



UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH

Lárionad Taighde ar
Ghníomhaíocht Coirp
don tSláinte

Physical Activity for
Health Research Centre



UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH | Health
Research
Institute

PAfH Summer Research School 2026

with Invited Guests

26th & 27th August 2026, PESS, University of Limerick

Time: 9am – 5pm, Face to face

[Click here to registration and payment](#)

Join us on our beautiful UL campus for wonderful learning & networking opportunities

For more details contact: Justyna Lis justyna.lis@ul.ie and/or Catherine Woods catherine.woods@ul.ie



PAfH Summer Research School 2026

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Themes 2026

1: Measurement of PA

2: PA Intervention

3: AI research methods in PA

Learning

Outcomes

The purpose of the summer school is to provide, high-quality interactive and small group opportunities to:

1. Learn about the state-of-the-art in PA measurement and intervention design in PA.
2. Advance your knowledge on PA research methods including AI, statistics and evidence synthesis.
3. Network and to receive 1-1 advice on your research proposals or questions.

- **Audience:** Researchers, practitioners and/or policymakers at varying career stages who wish to learn more about measurement, intervention design, policy evaluation or PA research methods from international experts.
- **Cost:** €120 Staff, €60 Students. A limited number of bursaries available. This school is also available for Erasmus+ funding. Deadline to apply for a bursary is 30th July 2026.
- **For more details contact:** Justyna Lis justyna.lis@ul.ie and/or Catherine Woods catherine.woods@ul.ie

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Places are limited, so apply early!

PAFH SUMMER RESEARCH SCHOOL 2026

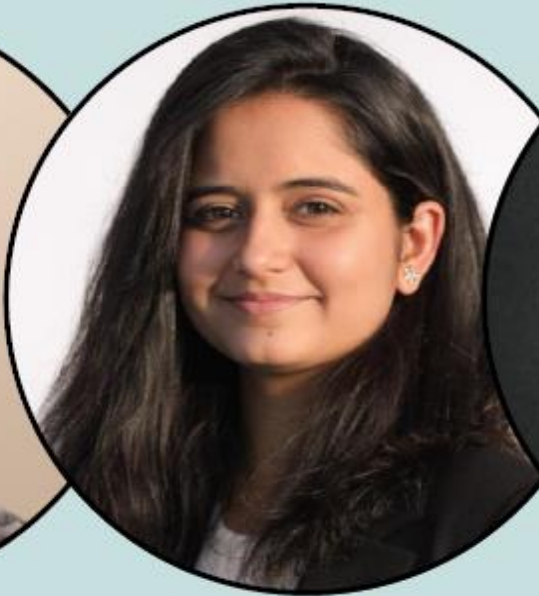
Our Speakers



Catherine Woods,
Chair, PAFH



Ray O'Connor,
School of Medicine, UL



Gauri Vaidya
School of Medicine, UL



Sven Messing
PESS, UL



Brendan O'Keeffe,
PESS, UL



Day 1 Schedule (P1033, Department of Physical Education and Sport Sciences)

9.00-9.30	Registration (Tea / Coffee)	
9.30-9.50	Welcome address	Prof. Catherine Woods (PAfH) Prof. Alan Donnelly HRI Director Assoc. Prof. John Perry PESS HOD
9.50-10.45	Measurement of Physical Activity: definition, challenges, national PA guidelines and what they mean in practice	Assoc. Prof. Grainne Hayes, Dr. Kwok Ng, Assoc. Prof. Brendan O'Keefe PESS, PAfH
10.45-11.30	AI in Research, AI for Research, or Research Through AI? A Perspective.	Dr. Gauri Vaidya: AI in research methods, Limerick Digital Cancer Research Centre, School of Medicine, UL
11.30-11.45	Break	
11.45-12.30	Intervention design: from theory to practice (logic model, intervention mapping, system approach)	Prof. Catherine Woods, Assoc. Prof. Sean Healy, Dr. Sven Messing, Dr. Padraic Rocliffe PESS, PAfH
12.30-14.00	Networking and Lunch (Meeting 1 to 1 with PAfH Summer School Presenters to discuss and advance your research proposals) Lunch is 12.30-1.30pm, followed by 30 minute 1-1 or small group consultation with presenters	
14.00-16.30	Trusting Science interpreting research synthesis Statistics revisited using anything but SPSS! What newer technologies can offer. Concept Mapping: Rationale and Potential for PA research	Various Speakers - Assoc. Prof. Ray O'Connor: 2.00-2.45pm - Prof. James Green: 2.45- 3.30pm - Prof. Aurelie VanHoye: 3.30-4.15pm Discussion
16.30-17.00	Concluding Remarks from Day 1	Assist. Prof. Ross Higgins (PAfH UL)



Day 2 Schedule

9:15 – 9:30	Introduction of the day		
9:30 – 12:30 (3 hrs)	Theme 1: Measurement of PA: Room P1004	Theme 2: PA Intervention Design Room P1006	Theme 3: Hands-On, Heads-On: Building a Responsible AI- Assisted Research Workflow Computer Room
	Workshop description: This workshop will cover - Device-based and self-report methods for assessment of physical activity. - The pros and cons of both, including considerations for your research project. - Assessment for different populations - PA guidelines Presenters Grainne Hayes, Kwok Ng, Brendan O'Keefe	Workshop description: This workshop will cover - Intervention design theory and its application - Intervention examples for clinical and non-clinical populations - Research design, evaluation and impact - Implementation science considerations for intervention development Presenters Sean Healy, Catherine Woods, Sven Messing & Aurelie van Hoyer	• Workshop description: <i>While AI is walking everywhere, the researcher has still not left the building.</i> This workshop is a hands-on guide to using AI effectively and responsibly across every stage of your research workflow. Through practical activities and real research scenarios, participants will explore which tools to use, when to use them, and how to use them with integrity. By the end, you will have developed your own personalised, responsible AI-assisted research workflow to put into practice. Presenter Dr. Gauri Vaidya
12:30 – 14.00	Networking and Lunch (Meeting 1 to 1 with PAFH Summer School Presenters to discuss and advance your research proposals) Lunch is 12.30-1.30pm, followed by 30 minute 1-1 or small group consultation with presenters		
14.00-15.00	Pannel Discussion: (P1033, PESS) • Research Career Planning 101: What I would do differently! • Net Working: How to build partnerships and collaborations		Various Speakers (covering early, mid and senior career professionals)
15:00 – 16:00	GUEST SPEAKER: (P1033, PESS)		
16:00 – 16:30	Concluding Remarks and close of PAFH Summer School 2026		Catherine Woods (PAfH, UL)