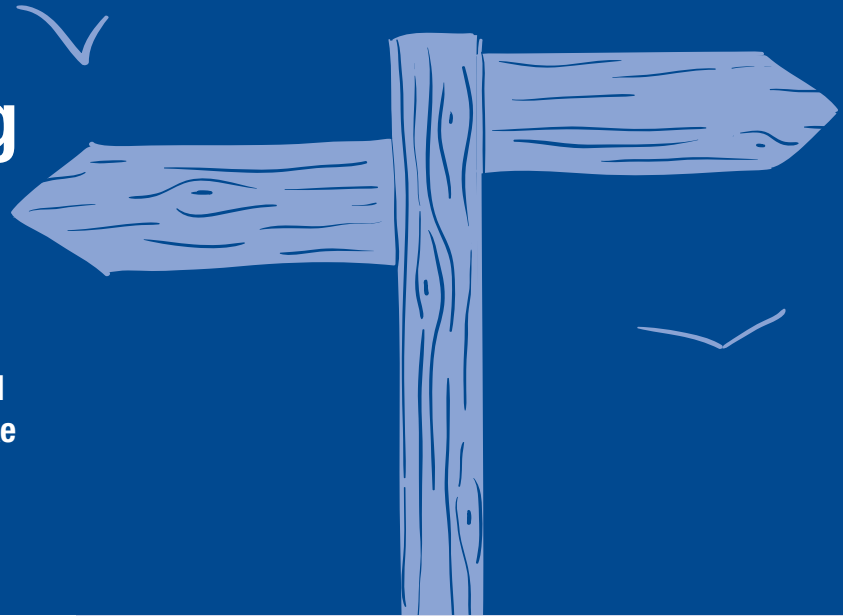


Level 2

Award in Encouraging Physical Activity

This qualification will give learners the tools and knowledge they need to encourage others to take part in physical exercise.



WHO NEEDS THIS QUALIFICATION?

- Health & fitness professionals
- Individuals who work for a physical health organisation or agency
- Health programme coordinators
- Health champions
- Individuals interested in encouraging other people to take part in exercise

WHY RSPH?

RSPH is the UK's leading independent OFQUAL regulated awarding body for public health qualifications.

HOW IS THIS QUALIFICATION ASSESSED?

Candidates will be assessed by the completion of a learner's workbook.

WHAT DOES THIS QUALIFICATION COVER?

- What the effects of physical activity are on our health
- The social factors that may affect someone taking part in exercise
- Which agencies and organisations provide support for people who want to increase their physical activity levels
- Methods to encourage someone to increase their levels of exercise
- What the potential barriers are for someone who wants to increase their activity levels and how to overcome them



Guided Learning time:
6 hours

Total qualification time:
10 hours

1 unit

