Action Camera vs Mirrorless Camera (vsdiff.com)

Feature	Action Camera	Mirrorless Camera
Size & Weight	Compact & lightweight	More substantial, yet portable
Image Quality	Good, but not as high as mirrorless	High-quality images with interchangeable lenses
Video Capabilities	Excellent for action shots and stabilization	Good, but may lack specialized features for fast movement
Durability	Waterproof and rugged	Varies by model; generally not waterproof
Battery Life	Shorter, often depends on usage	Longer, can be extended with spare batteries
Price Range	\$100 to \$500	\$500 to \$3000+

Source: https://vsdiff.com/action-camera-vs-mirrorless-camera/