

The Physical Benefits of VR games

Oona Kivelä *

Toni Kuosmanen

Timo Lämpsä

Leevi Mustajärvi

Joonas Soudunsaari

ABSTRACT

This paper provides a sample of a \LaTeX document which conforms, somewhat loosely, to the formatting guidelines for ACM SIG Proceedings. It is an *alternate* style which produces a *tighter-looking* paper and was designed in response to concerns expressed, by authors, over page-budgets. It complements the document *Author's (Alternate) Guide to Preparing ACM SIG Proceedings Using $\LaTeX_2\epsilon$ and BibTeX*. This source file has been written with the intention of being compiled under $\LaTeX_2\epsilon$ and BibTeX.

The developers have tried to include every imaginable sort of “bells and whistles”, such as a subtitle, footnotes on title, subtitle and authors, as well as in the text, and every optional component (e.g. Acknowledgments, Additional Authors, Appendices), not to mention examples of equations, theorems, tables and figures.

To make best use of this sample document, run it through \LaTeX and BibTeX, and compare this source code with the printed output produced by the dvi file. A compiled PDF version is available on the web page to help you with the ‘look and feel’.

Keywords

ACM proceedings; \LaTeX ; text tagging

1. INTRODUCTION AND MOTIVATION

The aim of this study is to detect the physical benefits in virtual reality (VR) gaming. To get to the goal the heart rate of the subjects is going to be measured in rest and during the game. Also, subjects are asked to fill questionnaire about their exercise and gaming habits. There is also going to be question about the VR game experience. The goal is to see if VR games have physical effects in user and also if user enjoys exercising with the VR game.

While deciding the research area we get motivated by the paper of Finkelstein et al. (2011). Their study was about

*Corresponding author

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motivation to exercise by exergames. They designed game called Astrojumper which forces the user to move his/her whole body while playing. Player flies in outer space and swerve around, duck under and jump over virtual planets. They studied the effectiveness of this kind of game by measuring the heart rate before the game session and after the game session. One game session lasted 15 minutes. To get more information about the motivational part of the game they also asked the test users to fill pre- and post-questionnaires. Pre-questionnaire included more general information about users exercise habits and experiment with video games. In post-questionnaire the questions were focused on to the game session. It was shown that virtual reality games have strong potential to motivate to physical activity both adults and children.

Finkelstein et al. (2011) made their research seven years ago and the VR equipment are highly improved since then. In their study a user had a control backpack in his/hers back with many wires leading from there. The game setting in Astrojumper is highly different than what we are using in our study. The monitors are placed around the user while we are going to use VR glasses. Movement trackers are on the forehead, wrists and waist in the Astrojumper. This also forced the user to move his/her whole body while we are having games only with controller sticks. In our study we are using VR glasses with wireless control sticks. In Finkelstein et al. (2011) study they had problems with heart rate measurements during the game session and we try to avoid those problems by using newer technique.

2. THE BODY OF THE PAPER

Typically, the body of a paper is organized into a hierarchical structure, with numbered or unnumbered headings for sections, subsections, sub-subsections, and even smaller sections. The command `\section` that precedes this paragraph is part of such a hierarchy.¹ \LaTeX handles the numbering and placement of these headings for you, when you use the appropriate heading commands around the titles of the headings. If you want a sub-subsection or smaller part to be unnumbered in your output, simply append an asterisk to the command name. Examples of both numbered and unnumbered headings will appear throughout the balance of this sample document.

Because the entire article is contained in the **document**

¹This is the second footnote. It starts a series of three footnotes that add nothing informational, but just give an idea of how footnotes work and look. It is a wordy one, just so you see how a longish one plays out.

environment, you can indicate the start of a new paragraph with a blank line in your input file; that is why this sentence forms a separate paragraph.

2.1 Type Changes and *Special Characters*

We have already seen several typeface changes in this sample. You can indicate italicized words or phrases in your text with the command `\textit`; emboldening with the command `\textbf` and typewriter-style (for instance, for computer code) with `\texttt`. But remember, you do not have to indicate typestyle changes when such changes are part of the *structural* elements of your article; for instance, the heading of this subsection will be in a sans serif² typeface, but that is handled by the document class file. Take care with the use³ of the curly braces in typeface changes; they mark the beginning and end of the text that is to be in the different typeface.

You can use whatever symbols, accented characters, or non-English characters you need anywhere in your document; you can find a complete list of what is available in the *L^AT_EX User's Guide*[5].

2.2 Math Equations

You may want to display math equations in three distinct styles: inline, numbered or non-numbered display. Each of the three are discussed in the next sections.

2.2.1 Inline (In-text) Equations

A formula that appears in the running text is called an inline or in-text formula. It is produced by the **math** environment, which can be invoked with the usual `\begin. . . \end` construction or with the short form `$. . . $`. You can use any of the symbols and structures, from α to ω , available in L^AT_EX[5]; this section will simply show a few examples of in-text equations in context. Notice how this equation: $\lim_{n \rightarrow \infty} x = 0$, set here in in-line math style, looks slightly different when set in display style. (See next section).

2.2.2 Display Equations

A numbered display equation – one set off by vertical space from the text and centered horizontally – is produced by the **equation** environment. An unnumbered display equation is produced by the **displaymath** environment.

Again, in either environment, you can use any of the symbols and structures available in L^AT_EX; this section will just give a couple of examples of display equations in context. First, consider the equation, shown as an inline equation above:

$$\lim_{n \rightarrow \infty} x = 0 \quad (1)$$

Notice how it is formatted somewhat differently in the **displaymath** environment. Now, we'll enter an unnumbered equation:

$$\sum_{i=0}^{\infty} x + 1$$

and follow it with another numbered equation:

$$\sum_{i=0}^{\infty} x_i = \int_0^{\pi+2} f \quad (2)$$

²A third footnote, here. Let's make this a rather short one to see how it looks.

³A fourth, and last, footnote.

Table 1: Frequency of Special Characters

Non-English or Math	Frequency	Comments
Ø	1 in 1,000	For Swedish names
π	1 in 5	Common in math
\$	4 in 5	Used in business
Ψ ₁ ²	1 in 40,000	Unexplained usage

just to demonstrate L^AT_EX's able handling of numbering.

2.3 Citations

Citations to articles [1, 3, 2, 4], conference proceedings [3] or books [6, 5] listed in the Bibliography section of your article will occur throughout the text of your article. You should use BibT_EX to automatically produce this bibliography; you simply need to insert one of several citation commands with a key of the item cited in the proper location in the `.tex` file [5]. The key is a short reference you invent to uniquely identify each work; in this sample document, the key is the first author's surname and a word from the title. This identifying key is included with each item in the `.bib` file for your article.

The details of the construction of the `.bib` file are beyond the scope of this sample document, but more information can be found in the *Author's Guide*, and exhaustive details in the *L^AT_EX User's Guide*[5].

This article shows only the plainest form of the citation command, using `\cite`. This is what is stipulated in the SIGS style specifications. No other citation format is endorsed or supported.

2.4 Tables

Because tables cannot be split across pages, the best placement for them is typically the top of the page nearest their initial cite. To ensure this proper "floating" placement of tables, use the environment **table** to enclose the table's contents and the table caption. The contents of the table itself must go in the **tabular** environment, to be aligned properly in rows and columns, with the desired horizontal and vertical rules. Again, detailed instructions on **tabular** material is found in the *L^AT_EX User's Guide*.

Immediately following this sentence is the point at which Table 1 is included in the input file; compare the placement of the table here with the table in the printed dvi output of this document.

To set a wider table, which takes up the whole width of the page's live area, use the environment **table*** to enclose the table's contents and the table caption. As with a single-column table, this wide table will "float" to a location deemed more desirable. Immediately following this sentence is the point at which Table 2 is included in the input file; again, it is instructive to compare the placement of the table here with the table in the printed dvi output of this document.

2.5 Figures

Like tables, figures cannot be split across pages; the best placement for them is typically the top or the bottom of the page nearest their initial cite. To ensure this proper "floating" placement of figures, use the environment **figure** to enclose the figure and its caption.

This sample document contains examples of `.eps` files to

Table 2: Some Typical Commands

Command	A Number	Comments
<code>\alignauthor</code>	100	Author alignment
<code>\numberofauthors</code>	200	Author enumeration
<code>\table</code>	300	For tables
<code>\table*</code>	400	For wider tables



Figure 1: A sample black and white graphic.



Figure 2: A sample black and white graphic that has been resized with the `includegraphics` command.

be displayable with L^AT_EX. If you work with pdfL^AT_EX, use files in the **.pdf** format. Note that most modern T_EX system will convert **.eps** to **.pdf** for you on the fly. More details on each of these is found in the *Author's Guide*.

As was the case with tables, you may want a figure that spans two columns. To do this, and still to ensure proper “floating” placement of tables, use the environment **figure*** to enclose the figure and its caption. and don't forget to end the environment with `figure*`, not `figure`!

2.6 Theorem-like Constructs

Other common constructs that may occur in your article are the forms for logical constructs like theorems, axioms, corollaries and proofs. There are two forms, one produced by the command `\newtheorem` and the other by the command `\newdef`; perhaps the clearest and easiest way to distinguish them is to compare the two in the output of this sample document:

This uses the **theorem** environment, created by the `\newtheorem` command:

THEOREM 1. *Let f be continuous on $[a, b]$. If G is an antiderivative for f on $[a, b]$, then*

$$\int_a^b f(t)dt = G(b) - G(a).$$

The other uses the **definition** environment, created by the `\newdef` command:

Definition 1. If z is irrational, then by e^z we mean the unique number which has logarithm z :

$$\log e^z = z$$

Two lists of constructs that use one of these forms is given in the *Author's Guidelines*.

There is one other similar construct environment, which is already set up for you; i.e. you must *not* use a `\newdef`

command to create it: the **proof** environment. Here is an example of its use:

PROOF. Suppose on the contrary there exists a real number L such that

$$\lim_{x \rightarrow \infty} \frac{f(x)}{g(x)} = L.$$

Then

$$l = \lim_{x \rightarrow c} f(x) = \lim_{x \rightarrow c} \left[gx \cdot \frac{f(x)}{g(x)} \right] = \lim_{x \rightarrow c} g(x) \cdot \lim_{x \rightarrow c} \frac{f(x)}{g(x)} = 0 \cdot L = 0,$$

which contradicts our assumption that $l \neq 0$. \square

Complete rules about using these environments and using the two different creation commands are in the *Author's Guide*; please consult it for more detailed instructions. If you need to use another construct, not listed therein, which you want to have the same formatting as the Theorem or the Definition[6] shown above, use the `\newtheorem` or the `\newdef` command, respectively, to create it.

A Caveat for the T_EX Expert

Because you have just been given permission to use the `\newdef` command to create a new form, you might think you can use T_EX's `\def` to create a new command: *Please refrain from doing this!* Remember that your L^AT_EX source code is primarily intended to create camera-ready copy, but may be converted to other forms – e.g. HTML. If you inadvertently omit some or all of the `\defs` recompilation will be, to say the least, problematic.

3. CONCLUSIONS

This paragraph will end the body of this sample document. Remember that you might still have Acknowledgments or Appendices; brief samples of these follow. There is still the Bibliography to deal with; and we will make a disclaimer about that here: with the exception of the reference to the L^AT_EX book, the citations in this paper are to articles which have nothing to do with the present subject and are used as examples only.

4. ACKNOWLEDGMENTS

This section is optional; it is a location for you to acknowledge grants, funding, editing assistance and what have you. In the present case, for example, the authors would like to thank Gerald Murray of ACM for his help in codifying this *Author's Guide* and the **.cls** and **.tex** files that it describes.

5. ADDITIONAL AUTHORS

Additional authors: John Smith (The Thørväld Group, email: jsmith@affiliation.org) and Julius P. Kumquat (The Kumquat Consortium, email: jpkumquat@consortium.net).

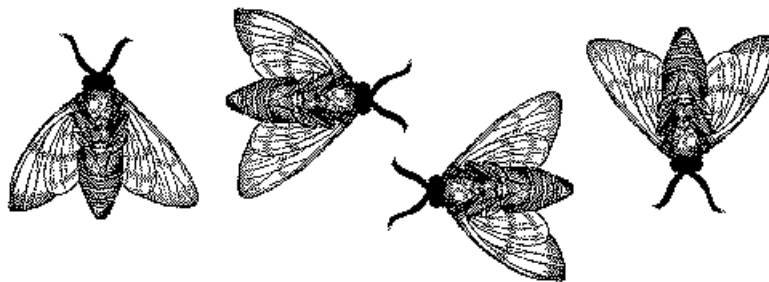


Figure 3: A sample black and white graphic that needs to span two columns of text.

Figure 4: A sample black and white graphic that has been resized with the `includegraphics` command.

6. REFERENCES

- [1] M. Bowman, S. K. Debray, and L. L. Peterson. Reasoning about naming systems. *ACM Trans. Program. Lang. Syst.*, 15(5):795–825, November 1993.
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- [4] M. Herlihy. A methodology for implementing highly concurrent data objects. *ACM Trans. Program. Lang. Syst.*, 15(5):745–770, November 1993.
- [5] L. Lamport. *LaTeX User’s Guide and Document Reference Manual*. Addison-Wesley Publishing Company, Reading, Massachusetts, 1986.
- [6] S. Salas and E. Hille. *Calculus: One and Several Variable*. John Wiley and Sons, New York, 1978.

APPENDIX

A. HEADINGS IN APPENDICES

The rules about hierarchical headings discussed above for the body of the article are different in the appendices. In the **appendix** environment, the command **section** is used to indicate the start of each Appendix, with alphabetic order designation (i.e. the first is A, the second B, etc.) and a title (if you include one). So, if you need hierarchical structure *within* an Appendix, start with **subsection** as the highest level. Here is an outline of the body of this document in Appendix-appropriate form:

A.1 Introduction

A.2 The Body of the Paper

A.2.1 Type Changes and Special Characters

A.2.2 Math Equations

Inline (In-text) Equations.

Display Equations.

A.2.3 Citations

A.2.4 Tables

A.2.5 Figures

A.2.6 Theorem-like Constructs

A Caveat for the T_EX Expert

A.3 Conclusions

A.4 Acknowledgments

A.5 Additional Authors

This section is inserted by L^AT_EX; you do not insert it. You just add the names and information in the `\additionalauthors` command at the start of the document.

A.6 References

Generated by bibtex from your .bib file. Run latex, then bibtex, then latex twice (to resolve references) to create the .bbl file. Insert that .bbl file into the .tex source file and comment out the command `\thebibliography`.

B. MORE HELP FOR THE HARDY

The sig-alternate.cls file itself is chock-full of succinct and helpful comments. If you consider yourself a moderately experienced to expert user of L^AT_EX, you may find reading it useful but please remember not to change it.