

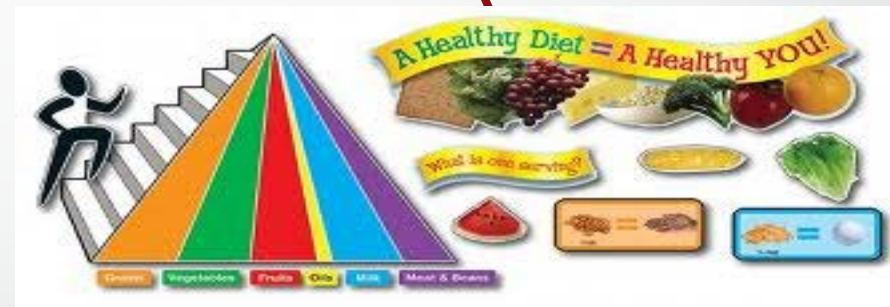
Human Movement & Health & Wellbeing

Dr. Dean Cooley and Casey Mainsbridge


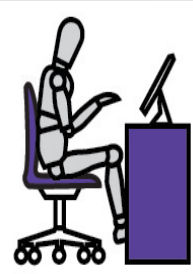

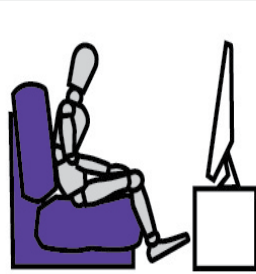
UTAS Faculty of Education

Offering for 2014

- **FITNESS INSTRUCTOR TRAINING COURSES**
- **EXERTIME – NON-EXERCISE PHYSICAL ACTIVITY SOLUTION**





 +  +  +  = 7.7 hours

- higher blood levels of sugar and fats
 - lower levels in protective enzymes
 - higher risk of metabolic syndrome
 - heart disease
 - stroke
 - type 2 diabetes
 - increased risk of cancer
 - increased risk of deep vein thrombosis
- larger waistlines

It's simple.. substitute low-grade energy expenditure for NEPA





You must exercise within the next 59 minutes.

If you're busy you can delay the launch of Exertime by specifying a delay below and then clicking the Postpone button.

Remind me to exercise in:

5 minutes

Exertime Now

Postpone

exertime

You must exercise within the next 59 minutes.

If you're busy you can delay the launch of Exertime by specifying a delay below and then clicking the Postpone button.

Remind me to exercise in:

Select Exercise

- Favourites
- Random
- All
- Easy
- Moderate
- Challenging

Timed Exercise
 Repetition Exercise
 Favourite
 Not Favourite

Easy Abdominal Crunches	Easy Arm Pumps with Foot	Challenging Backward Leg Thrusts	Moderate Bear Crawl	Easy Bent Knee Push Ups
Easy Biceps Curl	Moderate Bicycle Crunches	Challenging Boot Strappers	Challenging Burpees	Easy Chair Push Ups
Moderate Chair Squats	Challenging Clapping Push Ups	Challenging Crab Walk	Challenging Crocodile Walk	Challenging Decline Push Ups
Moderate Desk Dips	Easy Desk Push Ups	Challenging Diamond Push Ups	Easy Double Knee Lifts	Challenging Exploding Star Jumps
Easy Front Raise to Triceps	Moderate Grape Stomping	Easy Hip Flexions	Easy Hip Flexions with Knee	Challenging Hop Scotch

Select Exercise Finish Progress

Exercise

REPS

00:39

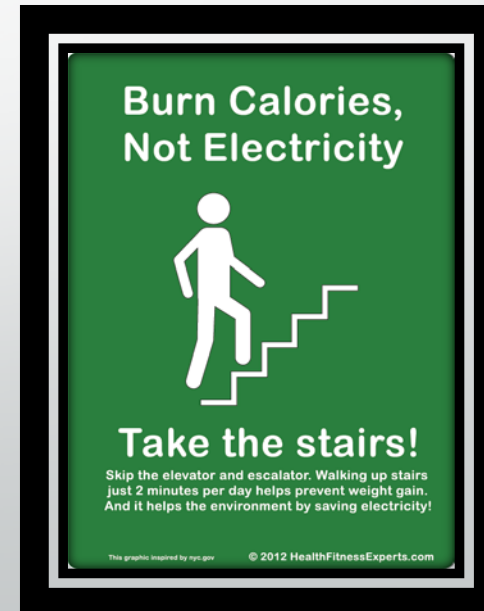
Select Exercise Finish Progress

What makes Exertime different from other WHWP

Passive Prompt



Active Prompt



So how much does it cost?

- Free
- Pay for any research & induction - negotiated

FITNESS INSTRUCTOR TRAINING COURSES

- RTO for Certificate III & IV in Fitness (SIS30310 & SIS40210)
- Experts in all areas
- Tailored to fit individual organisation requirements
- Eligibility for VET subsidies
- Week-end courses – Face to Face and on-line
- Hands on training, expert educators, researchers, & practitioners in health & wellness
- \$1200

