Lecturers encourage active participation in learning about health technology

More people will have the opportunity to learn about the benefits of health and fitness technologies this year as the University of Tasmania is once again offering a hugely popular online unit.

This unit, the first of its kind in the country, aims to help people navigate the new world of fitness technology. As part of the unit, students will receive a free Fitbit® and learn first-hand how this and other technology can be used to achieve the best health outcomes.

In addition, study is free for this unit with a HECS Scholarship.

“The Foundations of Technology for Healthy Living unit is fully online, allowing us to have students from around the country sharing their learning experiences together,” unit co-coordinator Dr Matt Schmidt said. This unit is also an entry point for students to continue their University learning within the Bachelor of General Studies.”

Students will learn about the new technologies that aim to measure, enhance and alter daily activities to help students achieve a healthier lifestyle.

“We want students to understand the benefits of physical activity, the strengths and limitations of the devices that are coming on to the market and how they can be used to change behaviours for a healthier lifestyle and reduced risk of disease,” “Dr Schmidt said.

Co-coordinator, Associate Professor Stu Smith, has been involved in developing video games for both rehabilitation and improving health outcomes.

“The use of games in health is a huge area of growth; they are now widely accessible, as well as portable via tablets and smartphones,” Associate Professor Smith said.

“The Foundations of Technology for Healthy Living unit will introduce many students to active technologies and games in health for the first time, so we are offering a free Fitbit® to help students to actively participate.”

Class begins Semester 1, February 23rd.

Applications close February 16th

For more information please visit: www.utas.edu.au/healthytechnology
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