

FREE STUDY

Are you interested in

Active & Healthy Living?



Why not enrol in a free University unit?

Foundations of Active Living is a new unit focusing on health and wellbeing

**Did you know
you can do the
following unit
through the
University of
Tasmania?**

CXA003 Foundations of Active Living

Foundation unit within the Bachelor of General Studies
University of Tasmania

Why enrol?

- It's FREE – all students automatically allocated with a fee exemption
- Accessible and supportive learning environment
- It will be fun!
- Simple, easy enrolment process
- No pre-requisites required



What are the benefits to you?

- Try a unit for free and see if you like University study
- Increase your knowledge on the importance of individual and community health and wellbeing
- Pathway to other University of Tasmania courses and a stepping stone to a future career in the health sector
- Increase your understanding on physical activity, nutrition and hydration, and mental health
- Increase your confidence and self esteem
- 'University' orientating unit available

What does it involve?

- Keep a physical activity diary
- Online lectures and videos released fortnightly
- Five short quizzes and a personal workbook
- Online learning which you can complete at your own pace throughout semester
- Support from experienced teaching staff in nutrition, physical activity and psychology

sign up today!

For more information

Visit: <http://bit.ly/utasactiveliving>

Or contact School of Human Life Sciences

Phone: 6324 3024 or

Email: SOHS.enquiry@utas.edu.au

CXA003 Foundations of Active Living is a joint initiative of the University of Tasmania's Active Tasmania health-promotion initiative and the School of Health Sciences.