

Media Release

Chiefs of Staff, News Directors

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Participants to master active technologies in new national course

In a bid to help people better understand how new health and fitness technologies can truly enhance their lifestyles the University of Tasmania is offering a new online course.

The course is the first of its kind in the country and aims to help people navigate the new world of fitness technology.

“The Foundations of Technology for Healthy Living is the first course of its type in Australia,” course creator Associate Professor Stu Smith said.

Students will learn about the new technologies, which aim to measure, enhance and alter daily activities towards 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,” Associate Professor Smith said.

The course is free and is being offered by the Faculty of Health.

Associate Professor 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,” he said.

“The Foundations of Technology for Healthy Living course 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.”

Students will receive a free Fitbit to participate in certain aspects of the coursework.

Applications close October 13.

For more information please visit <http://www.utas.edu.au/health/study/active-technology-for-healthy-living>.

For a preview of the unit visit

https://www.youtube.com/watch?v=H_GPgv9_I0s

Information released by:

University of Tasmania, Communications and Media Office

Phone: 6226 2210/0439 665 734

Email: Media.Office@utas.edu.au