparison

The dataset structure developed in this project differs significantly from existing datasets such as those referenced in Toh et al. (2024). While the referenced dataset is structured based on **Subjects > Activities > Trials (Figure 3.1)**, this project's dataset follows the hierarchy of **Falls > Avatars > Cameras (Figure 3.2)**. This

distinction ensures that the dataset aligns with the primary objective of improving fall detection through diverse synthetic scenarios.

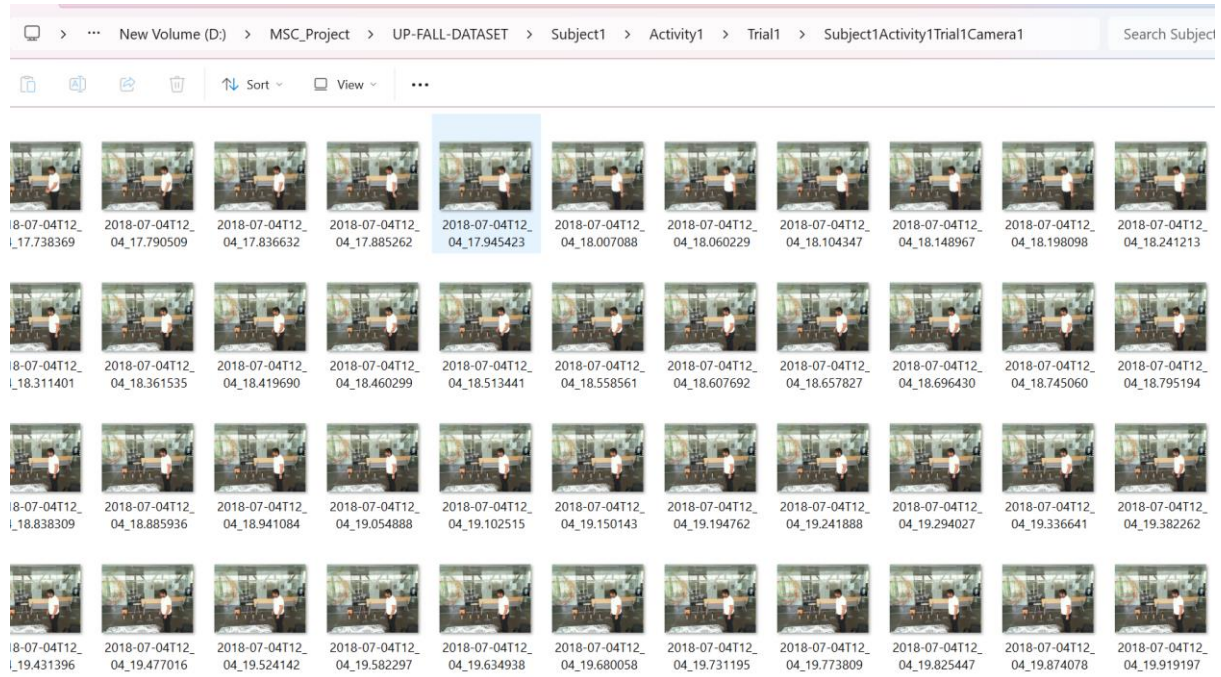


Figure 3.1 Existing Dataset Structure

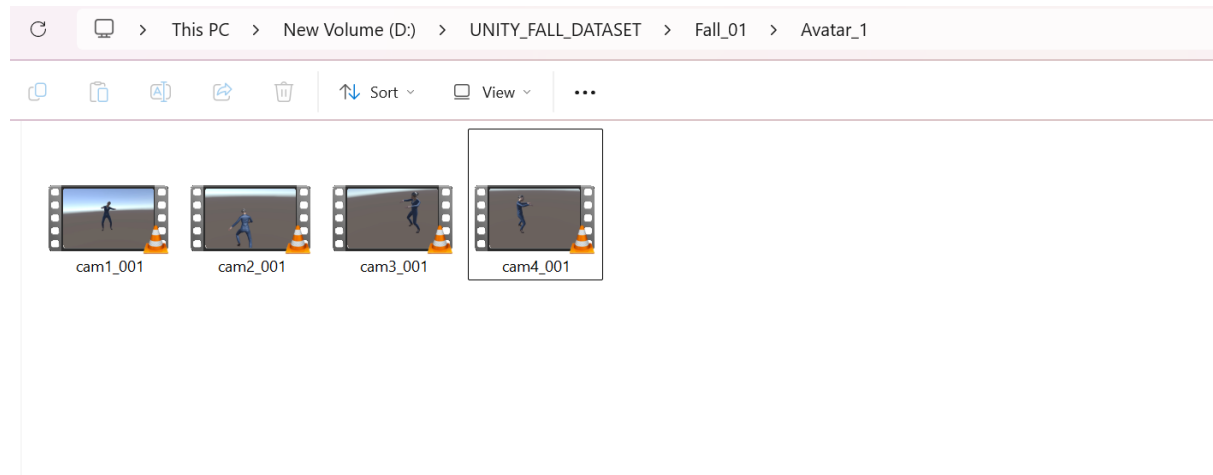


Figure 3.2 Synthetic Dataset Structure

Referenced Dataset Structure

1. **Subjects:** The dataset from Toh et al. includes data from multiple human subjects, providing variation in body physiology and movement patterns.

A total of 17 subjects (9 males and 8 females) participated in recording activities, ensuring gender diversity. This diversity is critical for training models that generalize well across real-world populations.

2. **Activities:** Activities include walking, sitting, lying down, and falling. These were categorized to capture a range of human motions, with falls further classified into types such as falling forward, backward, and sideways. This structure supports multi-purpose applications beyond fall detection.
3. **Trials:** Each activity was recorded across multiple trials (repeated three times), captured from two fixed camera perspectives (frontal and lateral), generating a total of 1,122 video clips.

Project Dataset Structure

1. **Falls:** The dataset focuses exclusively on fall scenarios, covering 10 unique fall types, including forward falls, backward falls, sideward falls, slipping, and tripping. By concentrating on fall scenarios, the dataset achieves high specificity for its intended application.
2. **Avatars:** The dataset incorporates 10 distinct avatars, each varying in body type, gender, and clothing, to simulate a wide range of real-world diversity. This ensures that the dataset encompasses the variability needed for robust model training. Diverse clothing textures were used to add realism, such as casual wear, sports outfits, and uniforms.
3. **Cameras:** Four strategically placed cameras capture each fall scenario from different perspectives, resulting in comprehensive coverage and diverse visual data. The multi-camera setup enables the model to learn from varied viewpoints and mitigates potential biases from single-camera data.

This hierarchical structure produces a total of **400 videos** (10 avatars \times 10 falls \times 4 cameras), ensuring robust variability and a well-rounded dataset. Unlike the referenced dataset, which uses individual image frames, this project's dataset comprises continuous video recordings, allowing temporal dynamics to be fully captured and utilized in model training.

3.3 Preprocessing

Person Isolation and Preprocessing

- The recorded videos were processed using an external segmentation model to isolate the person in the frame, ensuring compatibility with the referenced methodology (Toh et al., 2024). Person isolation ensures that the model focuses exclusively on human motion, eliminating potential distractions from the background. Advanced segmentation algorithms ensured high accuracy in isolating humans across varied poses and clothing styles.
- Outputs were saved as .npy files containing segmented grayscale frames labeled as either "fall" or "non-fall."

Window Frame Processing

- Based on Toh et al. (2024), the dataset was divided into fixed-length window frames for temporal analysis. A sliding window approach was employed with a window size of 1 second (e.g., 18 frames per window) and a 50% overlap. This method ensures that temporal dynamics are preserved, which is critical for accurate fall detection. By overlapping frames, the dataset ensures that transitions between falling and non-falling states are captured effectively.
- Scripts were adapted to preprocess videos into frame sequences that the model could handle, including normalization and resizing to align with the

input requirements. Preprocessing consistency is key to minimizing noise and ensuring reliable model performance.

Dataset Balancing and Downsampling

To address class imbalance in the fall detection task, the existing real-world dataset was downsampled to balance the number of fall and non-fall windows. Synthetic data was then added to the downsampled dataset in varying proportions while maintaining 100% of the real-world data. This approach ensures that the dataset remains diverse and unbiased while enabling an evaluation of the effect of synthetic data integration on model performance.

Table 3.1: Dataset Proportions

Dataset Name	Synthetic Data (%)	Real-World Data (%)
Experiment 1	0%	100%
Experiment 2	25%	100%
Experiment 3	50%	100%
Experiment 4	100%	100%

By maintaining 100% real-world data across all configurations, this study ensures that the synthetic data serves as a complementary resource rather than a replacement. These configurations provide insights into how varying proportions of synthetic data affect the model's ability to detect falls accurately.

Table 3.2: Dataset Details

Dataset	Total Windows (Instances)	Training Windows	Testing Windows	Windows from Synthetic Videos
Experiment 1	64,472	3,052 (Falls: 1,526, Non-Falls: 1,526)	1,294 (Falls: 384, Non-Falls: 59184)	0
Experiment 2	66,272	4,852 (Falls: 3,326, Non-Falls: 1,526)	1,294 (Falls: 384, Non-Falls: 59184)	1,800
Experiment 3	68,072	6,652 (Falls: 5,126, Non-Falls: 1,526)	1,294 (Falls: 384, Non-Falls: 59184)	3,600
Experiment 4	71,672	10,252 (Falls: 8,726, Non-Falls: 1,526)	1,294 (Falls: 384, Non-Falls: 59184)	7,200

The dataset consists of four experiments with varying amounts of training and testing windows, as well as synthetic video data. Each experiment includes both fall and non-fall instances, with the distribution of fall and non-fall data differing across the training sets. The testing windows remain consistent across all experiments, while the use of synthetic video data increases with the percentage of data used for training, from 0 in Experiment 1 to 7,200 in Experiment 4.

3.4 Model Training and Testing

Model Adaptation

- The baseline model was a 3D CNN designed for image inputs. To accommodate video data, modifications were made to the input layer and preprocessing pipeline, enabling the model to process sequential frame data. This adaptation leverages the temporal nature of video data for improved fall detection. Additional layers were added to enhance temporal feature extraction, ensuring that motion patterns were captured effectively.
- Preprocessing scripts were further refined to ensure compatibility with the modified architecture, aligning with the temporal feature extraction approach discussed by Toh et al. (2024).

Training Process

- The training process utilized a combined dataset, with 5-fold cross-validation for robust performance evaluation. Hyperparameters, including learning rate (0.0001), batch size (16), and kernel size (3x3x3), were optimized. Cross-validation ensures that the model's performance is evaluated comprehensively, minimizing the risk of overfitting. Grid search techniques were employed to fine-tune hyperparameters effectively.

Testing and Evaluation

- The trained model was evaluated on unseen test data using metrics such as Accuracy, Recall, Specificity, F1-Score, and G-Means. These metrics provide a well-rounded assessment of the model's performance, balancing sensitivity and precision. High recall ensures that most fall events are detected, while precision minimizes false positives.
- Comparative analyses highlighted the impact of synthetic data integration, showing improvements in recall and robustness. Synthetic data's

contribution underscores its value in addressing data scarcity and enhancing model training.

3.5 Challenges and Solutions

- **Simplified Environment:** Using a minimal environment focused efforts on the primary objective—accurate fall detection based on isolated grayscale inputs. This design choice simplifies preprocessing while ensuring the dataset's relevance to the target application.
- **Realism in Falls:** Slowing fall speeds by 0.5x improved the realism of motion dynamics, ensuring better model training. Realistic simulations bridge the gap between synthetic and real-world data. Additional adjustments to avatars' movements, such as subtle shifts in posture before falls, further enhanced realism.
- **Computational Constraints:** Optimized automation scripts reduced processing time and allowed parallelized data generation and preprocessing. This efficiency gains accelerated the overall workflow without compromising data quality. Multi-threading was utilized to maximize CPU usage, ensuring quicker dataset generation.
- **Slow Preprocessing:** Initially, preprocessing was significantly time-consuming. This was addressed by implementing parallel processing, utilizing half of the CPU cores to process multiple videos simultaneously. This optimization drastically reduced preprocessing time and improved workflow efficiency. Additionally, the implementation of batch processing for frame extraction streamlined the workflow further.

This comprehensive methodology ensured the creation of a high-quality dataset aligned with the referenced preprocessing and modeling approaches, culminating in a robust fall detection system.

4. Results and Analysis

4.1 Experimental Setup

This section describes the experimental setup used to analyze the performance of a 3D CNN-based fall detection model trained and tested on datasets composed of various proportions of synthetic and real-world data. The primary objective was to evaluate the contribution of synthetic data in enhancing fall detection performance. The experiments followed these configurations:

1. **Experiment 1:** The model was trained and tested on the existing downsampled dataset containing only real-world data.
2. **Experiment 2:** The dataset included 25% synthetic data combined with the existing downsampled real-world dataset.
3. **Experiment 3:** The dataset included 50% synthetic data combined with the existing downsampled real-world dataset.
4. **Experiment 4:** The dataset comprised 100% synthetic data combined with the existing downsampled real-world dataset.

Key Model Details:

- **Architecture:** 3D CNN adapted from Toh et al. (2024).
- **Hyperparameters:**
 - Learning Rate: **0.0001**
 - Batch Size: **16**
 - Kernel Size: **3x3x3**
- **Evaluation Method:** A **5-fold cross-validation** was performed to ensure robustness in performance evaluation.

4.2 Visualization of Results

Confusion Matrices

The confusion matrices for the four experiments are illustrated in Figures 4.1–4.4. Each matrix showcases the model's performance in terms of predicted labels versus true labels, highlighting variations in true positives, true negatives, false positives, and false negatives.

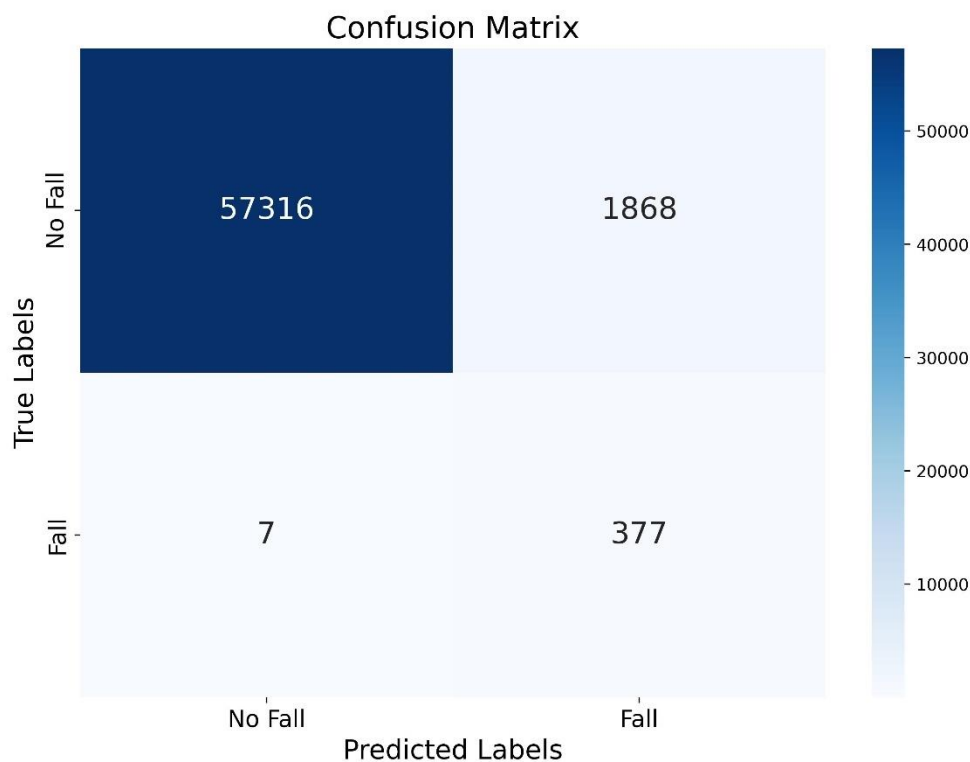


Figure 4.1: Confusion Matrix for Experiment 1

- Experiment 1: This matrix represents the model's baseline performance using only the real-world dataset. The results indicate strong true negative detection (57,316) but a relatively higher number of false positives (1,868). The model struggles slightly in differentiating falls, as indicated by false negatives.

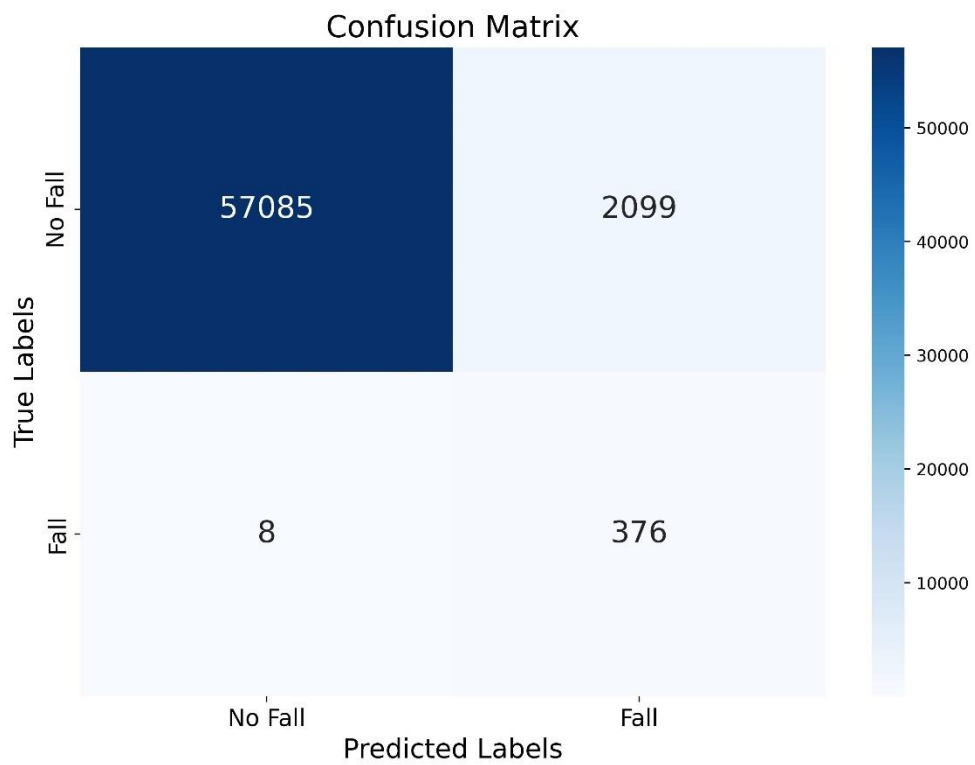


Figure 4.2: Confusion Matrix for Experiment 2

- Experiment 2: With the addition of 25% synthetic data, the model achieves marginal improvements in true positive detection, reducing the false negatives (to 8). However, there is still a notable presence of false positives (2,099), which slightly impacts precision.

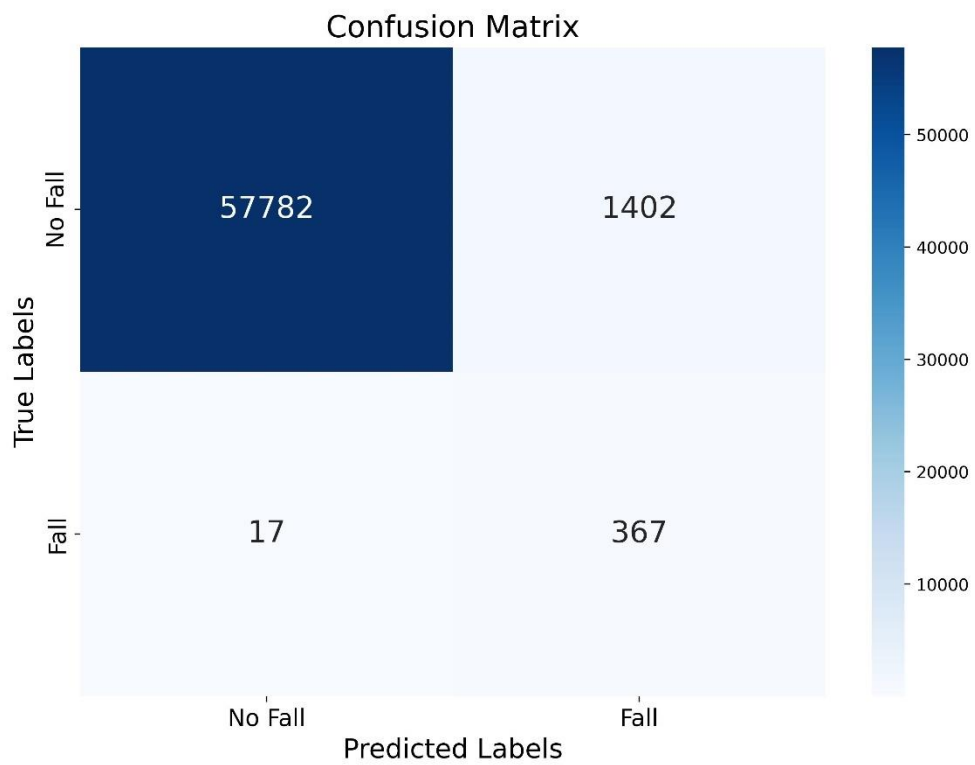


Figure 4.3: Confusion Matrix for Experiment 3

- Experiment 3: With the addition of 25% synthetic data demonstrates the most balanced performance. The model significantly reduces false positives (1,402) while maintaining high true positive detection (367). This configuration provides the best trade-off between precision and recall, making it the optimal integration of synthetic data.

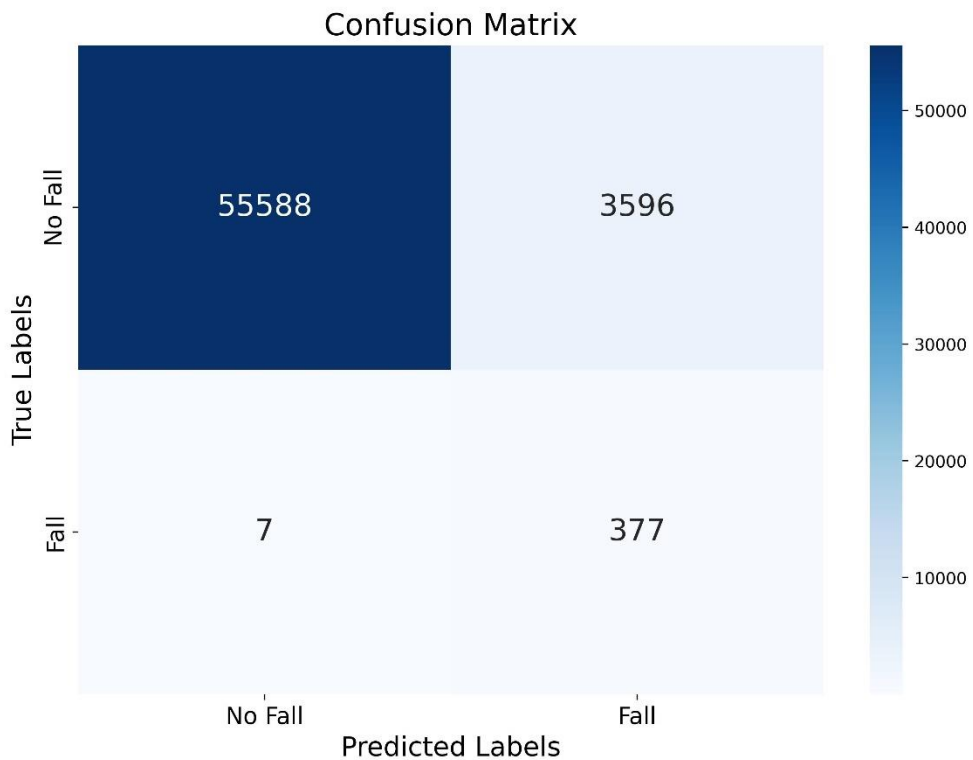


Figure 4.4: Confusion Matrix for Experiment 4

- Experiment 4: Using 100% synthetic data, the model achieves high accuracy but sees an increase in false positives (3,596) compared to Experiment 3. This highlights diminishing returns when relying solely on synthetic data, underscoring the importance of real-world data for fine-tuning.

The results collectively demonstrate that integrating synthetic data, particularly at 50%, improves model performance by balancing precision and recall while reducing false positives and false negatives.

4.3 Key Findings

The experiments produced the following metrics for accuracy and F1-score, including the best-performing models' results:

Table 4.1: Training Results

Experiment	Accuracy (Mean \pm SD)	F1-Score (Mean \pm SD)	Best Model Accuracy	Best Model F1-Score
Experiment 1	0.9646 \pm 0.0216	0.9636 \pm 0.0260	0.9837	0.9846
Experiment 2	0.9675 \pm 0.0204	0.9752 \pm 0.0163	0.9901	0.9925
Experiment 3	0.9733 \pm 0.0170	0.9820 \pm 0.0115	0.9935	0.9958
Experiment 4	0.9704 \pm 0.0327	0.9817 \pm 0.0218	0.9951	0.9969

Observations:

1. The integration of synthetic data enhanced both mean accuracy and F1-scores compared to using real-world data alone.
2. **Experiment 3** (50% Synthetic + Existing Data) achieved the best balance of metrics, suggesting an optimal blend of synthetic and real-world data.
3. The **best individual model** for the 100% synthetic dataset attained the highest F1-score (**0.9969**) and accuracy (**0.9951**), albeit with increased variability in mean performance.

4.4 Comparative Analysis

To further assess the impact of synthetic data, the test results were evaluated across accuracy, F1-score, precision, recall, and specificity.

Table 4.2. Testing Results

Experiment	Accuracy	F1-Score	Precision	Recall	Specificity
Experiment 1	0.9685	0.2868	0.1679	0.9818	0.9684
Experiment 2	0.9646	0.2630	0.1519	0.9792	0.9645
Experiment 3	0.9762	0.3409	0.2075	0.9557	0.9763
Experiment 4	0.9395	0.1731	0.0949	0.9818	0.9392

Key Insights:

1. **Precision and F1-Score Improvements:** The inclusion of synthetic data significantly improved precision and F1-scores, especially for Experiment 3 (50% synthetic data).
2. **Specificity and Recall Consistency:** Recall remained consistent across datasets, while specificity was highest for Experiment 3, indicating fewer false positives.
3. **Trade-offs with 100% Synthetic Data:** While precision declined with 100% synthetic data, recall remained stable, suggesting synthetic data's role in maintaining sensitivity.

4.5 Implications

The findings from this study underscore the transformative potential of synthetic data in addressing data scarcity for fall detection systems. By integrating synthetic datasets, the model demonstrated significant improvements across key performance metrics, particularly in precision and F1-Score. This highlights synthetic data as a viable alternative and complement to real-world data. The use of synthetic datasets allows:

- **Enhanced Training:** Synthetic data provides diverse and well-controlled variations of fall scenarios, enabling models to generalize better to unseen cases.
- **Reduced Costs:** Collecting real-world data is often expensive and logistically challenging. Synthetic data reduces these barriers, making advanced fall detection systems more accessible.
- **Scalability:** The methodology supports scaling dataset sizes to meet the growing demand for robust machine learning models in healthcare applications. These implications suggest that synthetic data can play a pivotal role in advancing automated fall detection technologies, ultimately contributing to improved safety and care for elderly populations.

4.6 Ethical, Professional, and Practical Considerations

Ethical Considerations

This project adhered to ethical standards by utilizing synthetic datasets, thereby avoiding privacy concerns associated with real-world video recordings. Additionally, the synthetic data was designed to be diverse, representing a wide range of fall scenarios across different demographics. This ensures:

- **Inclusivity:** Diverse representation mitigates potential biases against specific populations.
- **Privacy Protection:** By not relying on real-world footage, the project eliminates ethical risks related to data privacy and consent.

Professional Considerations

The project aligns with professional standards in machine learning and healthcare technology development by:

- Ensuring data quality through rigorous preprocessing and labeling.
- Promoting reproducibility by documenting processes and methodologies.
- Contributing to the advancement of fall detection systems, a critical area in elder care and safety.

Practical Considerations

From a practical perspective, the approach taken in this study offers several advantages:

- **Cost Efficiency:** Synthetic data generation reduces the need for costly real-world data collection campaigns.
- **Feasibility:** The scalability of synthetic datasets supports deployment in diverse healthcare settings, including hospitals and assisted living facilities.
- **Versatility:** The ability to customize synthetic datasets allows for targeted training of fall detection models in specific environments or conditions.

By addressing these ethical, professional, and practical considerations, the project lays a robust foundation for future advancements in automated fall detection technologies while ensuring compliance with societal and professional expectations.

6. Conclusion and Future Work

6.1 Conclusion

This research highlights the transformative potential of synthetic video generation in addressing data scarcity for fall detection systems. By integrating synthetic datasets with real-world data, significant improvements in model performance were achieved, particularly in precision and F1-Score. The findings underscore several key advantages:

- **Scalability:** Synthetic data enables the generation of large-scale, diverse datasets that are essential for training robust machine learning models.
- **Cost-Effectiveness:** Synthetic datasets eliminate the logistical and financial challenges associated with real-world data collection, offering an affordable alternative.
- **Ethical Compliance:** By relying on synthetic data, this project avoided privacy concerns inherent in real-world video recording, ensuring ethical adherence and inclusivity.

The enhanced performance metrics observed in the experiments validate synthetic data as a complementary resource for real-world datasets, providing a pathway to scalable and effective fall detection technologies. This research demonstrates how synthetic data can bridge gaps in existing methodologies, paving the way for advanced applications in healthcare and elder care.

6.2 Future Work

Building on the current findings, several avenues for future work are proposed to further enhance the impact and applicability of synthetic data in fall detection systems:

1. **Introduce Dynamic Camera Movements:** Static camera setups limit the diversity of visual data. Incorporating dynamic camera movements, such

as panning, tilting, and zooming, can enhance the realism of synthetic videos, making models more robust to real-world variability.

2. **Expand Dataset Scenarios:**

- **Outdoor Environments:** Future datasets should include outdoor fall scenarios, such as those occurring on uneven surfaces or in public spaces.
- **Multi-Environment Settings:** Incorporate scenarios from diverse environments, including healthcare facilities, homes, and workplaces, to ensure generalizability.
- **Complex Interactions:** Simulate multi-person interactions and object interactions during falls to reflect real-world complexities.

3. **Automate the Video Generation Pipeline:**

- Develop a fully automated system for generating, recording, and preprocessing synthetic videos. This could include dynamic scene creation, avatar randomization, and automated labeling.
- Leverage reinforcement learning to optimize scene parameters for greater variability and realism.

4. **Enhance Model Training Techniques:**

- Explore hybrid models combining 3D CNNs with architectures like transformers or LSTMs to improve temporal feature extraction.
- Investigate the use of generative adversarial networks (GANs) to create synthetic data with enhanced realism and variability.

5. **Validate Generalizability:**

- Conduct extensive testing on unseen real-world datasets to evaluate the robustness of models trained on synthetic data.

- Deploy the system in real-world healthcare settings to assess practical efficacy and identify areas for further optimization.

6. Incorporate Real-Time Detection:

- Future research should focus on adapting the model for real-time fall detection, emphasizing speed and accuracy to support immediate interventions.

By addressing these areas, the potential of synthetic data in fall detection systems can be fully realized, advancing the integration of AI in healthcare and improving the safety and well-being of vulnerable populations. This future work will build on the solid foundation established by this research, driving innovation in both synthetic data generation and practical applications of machine learning.

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Appendix A: Preprocessing Output

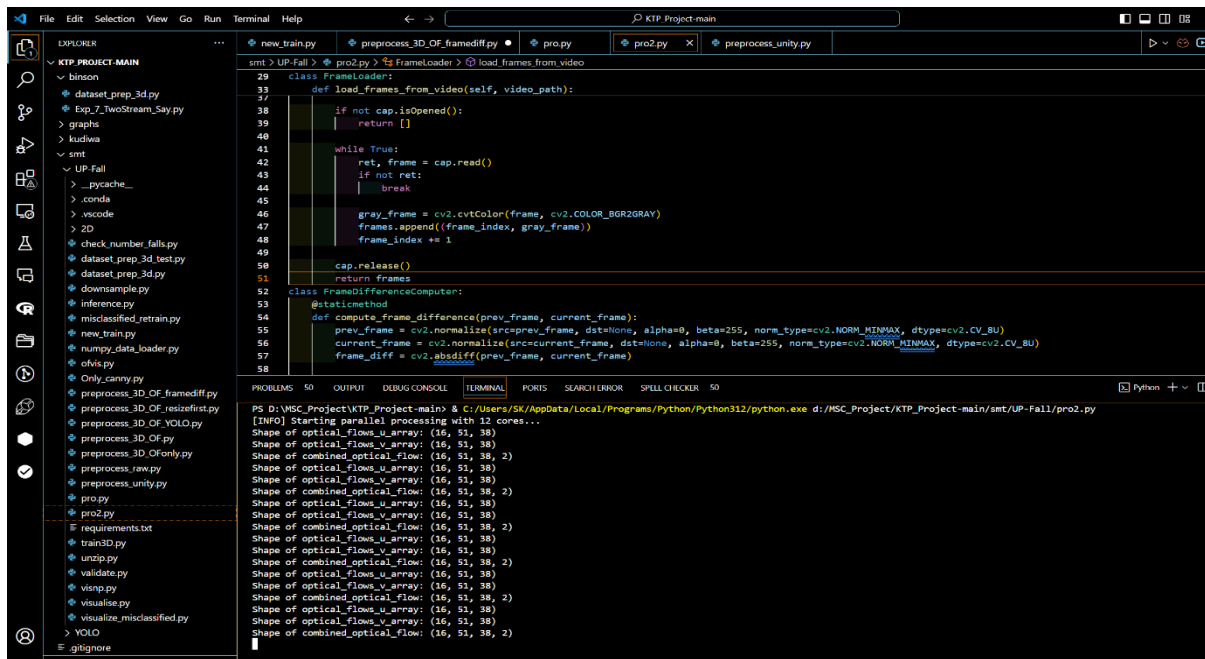


Figure A.1. Preprocessing starts

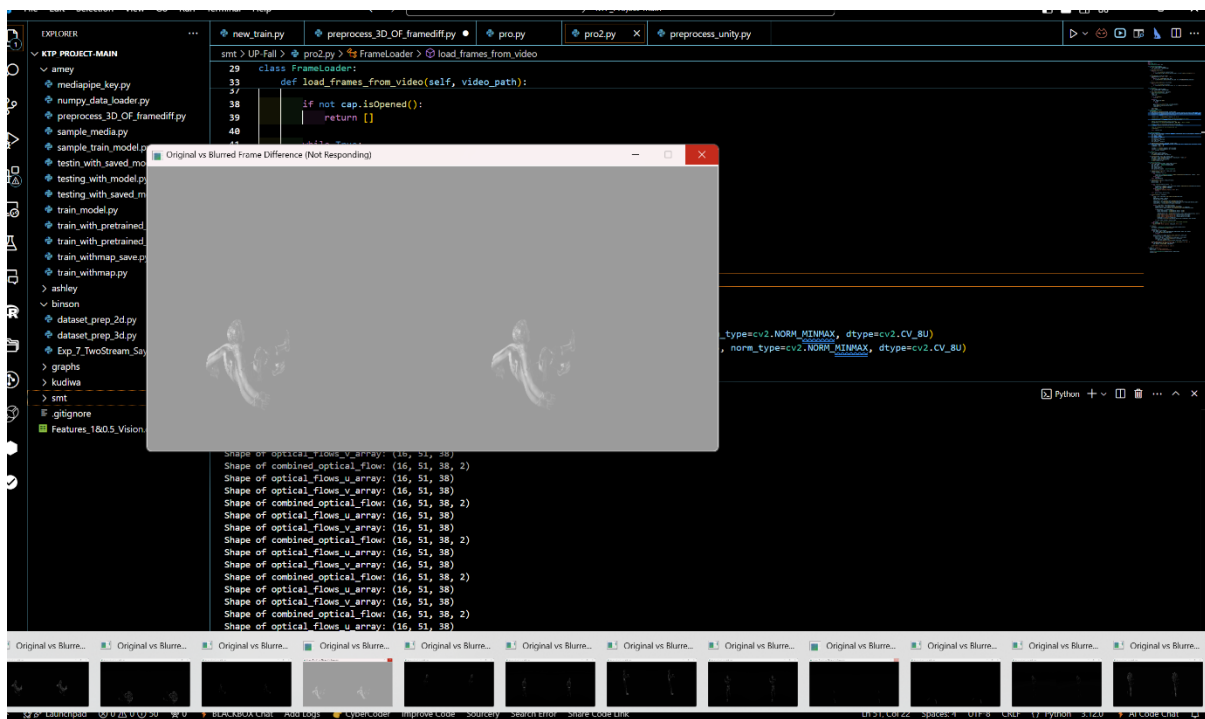


Figure A.2. Grayscale Conversion


```

[[ 2.65045254e-03,  9.09208041e-03],
 [ 3.59017542e-03, -1.36907091e-02],
 [ 8.95599893e-04, -2.90947454e-03],
 ...,
 [ 6.85617561e-03,  1.71955593e-03],
 [-3.28661106e-03,  1.30805571e-03],
 [ 8.46288819e-03, -1.90546270e-04]]], dtype=float32), 'label': 7}
PS D:\MSC_Project>

```

Figure A.6. Verifying Applied Labels

Appendix B: Testing and Training Output

```

Cross-validation results:
Accuracy: 0.9646 ± 0.0216
Precision: 0.9707 ± 0.0121
Recall: 0.9580 ± 0.0463
Specificity: 0.9708 ± 0.0137
F1-Score: 0.9636 ± 0.0260
Training Loss: 0.0520 ± 0.0559
Validation Loss: 0.1277 ± 0.0614
Best overall model saved from fold 2 with F1 Score: 0.9846 and Accuracy: 0.9837
PS D:\MSC_Project\KTP_Project-main>

```

Figure B.1. Model Trained with Existing Dataset

```

Cross-validation results:
Accuracy: 0.9675 ± 0.0204
Precision: 0.9809 ± 0.0191
Recall: 0.9704 ± 0.0277
Specificity: 0.9620 ± 0.0426
F1-Score: 0.9752 ± 0.0163
Training Loss: 0.0500 ± 0.0559
Validation Loss: 0.1258 ± 0.1029
Best overall model saved from fold 4 with F1 Score: 0.9925 and Accuracy: 0.9901
PS D:\MSC_Project\KTP_Project-main>

```

Figure B.2. Model Trained with 25% Synthetic Dataset

```

Cross-validation results:
Accuracy: 0.9733 ± 0.0170
Precision: 0.9889 ± 0.0123
Recall: 0.9756 ± 0.0199
Specificity: 0.9661 ± 0.0409
F1-Score: 0.9820 ± 0.0115
Training Loss: 0.0405 ± 0.0525
Validation Loss: 0.0914 ± 0.0462
Best overall model saved from fold 3 with F1 Score: 0.9958 and Accuracy: 0.9935
PS D:\MSC_Project\KTP_Project-main>

```

Figure B.3. Model Trained with 50% Synthetic Dataset

```

Cross-validation results:
Accuracy: 0.9704 ± 0.0327
Precision: 0.9921 ± 0.0126
Recall: 0.9725 ± 0.0386
Specificity: 0.9604 ± 0.0677
F1-Score: 0.9817 ± 0.0218
Training Loss: 0.0323 ± 0.0428
Validation Loss: 0.1060 ± 0.1255
Best overall model saved from fold 3 with F1 Score: 0.9969 and Accuracy: 0.9951
PS D:\MSC_Project\KTP_Project-main>

```

Figure B.4. Model Trained with 100% Synthetic Dataset

```

PS D:\MSC_Project\KTP_Project-main> & C:/Users/SK/AppData/Local/Programs/Python/Python312/python.exe d:/MSC_Project/KTP_Project-main/smt/UP-Fall/new_train.py
Enter experiment name: Old_dataset
Old_dataset
d:\MSC_Project\KTP_Project-main\smt\UP-Fall\new_train.py:391: FutureWarning: You are using `torch.load` with `weights_only=False` (the current default value), which
is unsafe. In a future release, the default value for `weights_only` will be flipped to `True`. This limits the functions that could be executed during unpickling. Ar
bitrary pickled data could be loaded via this mode unless they are explicitly allowlisted by the user via `torch.serialization.add_safe_globals`. We recommend you start setting `weig
hts_only=True` to not have full control of the loaded file. Please open an issue on GitHub for any issues related to this experimental feature.
  model.load_state_dict(torch.load(saved_model_path, map_location=device))
Loaded saved model.
Test Loss: 0.2164, Test Accuracy: 0.9685, Test Precision: 0.1679, Test Recall: 0.9818, Test Specificity: 0.9684, Test F1-Score: 0.2868
Predictions saved to graphs\3DKFold\Old_dataset\predictions_Old_dataset.csv
Would you like to visualize misclassified samples? (y/n)n
Would you like to retrain on misclassified samples? (y/n)n
PS D:\MSC_Project\KTP_Project-main>

```

Figure B.5. Testing Model Trained on Existing Synthetic Dataset

```

PS D:\MSC_Project\KTP_Project-main> & C:/Users/SK/AppData/Local/Programs/Python/Python312/python.exe d:/MSC_Project/KTP_Project-main/smt/UP-Fall/new_train.py
Enter experiment name: unity_25_dataset
unity_25_dataset
d:\MSC_Project\KTP_Project-main\smt\UP-Fall\new_train.py:391: FutureWarning: You are using `torch.load` with `weights_only=False` (the current default value), wh
ich is unsafe. In a future release, the default value for `weights_only` will be flipped to `True`. This limits the functions that could be executed during unpickling. A
rbitrary pickled data could be loaded via this mode unless they are explicitly allowlisted by the user via `torch.serialization.add_safe_globals`. We recommend you start setting `weig
hts_only=True` to not have full control of the loaded file. Please open an issue on GitHub for any issues related to this experimental feature.
  model.load_state_dict(torch.load(saved_model_path, map_location=device))
Loaded saved model.
Test Loss: 0.2883, Test Accuracy: 0.9646, Test Precision: 0.1519, Test Recall: 0.9792, Test Specificity: 0.9645, Test F1-Score: 0.2630
Predictions saved to graphs\3DKFold\unity_25_dataset\predictions_unity_25_dataset.csv
Would you like to visualize misclassified samples? (y/n)n
Would you like to retrain on misclassified samples? (y/n)n
PS D:\MSC_Project\KTP_Project-main>

```

Figure B.6. Testing Model Trained on 25% Synthetic Dataset

```

PS D:\MSC_Project\KTP_Project-main> & C:/Users/SK/AppData/Local/Programs/Python/Python312/python.exe d:/MSC_Project/KTP_Project-main/smt/UP-Fall/new_train.py
Enter experiment name: unity_50_dataset
unity_50_dataset
d:\MSC_Project\KTP_Project-main\smt\UP-Fall\new_train.py:391: FutureWarning: You are using `torch.load` with `weights_only=False` (the current default value), wh
ich is unsafe. In a future release, the default value for `weights_only` will be flipped to `True`. This limits the functions that could be executed during unpickling. A
rbitrary pickled data could be loaded via this mode unless they are explicitly allowlisted by the user via `torch.serialization.add_safe_globals`. We recommend you start setting `weig
hts_only=True` to not have full control of the loaded file. Please open an issue on GitHub for any issues related to this experimental feature.
  model.load_state_dict(torch.load(saved_model_path, map_location=device))
Loaded saved model.
Test Loss: 0.1697, Test Accuracy: 0.9762, Test Precision: 0.2075, Test Recall: 0.9557, Test Specificity: 0.9763, Test F1-Score: 0.3409
Predictions saved to graphs\3DKFold\unity_50_dataset\predictions_unity_50_dataset.csv
Would you like to visualize misclassified samples? (y/n)n
Would you like to retrain on misclassified samples? (y/n)n
PS D:\MSC_Project\KTP_Project-main>

```

Figure B.7. Testing Model Trained on 50% Synthetic Dataset

```
Enter experiment name: unity_100_dataset
unity_100_dataset
d:\MSC_Project\KTP_Project-main\smt\UP-Fall\new_train.py:391: FutureWarning: You are using 'torch.load' with 'weights_only=False' (the current default value), which uses the default pickle module
city. It is possible to construct malicious pickle data which will execute arbitrary code during unpickling (See https://github.com/pytorch/pytorch/blob/main/SECURITY.md#untrusted-models for more
ils). In a future release, the default value for 'weights_only' will be flipped to 'True'. This limits the functions that could be executed during unpickling. Arbitrary objects will no longer be
d to be loaded via this mode unless they are explicitly allowlisted by the user via 'torch.serialization.add_safe_globals'. We recommend you start setting 'weights_only=True' for any use case whe
don't have full control of the loaded file. Please open an issue on GitHub for any issues related to this experimental feature.
model.load_state_dict(torch.load(saved_model_path, map_location=device))
Loaded saved model.
Test Loss: 0.3050, Test Accuracy: 0.9395, Test Precision: 0.0949, Test Recall: 0.9818, Test Specificity: 0.9392, Test F1-Score: 0.1731
Predictions saved to graphs\3DKFold\unity_100_dataset\predictions_unity_100_dataset.csv
Would you like to visualize misclassified samples? (y/n)n
Would you like to retrain on misclassified samples? (y/n)n
PS D:\MSC_Project\KTP_Project-main>
```

Figure B.8. Testing Model Trained on 100% Synthetic Dataset

Appendix C: Unity Workstation Setup

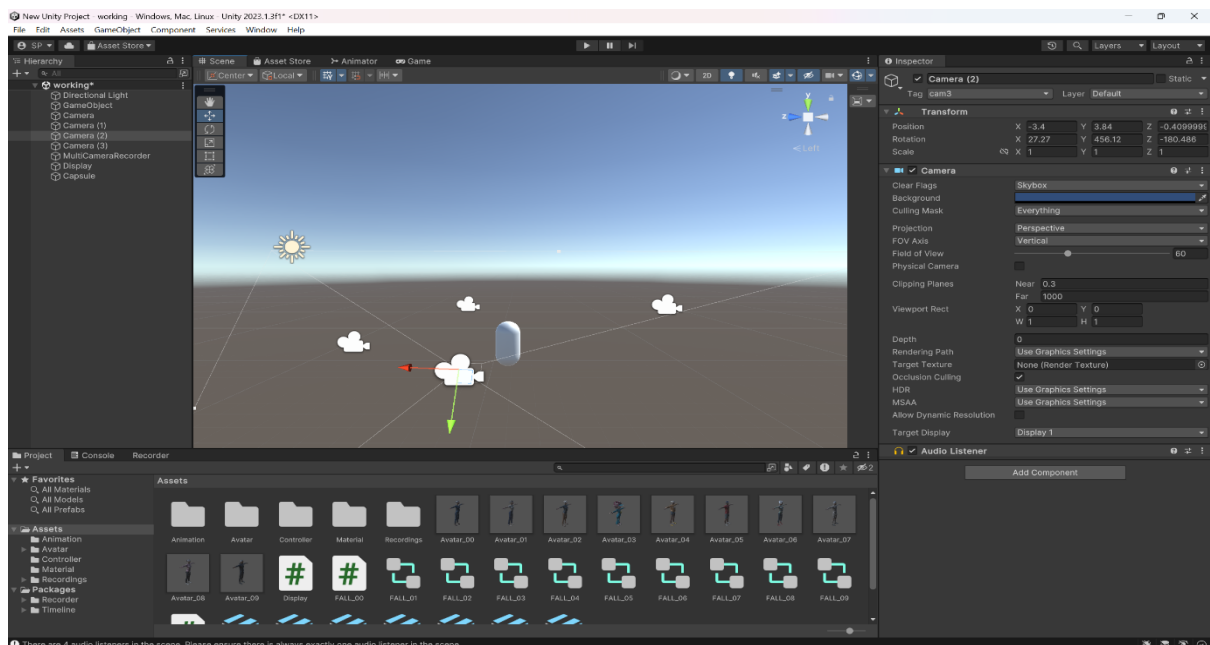


Figure C.1. Unity Workstation Setup Overview

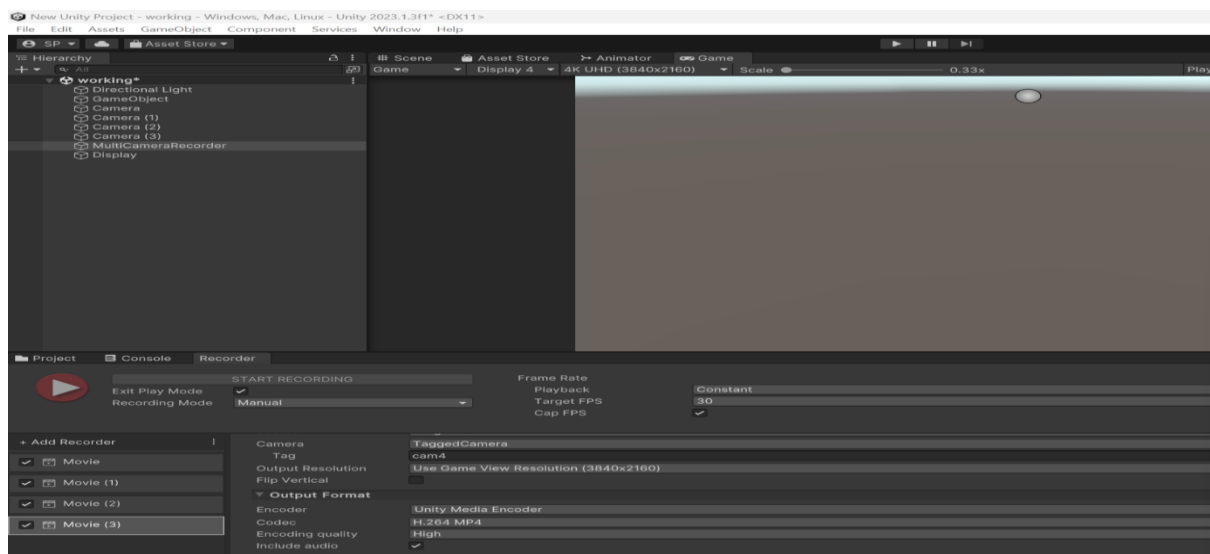


Figure C.2. Scene Hierarchy

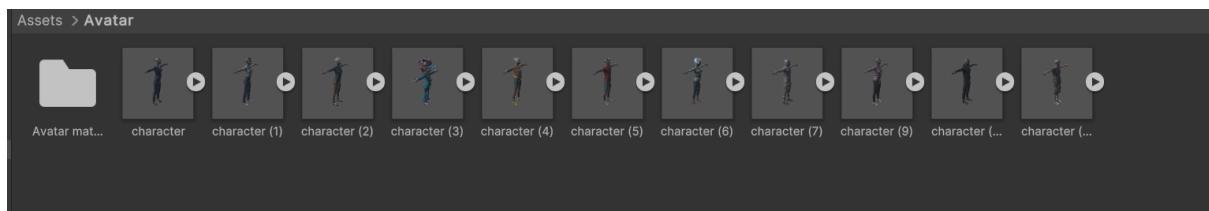


Figure C.6. Avatar Folder

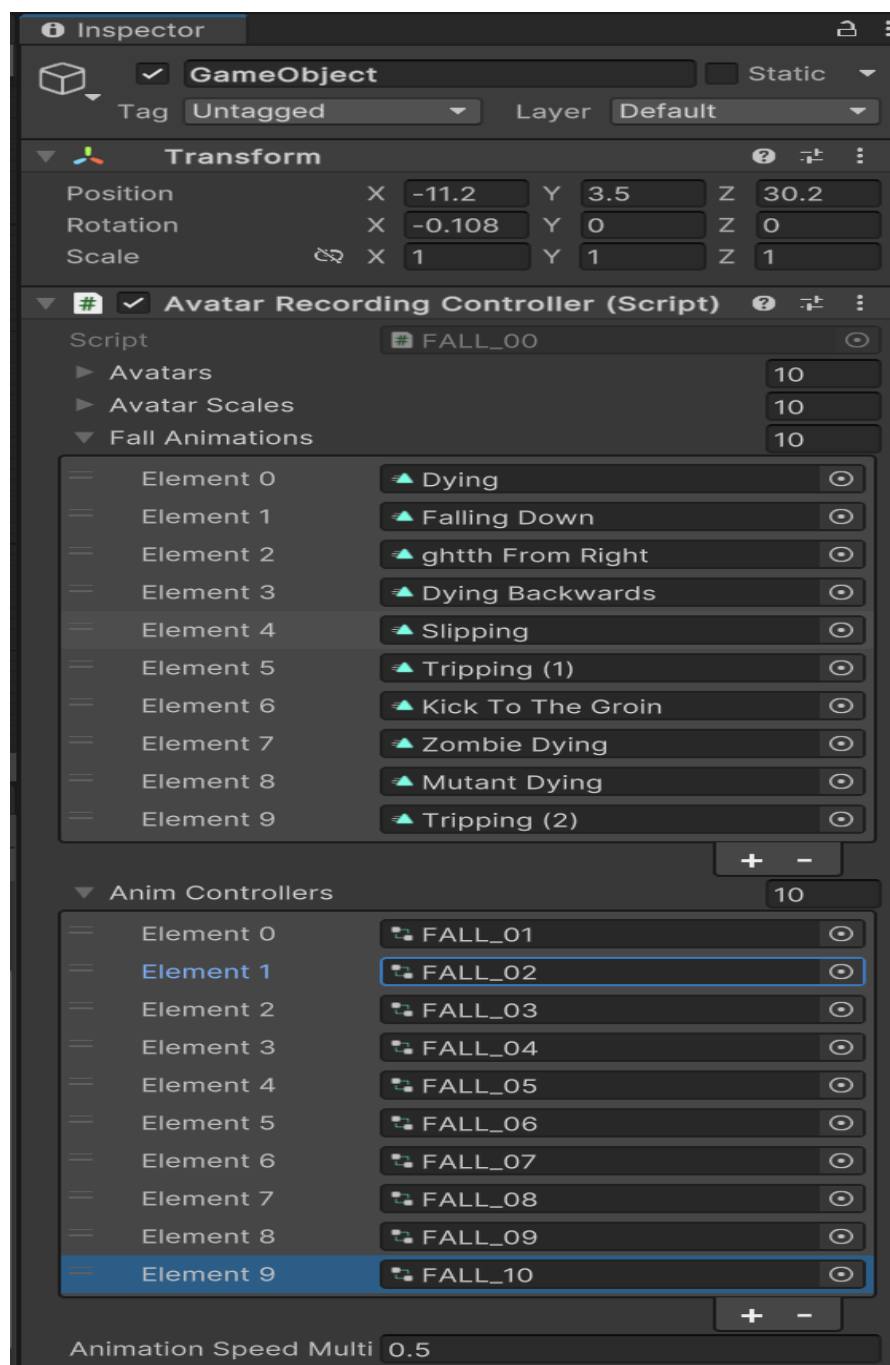


Figure C.7. List of Avatars, Fall Animations, and Animator Components Attached to GameObjects

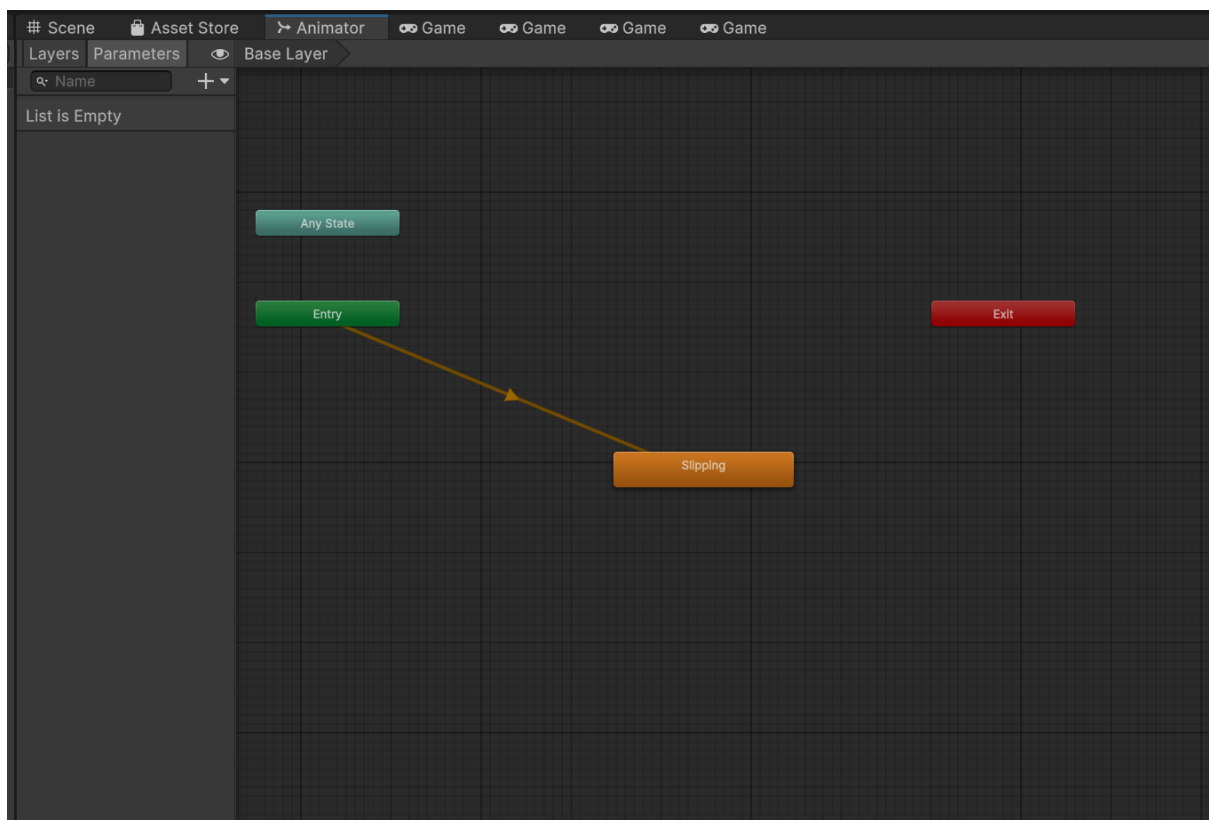


Figure C.8. Animator Interface

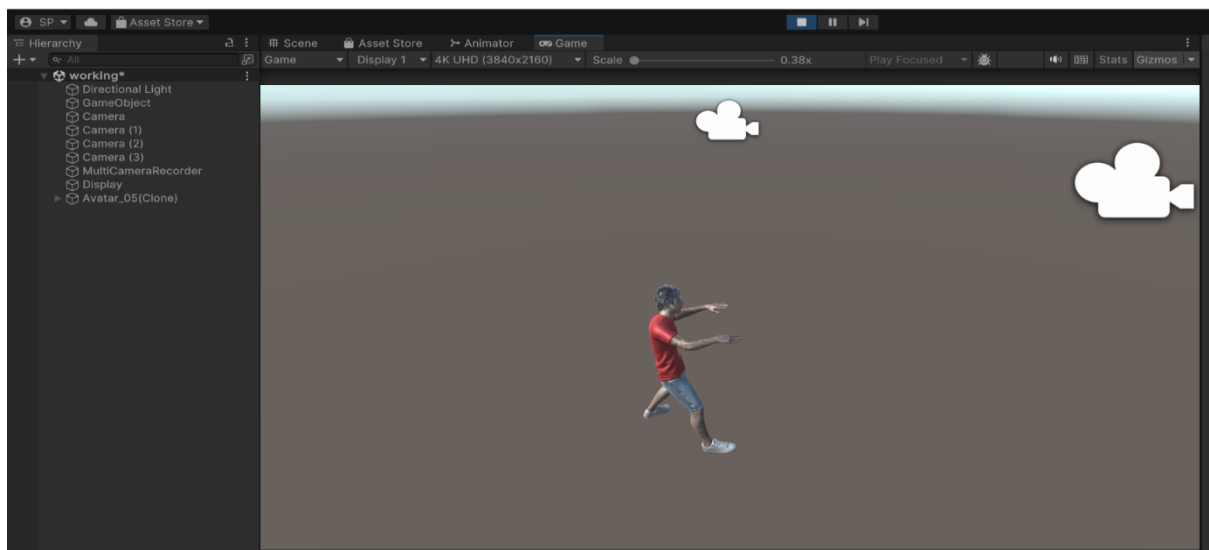


Figure C.9. In-Game View

Appendix D: Unity Recorder and Camera Settings

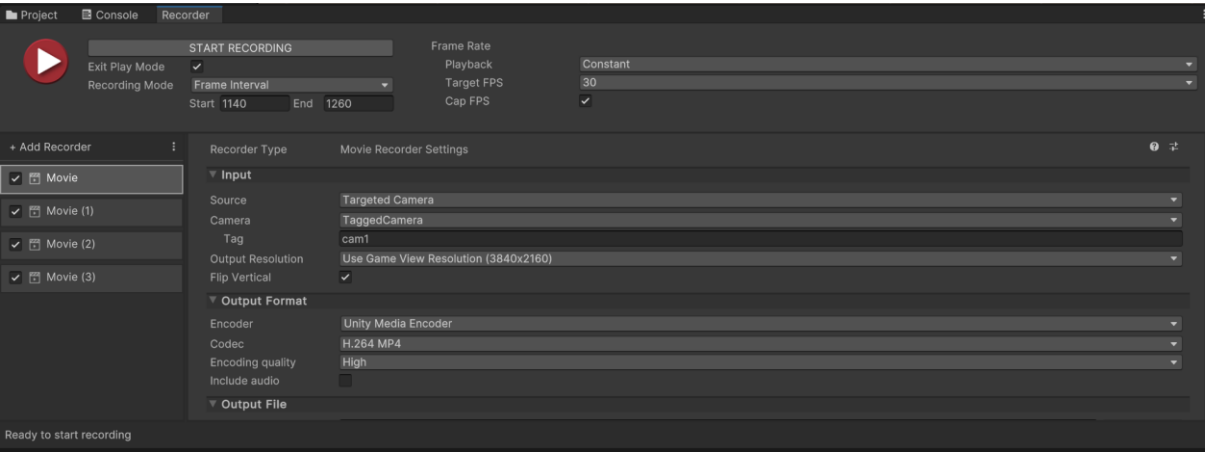


Figure D.1. Unity Recorder Interface

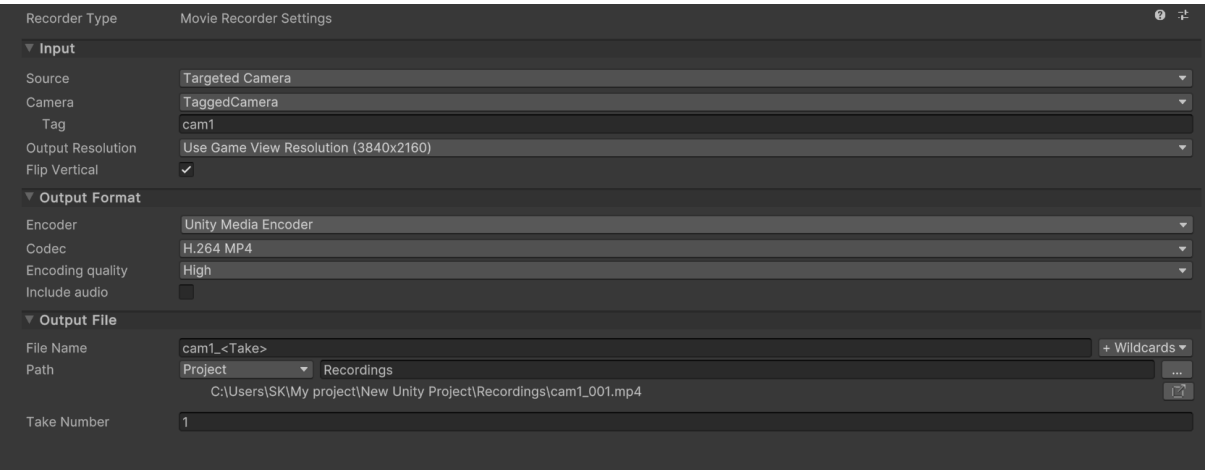


Figure D.2. Recorder Settings Configuration

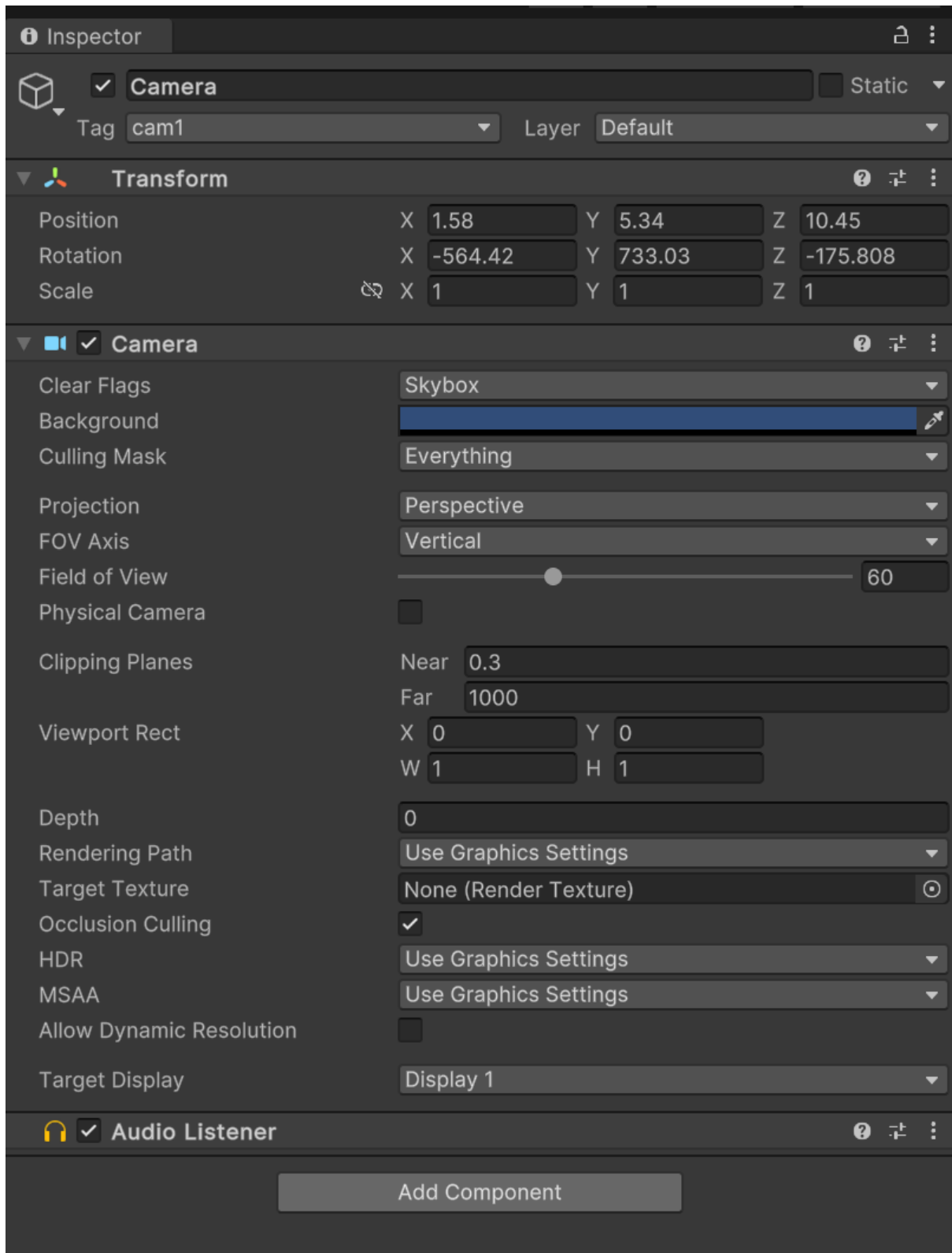


Figure D.3. Camera Settings