

# **MEDIA RELEASE**

**NEWS FROM THE UNIVERSITY OF TASMANIA**

WEDNESDAY JULY 23, 2014

ATTENTION: Chiefs of Staff, News Directors

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## **New Active education and exercise choices encourage new careers and better health**

Active Launceston and the University of Tasmania has developed a new Foundations for Active Living course unit within the University's Bachelor of General Studies to recognise involvement with community health program Active Launceston.

The unit is designed to enhance the knowledge and skills related to supporting individuals and community health promotion with a specific emphasis on physical activity and health nutrition.

School of Health Sciences head Professor Steven Campbell said that Active Launceston plays a vital role promoting and providing health and well-being opportunities within the Launceston community.

"The University of Tasmania recognises that such a program provides students with the ideal setting to gain understanding of the benefits of such projects for the community as a whole as well as on individuals," he said.

"This unit is suited to those considering a career in the health sector, furthering their knowledge on the importance of health and well-being or for those who are already working in this area and want to gain further qualifications to strengthen their resume.

"The Foundations for Active Living unit is also a stepping stone to other degrees such as the Bachelor of Health Science.

Active Launceston senior project manager (regional development) Lucy Byrne said that she is pleased to have the unit up and running and hopes that community members will take up the opportunity to be involved.

"The unit has been designed to be accessible to all and will be available free of charge due to a government fee exemption," she said.

The unit requirements include: attendance at eight physical activity sessions, six on-line tutorials, five short quizzes and completion of a personal workbook. The style of learning is flexible, self-directed and designed to fit around other commitments.

To align with the Foundations for Active Living unit a new Active Launceston program, Active Winter, has also been developed, providing physical activity opportunities for students as well as being open to the general community.

Active Winter includes two indoor sessions a week and will explore different styles of physical and allow participants to work at their own pace in a safe and supportive environment.

Active Winter runs from July 23 to October 10 on Wednesdays 5.45pm-6.45pm and Fridays 10.30am-11.30am at Newstead Hall on the corner of Abbot and Campbell Streets, Launceston.

For further information on how to enrol contact Merodi Jack on 63243024 or contact Active Launceston on 63244027

Active Launceston is a community-driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical Activity.

Active Launceston is managed by the University of Tasmania in partnership with Launceston City Council.

*For more information please visit the website [www.activelaunceston.com.au](http://www.activelaunceston.com.au) or phone 6324 4027.*

## **MEDIA OPPORTUNITY**

### **Foundations for Active Living unit and Active Winter program launch**

**WHERE:** University of Tasmania, Newnham campus, turning circle at main entrance.

**WHEN:** Thursday, July 24 at 10am

**WHO:** First enrolled student Di Marsh, UTAS School of Health Sciences head Prof. Steven Campbell, Active Launceston senior project manager (regional development) Lucy Byrne, UTAS senior lecturer and BSc Health Science degree coordinator Dr Greig Watson.

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