

Professor Sebastien FM Chastin

Biography of proposed Guidelines Development Group

Institutional affiliation(s) School of Health and Life Sciences, Glasgow Caledonian University and Department of Movement and Sports Sciences, Ghent University

Academic degrees: PhD, MSc, Maitrise, Licence, DUT

City and country of primary residence: Glasgow, Scotland UK

Biography

Sebastien Chastin is a Professor of Health Behavior Dynamics in the School of Health and Life Sciences at Glasgow Caledonian University and in the Department of Movement and Sports Sciences at Ghent University. He received BSc in metrology and applied physics, Master in Applied Physics a Master in Rehabilitation Sciences and a PhD in Non-linear physics. He is a fellow of the Royal Statistical Society. Previously he had post at the British Antarctic Survey, Oxford and Edinburgh University. His research focusses on dynamics of health behaviour in relation to ageing, places and systems. Understanding why, when and how people decide to move or not, is crucial to promoting healthy movement behaviour and ageing. He develops statistical and analytical techniques to extract information from body worn sensor such as accelerometers that enable to understand how humans accumulate physical activity, sedentary time and sleep and how this changes over time. Currently Sebastien has as a large portfolio of projects on the determinants of movement behaviour in older adults and clinical populations. He leads the AlphaBeT project to develop a taxonomy for 24 hour movement behaviours and OpenCODA an open science project for the development of compositional analysis techniques.