

# Encouraging Physical Activity (RSPH Accreditation)



## Entry Requirements

Over 18

## Course Overview

This RSPH certified Level 2 Award in Encouraging Physical Activity provides you with skills and confidence to help others adopt a healthier lifestyle and encourage physical activity. It complements the AllActive fitness qualifications where participants might require advice and support, especially if they are currently inactive.

You will learn more about the reasons individuals may not participate in physical activity and how to educate and motivate them appropriately. This qualification will help anyone who is interested in helping others overcome barriers to exercise.

## Course Content

- Understand the health benefits of physical activity
- Understand factors that affect an individual's participation in physical activity
- Know how to encourage individuals to increase their level of physical activity

## Recognised Qualification

- RQF qualification awarded by RSPH
- Skills for Care recognised

# Accreditations



## Format Options Online



You can study for this qualification online through AllActive's interactive e-learning resources which have been specifically designed by us for this course. You will find an easy to use online course that guides you through all the areas of learning required. The assessment worksheets can be downloaded, completed and submitted for marking. Should we require any additional answers or for you to attempt any questions again, that's not a problem and we will contact you to work through it together. Here are some screenshots from the online course.

**Factors that affect an individual's participation in physical activity**


← Previous: 2.2 Social environment variables      Next: 2.4 Physical activity characteristics →

### 2 Social factors that may affect an individual's participation in physical activity

#### 2.3 Physical environment variables

For each variable, you can see whether research has shown these variables to influence the adoption and maintenance of physical activity in a positive or negative way:

Variable	Influence
Climate/season	negative
Cost	neutral
Disruptions in routine	negative
Access to facilities: actual	positive
Access to facilities: perceived	positive
Home equipment	neutral



Inclusivity refers to the intention of including people who might otherwise be excluded (such as frailter older adults or the disabled), and not excluding anyone on the grounds of economic status, etc.

A convenient location is important for regular physical activity. It is suggested both perceived convenience and the actual proximity to home or work are factors that consistently chooses to be physically active and stick to it. It can be extremely important in terms of 'opening it up' to anyone who might want to participate.

Cost is a big issue for many; for example, activities running from exclusive private health clubs that charge expensive entrance or membership fees are excluding those who can do not charge these, it is likely that hiring the facilities will be expensive; a cost typically passed onto the end-user - again penalising those who cannot afford it.

Other considerations concern the venue itself; is it easy to get around the venue? Are doors easy to open? Is signage clear? Is the lighting sufficient? Is it easy to get to the acti...

**The health benefits of regular physical activity**

← Previous: 4 Recommended levels of physical activity required for health      Next: 4.2 Recommended guidelines (cont.) →


### 4 Recommended levels of physical activity required for health

#### 4.1 Recommended guidelines (cont.)

##### Physical activity guidelines for adults (19-64 years)

- Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
- Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.
- Adults should also undertake physical activity to improve muscle strength on at least two days a week.
- All adults should increase the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.



Moderate intensity physical activities will cause adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include brisk walking and cycling.

Vigorous intensity physical activities will cause adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include running and sports such as swimming or football.

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include exercising with weights, and carrying or moving heavy loads such as groceries.

Minimising sedentary behaviour may include reducing time spent watching TV, using the computer or playing video games, taking regular breaks at work, and breaking up sedentary time such as swapping a long bus or car journey for walking part of the way.

← Previous: 4 Recommended levels of physical activity required for health      Next: 4.2 Recommended guidelines (cont.) →

## Face-to-face

If you are interested in a making group booking we can provide this Encouraging Physical Activity qualification as an in-house course and create bespoke training to meet your needs.

## Assessment

Downloadable RSPH workbook in a Word document to submit via email.

## Certification

RSPH Level 2 Award in Encouraging Physical Activity



## What next?

- L2 Understanding Behaviour Change
- L2 Seated Recreational Physical Activity Instructor
- L2 Walk Leading
- L2 Chair-based Exercise Instructor
- L2 Community Activator