



## Statement of participation

# Michael Frank

has completed the free course including any mandatory tests for:

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### 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.

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**Issue date:** 9 November 2018



[www.open.edu/openlearn](http://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**

## Active, healthy lifestyles

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

### Course summary

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.

### 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

#### Section 5

Conclusion