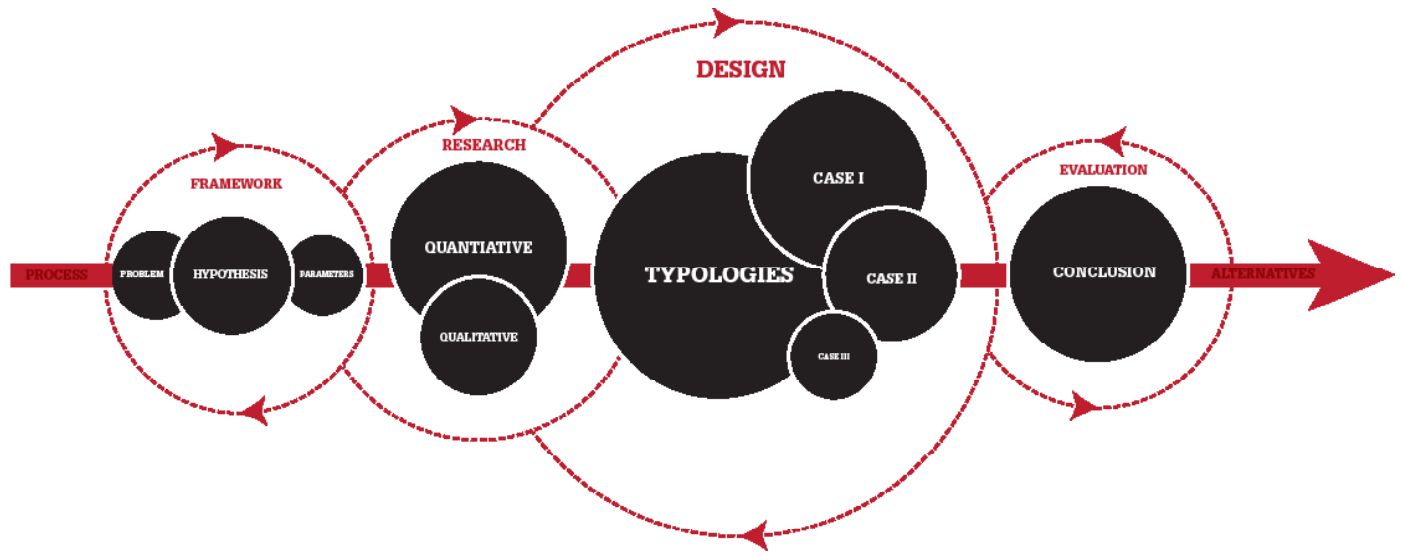


# REFLECTION P5

## ACTIVE ARCHITECTURE

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### I. WHAT IS THE RELATIONSHIP BETWEEN THE RESEARCH AND THE DESIGN?

Research and design are strongly related, forming an coherent whole. This is mainly the result of the strong focus on the research part. With my overall graduation project I'm (researching) investigating 'possible' interventions which stimulate an increased physical activity within the daily environment (the office and the apartment). The impact of those spatial interventions on calorie expenditure (kcal), active time (min) and distances (m and steps) are tested through simulation of a 'sedentary' persons daily routines. This allows for comparison and conclusions between different spatial interventions and finally ensures for an estimation of possible health improvement. The end design will therefore become an catalogue full of spatial scenarios, which give an impression of the future active daily environment and attached to those the 'quantitative data'.

In order to make this simulation (as back up data) possible I self-performed some measurements by an activity tracker and heart rate sensors in earlier stages.

### II. WHAT IS THE RELATIONSHIP BETWEEN THE THEME OF THE STUDIO AND THE SUBJECT?

There is no relationship at all between the (general) theme of the studio and my topic, because I started from scratch with my personal fascinations. However the topic, active architecture, arose through my interest for mental health and biodiversity. Biodiversity was an earlier Why Factory studio which served purely as inspiration for my p1. Progressively my graduation topic changed from mental health with biodiversity, towards physical health, with sufficient physical activity as solution.

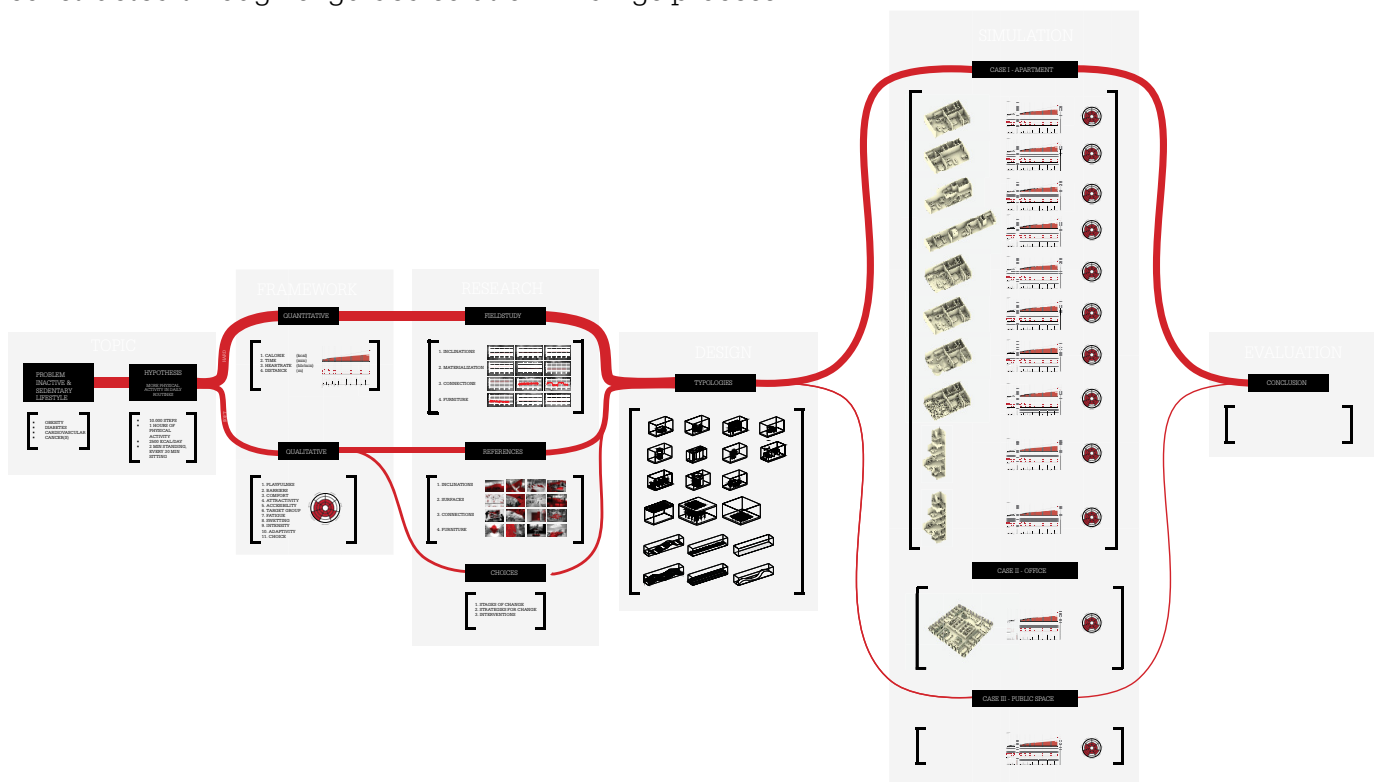
### III. WHAT IS THE RELATIONSHIP BETWEEN WHY FACTORY METHODOLOGY AND MY METHOD?

Why Factory methodology aims at pushing the limits. The methodology mostly goes beyond regular architectural problem solving strategies, in order to explore 'new' paths, allowing for (innovative) alternatives. This demands for provocative visuals of a possible future which should raise questions and discussion, but also serve as sources of inspiration for practical purposes.

My graduation project fits well within Why Factory methodology, because in the fundament of the research is physical activity and health. These specialized fields require a different point of view on the build environment and possible interventions. This results in a catalogue of spatial scenarios ranging from realistic towards more theoretical and provocative.

Generating scenarios should systematically be carried out. According to Why Factory Philosophy contains a systematic design methodology two crucial components. Firstly, it should include a 'guided solution-findings process' and secondly a 'generalisation of the process'. A guided solution-findings process means a clearly structured framework, which provide guidance through the wide capricious field of possibilities. This is necessary in order to get grip on the complexity of information, create a deeper understanding and make comparative analyses possible. Generalisation of the process means detaching the design research from specific contextual information, such as site and program, to overcome specificity and generate general conclusions. (Nijhuis, 2014)

My graduation project fulfils both conditions, as it contains the transformation of a generic apartment and office building, which is completely context less and where the general conclusions are constructed through a 'guided solution-findings process'.



### IV. WHAT IS THE RELATIONSHIP BETWEEN THE PROJECT AND THE WIDER SOCIAL CONTEXT?

An increasingly number of scientific research reveals the health threat of living sedentary lifestyles. Sitting is already called 'the new smoking of our generation'. Sitting and inactivity are pointed out as two major contributors for the huge rise of Chronic diseases such as Obesity, Diabetes, Cardio Vascular Diseases and (some) cancers. For our society it is of a great importance to find solutions and alternatives, with a strong focus on prevention. Sufficient Physical activity is the key within such strategies.