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Statement of participation

Guest user

has completed the free course including any mandatory tests for:

Active, healthy lifestyles

This 10-hour free course explored fitness and activity levels in young people, and how PE teachers can make an effective contribution to this area.

Issue date: 14 March 2022



www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:
https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/active-healthy-lifestyles/content-section-0

COURSE CODE: **E500_13**

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Active, healthy lifestyles

https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/active-healthy-lifestyles/content-section-0

Course summary

--- Please note: This is course is due to be archived on Wednesday 21st December. You can study the course up until this date. For learners who have completed the course, the Statement of Participation will remain in your learner records in your OpenLearn profile. --- In this free course, Active, healthy lifestyles, which is aimed at teachers of Physical Education, we begin by looking at some of the common misconceptions relating to fitness and activity levels together with accepted definitions of these concepts. We consider how active young people should actually be, and discuss how PE teachers can ensure they are making an effective contribution to this area of public health.Please note, this course contains some Flash content that no longer works. We are currently working to update these instances.

Learning outcomes

By completing this course, the learner should be able to:

- demonstrate an awareness of fact and fiction with regard to relationships between young people's health, activity and fitness
- understand how the physical education curriculum can contribute to public health through the design and implementation of practices which promote active, healthy lifestyles
- understand current strategies for increasing young people's participation in physical activities.

Completed study

The learner has completed the following:

Section 1

Myths and misconceptions

Section 2

How active should young people be?

Section 3

The challenge of change

Section 4

Encouraging physical activity