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Diploma in Outdoor and Physical Education Studies Checklist

Diploma in Outdoor and Physical Education Studies

Progress Indicator

Name: Yann GEFROTIN
 Progress: **100.00%** 0% 100%
 Total Time: **02:06:05**
 Points: **10**
 Last Access: **2011-07-31 11:32:08**
 Certified: **Yes (Claim your Certificate)**

The table below shows your progress in details, it also show you what topic/modules you failed or did not study. Click on the module link where you want to complete or re-attempt.

Detailed Course Completion Report

Diploma-in-Outdoor-and-Physical-Education-Studies: [Meaning of adventure](#)

First access: Friday, 15 July 2011, 01:52 PM (15 days 22 h)
 Last access: Friday, 15 July 2011, 01:52 PM (15 days 22 h)

Report:

- The meaning of adventure
 - The Meaning of Adventure
 - **Status:** completed
 - **Total Time:** 00:00:49
 - The meaning of adventure
 - **Status:** completed
 - **Total Time:** 00:00:48
 - Peak adventure
 - **Status:** completed
 - **Total Time:** 00:00:48
 - Misadventure and devastation and disaster
 - **Status:** completed
 - **Total Time:** 00:00:47
 - The Meaning of Adventure: Key elements
 - **Status:** completed
 - **Total Time:** 00:00:12
 - Exploration and experimentation
 - **Status:** completed
 - **Total Time:** 00:00:11
 - Aspects of confidence
 - **Status:** completed
 - **Total Time:** 00:00:12
 - Danger under control
 - **Status:** completed
 - **Total Time:** 00:00:10
 - Competence, degree of difficulty and risk
 - **Status:** completed
 - **Total Time:** 00:00:06
 - Rafting on the Snowy River

- ■ **Status:** completed
- ■ **Total Time:** 00:00:20
- ✓ A high ropes course (Cathedral Ranges)
- ■ **Status:** completed
- ■ **Total Time:** 00:00:04

Diploma-in-Outdoor-and-Physical-Education-Studies: Characteristics of adventure

First access: Sunday, 31 July 2011, 12:01 PM (31 m 21 secs)

Last access: Sunday, 31 July 2011, 12:01 PM (31 m 10 secs)

Report:

- Characteristics of adventure
 - ■ ✓ Characteristics of Adventure: Safety
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:07
 - ■ ✓ Characteristics of Adventure: Women in Adventure Activities
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:11
 - ■ ✓ Characteristics of Adventure: Size of group
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:11
 - ■ ✓ Characteristics of Adventure
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:12
 - ■ ✓ Characteristics of Adventure: Cost
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:09
 - ■ ✓ Characteristics of Adventure
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:07
 - ■ ✓ Characteristics of Adventure: Physical and Emotional Safety
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06

Diploma-in-Outdoor-and-Physical-Education-Studies: Motivation for adventure

First access: Sunday, 31 July 2011, 12:01 PM (30 m 48 secs)

Last access: Sunday, 31 July 2011, 12:01 PM (30 m 47 secs)

Report:

- motivation for adventure
 - ■ ✓ Historical Adventurers and Motivation for Adventure
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:07
 - ■ ✓ Motivation for Adventure: Intrinsic and Extrinsic Rewards and Historical Adventurers
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06
 - ■ ✓ Motivation for Adventure: Contemporary Understandings
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:04

Diploma-in-Outdoor-and-Physical-Education-Studies: Examples of adventure

First access: Sunday, 31 July 2011, 12:02 PM (30 m 28 secs)

Last access: Sunday, 31 July 2011, 12:02 PM (30 m 27 secs)

Report:

- images of adventure
 - ■ ✓ Historical adventurers

- ■ **Status:** completed
■ **Total Time:** 00:00:04
- ✓ Historical examples of adventurers
- ■ **Status:** completed
■ **Total Time:** 00:00:04
- ✓ Historical and contemporary images of adventure
- ■ **Status:** completed
■ **Total Time:** 00:00:04

Diploma-in-Outdoor-and-Physical-Education-Studies: Access to adventure

First access: Sunday, 31 July 2011, 12:02 PM (30 m 10 secs)

Last access: Sunday, 31 July 2011, 12:02 PM (30 m 6 secs)

Report:

- access to adventure
- ■ ✓ Access to adventure: factors that can affect accessibility
 - ■ **Status:** completed
■ **Total Time:** 00:00:02
 - ✓ Access to adventure
 - ■ **Status:** completed
■ **Total Time:** 00:00:06
 - ✓ Accessibility table
 - ■ **Status:** completed
■ **Total Time:** 00:00:06

Diploma-in-Outdoor-and-Physical-Education-Studies: Safety in adventure

First access: Sunday, 31 July 2011, 12:02 PM (29 m 46 secs)

Last access: Sunday, 31 July 2011, 12:03 PM (29 m 37 secs)

Report:

- Safety in adventure
- ■ ✓ Safety and competence in adventure (knowledge and skills)
 - ■ **Status:** completed
■ **Total Time:** 00:00:04
 - ✓ Where safety fits into adventure
 - ■ **Status:** completed
■ **Total Time:** 00:00:10
 - ✓ The Safety and Competence Activity
 - ■ **Status:** completed
■ **Total Time:** 00:00:11
 - ✓ Where safety fits in
 - ■ **Status:** completed
■ **Total Time:** 00:00:09
 - ✓ Personal competence
 - ■ **Status:** completed
■ **Total Time:** 00:00:08
 - ✓ Safety and competence in adventure: individual ladder of needs
 - ■ **Status:** completed
■ **Total Time:** 00:00:08

Diploma-in-Outdoor-and-Physical-Education-Studies: Timing and location

First access: Sunday, 31 July 2011, 12:03 PM (29 m 9 secs)

Last access: Sunday, 31 July 2011, 12:03 PM (29 m 7 secs)

Report:

- Timing and location
- ■ ✓ Variety of locations

- ■ **Status:** completed
- ■ **Total Time:** 00:00:09
- ✓ Timing and location
- ■ **Status:** completed
- ■ **Total Time:** 00:00:09
- ✓ Location and effects table
- ■ **Status:** completed
- ■ **Total Time:** 00:00:08
- ✓ Influences on the outcome of adventure activities
- ■ **Status:** completed
- ■ **Total Time:** 00:00:07

📁 **Diploma-in-Outdoor-and-Physical-Education-Studies: Different types of adventure**

First access: Sunday, 31 July 2011, 12:03 PM (28 m 51 secs)

Last access: Sunday, 31 July 2011, 12:03 PM (28 m 50 secs)

Report:

- Different types of adventure
- ■ ✓ Comparison of different types of adventure
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:03
 - ✓ Adventure activities
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:03

📁 **Diploma-in-Outdoor-and-Physical-Education-Studies: Impact on the environment**

First access: Sunday, 31 July 2011, 12:04 PM (28 m 31 secs)

Last access: Sunday, 31 July 2011, 12:04 PM (28 m 21 secs)

Report:

- Impact on the environment
- ■ ✓ The Natural Area Activities
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:03
 - ✓ Deterioration of the wilderness
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:09
 - ✓ Minimal impact on the environment
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:10
 - ✓ Outdoor adventure and impact on the environment
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:09
 - ✓ How society views the importance of wilderness and natural areas
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:08
 - ✓ Influences on outdoor adventure
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:07

📁 **Diploma-in-Outdoor-and-Physical-Education-Studies: The media**

First access: Sunday, 31 July 2011, 12:04 PM (28 m 2 secs)

Last access: Sunday, 31 July 2011, 12:04 PM (28 m 2 secs)

Report:

- the media
- ■ ✓ Influence on outdoor adventure: the media

- ■ **Status:** completed
- ■ **Total Time:** 00:00:01
- ✓ Influence on outdoor adventure: media manipulation table
- ■ **Status:** completed
- ■ **Total Time:** 00:00:05

📁 **Diploma-in-Outdoor-and-Physical-Education-Studies: Grading and guidebooks**

First access: Sunday, 31 July 2011, 12:04 PM (27 m 45 secs)

Last access: Sunday, 31 July 2011, 12:05 PM (27 m 39 secs)

Report:

- Grading and guidebooks
 - ■ ✓ Grading and guidebooks
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:02
 - ✓ Grading systems
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:07
 - ✓ Grading for bushwalking
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:07
 - ✓ Grading for bike riding
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06

📁 **Diploma-in-Outdoor-and-Physical-Education-Studies: Adventure as a commodity**

First access: Sunday, 31 July 2011, 12:05 PM (27 m 25 secs)

Last access: Sunday, 31 July 2011, 12:05 PM (27 m 23 secs)

Report:

- adventure as a commodity
 - ■ ✓ Adventure as a commodity
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:01
 - ✓ Marketing and packaging adventure as a commodity
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:03

📁 **Diploma-in-Outdoor-and-Physical-Education-Studies: Equipment**

First access: Sunday, 31 July 2011, 12:05 PM (27 m 9 secs)

Last access: Sunday, 31 July 2011, 12:05 PM (27 m 5 secs)

Report:

- Equipment
 - ■ ✓ Equipment table
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:02
 - ✓ Improvements in technology
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:05
 - ✓ Changes in equipment
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:04

📁 **Diploma-in-Outdoor-and-Physical-Education-Studies: Ways of viewing the environment**

First access: Sunday, 31 July 2011, 12:05 PM (26 m 45 secs)

Last access: Sunday, 31 July 2011, 12:06 PM (26 m 38 secs)

Report:

- Ways of viewing the environment
- ■ Ways of viewing the environment
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:04
 - Ways of viewing the environment: indigenous people
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:10
 - Ways of viewing the environment: worth-ship, worship and kinship
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:10
 - Land as a commodity
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:08
 - Ways of viewing the environment: focus questions
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:08

 **Diploma-in-Outdoor-and-Physical-Education-Studies: Conservation**

First access: Sunday, 31 July 2011, 12:06 PM (26 m 17 secs)

Last access: Sunday, 31 July 2011, 12:06 PM (26 m 12 secs)

Report:

- Conservation
- ■ Conservation is management
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:05
 - World conservation
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:07
 - Development of interest groups and methods used to influence decisions
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:08
 - Resolving conflicts
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:08

 **Diploma-in-Outdoor-and-Physical-Education-Studies: Recreation and land management**

First access: Sunday, 31 July 2011, 12:06 PM (25 m 55 secs)

Last access: Sunday, 31 July 2011, 12:06 PM (25 m 49 secs)

Report:

- Recreation and land management
- ■ Conflicts of interest: land use
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:04
 - Conflicts of interest: land use
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06
 - The conflict over land
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06
 - The importance of outdoor environments and the experiences they offer society: environmental issues
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06

Diploma-in-Outdoor-and-Physical-Education-Studies: [Case Study - The Australian Aborigines](#)

First access: Sunday, 31 July 2011, 12:14 PM (18 m 14 secs)

Last access: Sunday, 31 July 2011, 12:14 PM (17 m 58 secs)

Report:

- The Australian Aborigines
 -  Aboriginal perceptions of the land
 - **Status:** completed
 - **Total Time:** 00:00:04
 -  Aboriginal People
 - **Status:** completed
 - **Total Time:** 00:00:15
 -  Aboriginal ceremony
 - **Status:** completed
 - **Total Time:** 00:00:15
 -  Landrights
 - **Status:** completed
 - **Total Time:** 00:00:16
 -  The Aboriginal lifestyle
 - **Status:** completed
 - **Total Time:** 00:00:16
 -  Aborigines and the land
 - **Status:** completed
 - **Total Time:** 00:00:14
 -  Aboriginal perception of the land: focus questions
 - **Status:** completed
 - **Total Time:** 00:00:14

Diploma-in-Outdoor-and-Physical-Education-Studies: [Basic muscle physiology](#)

First access: Sunday, 31 July 2011, 12:15 PM (17 m 35 secs)

Last access: Sunday, 31 July 2011, 12:15 PM (17 m 27 secs)

Report:

- Basic muscle physiology
 -  Basic muscle physiology
 - **Status:** completed
 - **Total Time:** 00:00:06
 -  Muscle architecture
 - **Status:** completed
 - **Total Time:** 00:00:10
 -  Basic muscle physiology: interior components
 - **Status:** completed
 - **Total Time:** 00:00:10
 -  The motor unit
 - **Status:** completed
 - **Total Time:** 00:00:09
 -  Regulation of muscular force
 - **Status:** completed
 - **Total Time:** 00:00:09
 -  Basic muscle physiology: firing pattern
 - **Status:** completed
 - **Total Time:** 00:00:09

Diploma-in-Outdoor-and-Physical-Education-Studies: [Muscle groups](#)

First access: Sunday, 31 July 2011, 12:15 PM (17 m 2 secs)

Last access: Sunday, 31 July 2011, 12:15 PM (16 m 43 secs)

Report:

- Muscle groups
 - ■ ✓ Joint actions
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06
 - ✓ Major Muscle Groups and the Microscopic Structure of Muscle
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:18
 - ✓ Summary of muscles and their actions
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:18
 - ✓ Muscle fibre types
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:18
 - ✓ Muscle fibre types: features
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:16
 - ✓ Microscopic muscle structure
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:14
 - ✓ Sliding filament theory
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:14
 - ✓ Muscle fibre recruitment: muscular contraction
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:13
 - ✓ Types of muscle contractions
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:12
 - ✓ Agonists and antagonists
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:09

Diploma-in-Outdoor-and-Physical-Education-Studies: Information on the heart

First access: Sunday, 31 July 2011, 12:16 PM (16 m 24 secs)

Last access: Sunday, 31 July 2011, 12:16 PM (16 m 21 secs)

Report:

- Information on the heart
 - ■ ✓ The heart: what's in a name?
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06
 - ✓ Where is the heart located?
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06
 - ✓ How big is the heart?
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06
 - ✓ What controls the heart rate?
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:05

Diploma-in-Outdoor-and-Physical-Education-Studies: Energy systems

First access: Sunday, 31 July 2011, 12:16 PM (15 m 56 secs)

Last access: Sunday, 31 July 2011, 12:17 PM (15 m 25 secs)

Report:

- Energy systems
 - ■ ✓ Accumulation of Lactic Acid and the Anaerobic Threshold
 - ■ **Status:** completed

- **Total Time:** 00:00:12
- ✓ Energy Systems and fitness components
- **Status:** completed
- **Total Time:** 00:00:16
- ✓ Energy Systems
- **Status:** completed
- **Total Time:** 00:00:19
- ✓ The need for ADP reconversion
- **Status:** completed
- **Total Time:** 00:00:23
- ✓ Energy system characteristics
- **Status:** completed
- **Total Time:** 00:00:26
- ✓ Energy system 1: ATP - PC system
- **Status:** completed
- **Total Time:** 00:00:26
- ✓ Energy systems 2 and 3
- **Status:** completed
- **Total Time:** 00:00:26
- ✓ Lactic acid system (LA system)
- **Status:** completed
- **Total Time:** 00:00:22
- ✓ Aerobic energy system
- **Status:** completed
- **Total Time:** 00:00:24
- ✓ Interplay between the systems
- **Status:** completed
- **Total Time:** 00:00:22
- ✓ Links between aerobic and anaerobic systems
- **Status:** completed
- **Total Time:** 00:00:23
- ✓ Heart rate
- **Status:** completed
- **Total Time:** 00:00:21
- ✓ Use of energy systems: example
- **Status:** completed
- **Total Time:** 00:00:19
- ✓ Comparing the three energy systems - a summary
- **Status:** completed
- **Total Time:** 00:00:16
- ✓ Energy Systems
- **Status:** completed
- **Total Time:** 00:00:15

Diploma-in-Outdoor-and-Physical-Education-Studies: [Converting food to energy](#)

First access: Sunday, 31 July 2011, 12:17 PM (15 m 5 secs)

Last access: Sunday, 31 July 2011, 12:17 PM (14 m 52 secs)

Report:

- Converting food to energy
- ■ ✓ Hitting the wall
 - **Status:** completed
 - **Total Time:** 00:00:07
 - ✓ The conversion of food to energy
 - **Status:** completed
 - **Total Time:** 00:00:12
 - ✓ The conversion of food to energy: carbohydrates
 - **Status:** completed
 - **Total Time:** 00:00:12
 - ✓ Carbohydrate loading (legal ergogenic aid)
 - **Status:** completed
 - **Total Time:** 00:00:12

- ✓ Carbohydrate loading continued
- ■ **Status:** completed
■ **Total Time:** 00:00:10
- ✓ The conversion of food to energy: protein
- ■ **Status:** completed
■ **Total Time:** 00:00:10
- ✓ The conversion of food to energy: fats
- ■ **Status:** completed
■ **Total Time:** 00:00:09
- ✓ Advantages and disadvantages of fuel sources
- ■ **Status:** completed
■ **Total Time:** 00:00:08

📖 Diploma-in-Outdoor-and-Physical-Education-Studies: [The principles of training](#)

First access: Friday, 15 July 2011, 01:53 PM (15 days 22 h)

Last access: Sunday, 31 July 2011, 12:18 PM (14 m 13 secs)

Report:

- The principles of training
- ■ ✓ The principles of training
 - ■ **Status:** completed
■ **Total Time:** 00:00:05
 - ✓ The overload principle
 - ■ **Status:** completed
■ **Total Time:** 00:00:04
 - ✓ Overload: maintaining homeostasis
 - ■ **Status:** completed
■ **Total Time:** 00:00:10
 - ✓ The overload principle: thresholds and diminishing returns
 - ■ **Status:** completed
■ **Total Time:** 00:00:13
 - ✓ The principle of specificity
 - ■ **Status:** completed
■ **Total Time:** 00:00:13
 - ✓ Is there ever a place for cross training?
 - ■ **Status:** completed
■ **Total Time:** 00:00:13
 - ✓ The reversibility principle
 - ■ **Status:** completed
■ **Total Time:** 00:00:12
 - ✓ The principle of individual differences
 - ■ **Status:** completed
■ **Total Time:** 00:00:10
 - ✓ Different strokes for different folks
 - ■ **Status:** completed
■ **Total Time:** 00:00:10
 - ✓ The bottom line
 - ■ **Status:** completed
■ **Total Time:** 00:00:10

📖 Diploma-in-Outdoor-and-Physical-Education-Studies: [Training principles](#)

First access: Sunday, 31 July 2011, 12:18 PM (13 m 50 secs)

Last access: Sunday, 31 July 2011, 12:19 PM (13 m 40 secs)

Report:

- Training principles
- ■ ✓ Training principles
 - ■ **Status:** completed
■ **Total Time:** 00:00:04
 - ✓ Training principles: intensity

- ■ **Status:** completed
■ **Total Time:** 00:00:10
- ✓ Training principles: overload
- ■ **Status:** completed
■ **Total Time:** 00:00:09
- ✓ Training principles: frequency
- ■ **Status:** completed
■ **Total Time:** 00:00:08
- ✓ Training principles: duration
- ■ **Status:** completed
■ **Total Time:** 00:00:08
- ✓ Training principles: variety
- ■ **Status:** completed
■ **Total Time:** 00:00:07

Diploma-in-Outdoor-and-Physical-Education-Studies: Training methods

First access: Sunday, 31 July 2011, 12:19 PM (13 m 9 secs)

Last access: Sunday, 31 July 2011, 12:19 PM (12 m 43 secs)

Report:

- Training methods
- ■ ✓ Training Methods
 - ■ **Status:** completed
■ **Total Time:** 00:00:16
 - ✓ Interval Training
 - ■ **Status:** completed
■ **Total Time:** 00:00:17
 - ✓ Benefits of interval training
 - ■ **Status:** completed
■ **Total Time:** 00:00:18
 - ✓ Continuous training
 - ■ **Status:** completed
■ **Total Time:** 00:00:20
 - ✓ Fartlek Training (Speedplay)
 - ■ **Status:** completed
■ **Total Time:** 00:00:20
 - ✓ Circuit training
 - ■ **Status:** completed
■ **Total Time:** 00:00:16
 - ✓ Circuit training continued
 - ■ **Status:** completed
■ **Total Time:** 00:00:14
 - ✓ Plyometrics
 - ■ **Status:** completed
■ **Total Time:** 00:00:16
 - ✓ Plyometric Stress Index
 - ■ **Status:** completed
■ **Total Time:** 00:00:15
 - ✓ Weight training
 - ■ **Status:** completed
■ **Total Time:** 00:00:14
 - ✓ Weight training: guidelines
 - ■ **Status:** completed
■ **Total Time:** 00:00:14
 - ✓ Training methods: flexibility
 - ■ **Status:** completed
■ **Total Time:** 00:00:02

Diploma-in-Outdoor-and-Physical-Education-Studies: Maximal oxygen uptake

First access: Sunday, 31 July 2011, 12:20 PM (12 m 23 secs)

Last access: Sunday, 31 July 2011, 12:20 PM (12 m 2 secs)

Report:

- Maximal oxygen uptake
- - Maximal Oxygen Consumption - the VO2 Max.
 - **Status:** completed
 - **Total Time:** 00:00:06
 - VO2 max. defined
 - **Status:** completed
 - **Total Time:** 00:00:12
 - Why is his or hers bigger than mine?
 - **Status:** completed
 - **Total Time:** 00:00:21
 - Muscles and oxygen delivery
 - **Status:** completed
 - **Total Time:** 00:00:19
 - How is VO2 max. measured?
 - **Status:** completed
 - **Total Time:** 00:00:18
 - How is VO2 max. measured?
 - **Status:** completed
 - **Total Time:** 00:00:16
 - Measuring VO2 max.
 - **Status:** completed
 - **Total Time:** 00:00:15
 - Measuring VO2 max.
 - **Status:** completed
 - **Total Time:** 00:00:15

 **Diploma-in-Outdoor-and-Physical-Education-Studies: Acute responses**

First access: Sunday, 31 July 2011, 12:21 PM (11 m 43 secs)

Last access: Sunday, 31 July 2011, 12:21 PM (11 m 37 secs)

Report:

- Acute responses
- - Summary of acute/short-term Responses
 - **Status:** completed
 - **Total Time:** 00:00:06
 - Acute (short term) and chronic (long term) responses: respiratory
 - **Status:** completed
 - **Total Time:** 00:00:08
 - Acute (short term) and chronic (long term) responses: cardiovascular responses
 - **Status:** completed
 - **Total Time:** 00:00:07
 - Acute (short term) and chronic (long term) responses: muscular
 - **Status:** completed
 - **Total Time:** 00:00:07
 - Student activity: short-term/acute responses
 - **Status:** completed
 - **Total Time:** 00:00:06

 **Diploma-in-Outdoor-and-Physical-Education-Studies: Chronic training responses**

First access: Sunday, 31 July 2011, 12:21 PM (11 m 16 secs)

Last access: Sunday, 31 July 2011, 12:21 PM (10 m 55 secs)

Report:

- Chronic training responses
- - Summary: factors changed by exercise

- ■ **Status:** completed
- ■ **Total Time:** 00:00:07
- ✓ Summary of long-term responses (chronic training responses)
- ■ **Status:** completed
- ■ **Total Time:** 00:00:09
- ✓ Anaerobic Systems
- ■ **Status:** completed
- ■ **Total Time:** 00:00:07
- ✓ Anaerobic Systems (continued)
- ■ **Status:** completed
- ■ **Total Time:** 00:00:08
- ✓ Aerobic
- ■ **Status:** completed
- ■ **Total Time:** 00:00:11
- ✓ At rest
- ■ **Status:** completed
- ■ **Total Time:** 00:00:01
- ✓ Submaximal
- ■ **Status:** completed
- ■ **Total Time:** 00:00:08
- ✓ Maximal changes
- ■ **Status:** completed
- ■ **Total Time:** 00:00:00
- ✓ Student activity: long-term responses
- ■ **Status:** completed
- ■ **Total Time:** 00:00:01

Diploma-in-Outdoor-and-Physical-Education-Studies: Fatigue and recovery

First access: Sunday, 31 July 2011, 12:22 PM (10 m 32 secs)

Last access: Sunday, 31 July 2011, 12:22 PM (10 m 22 secs)

Report:

- Fatigue and recovery
- ■ ✓ Fatigue and recovery
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:03
 - ✓ Lactic acid accumulation
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:07
 - ✓ Oxygen debt
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:10
 - ✓ Glycogen restoration (muscle)
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:09
 - ✓ Lactic acid breakdown and removal
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:09

Diploma-in-Outdoor-and-Physical-Education-Studies: The core components of fitness

First access: Friday, 15 July 2011, 01:53 PM (15 days 22 h)

Last access: Sunday, 31 July 2011, 12:23 PM (9 m 35 secs)

Report:

- The core components of fitness
- ■ ✓ The core components of fitness: cardio-respiratory endurance demands
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:11
 - ✓ The core components of fitness

- ■ **Status:** completed
 - ■ **Total Time:** 00:00:12
- ✓ The core components of fitness: muscular strength (MS)
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:12
- ✓ The core components of fitness: muscular power (MP)
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:08
- ✓ The core components of fitness: local muscular endurance (LME)
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:15
- ✓ The core components of fitness: flexibility
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:16
- ✓ The core components of fitness: agility
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:17
- ✓ The core components of fitness: speed
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:16
- ✓ The core components of fitness: anaerobic power
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:15
- ✓ The core components of fitness: cardio-respiratory endurance
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:16
- ✓ The core components of fitness: coordination
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:15
- ✓ The core components of fitness: balance
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:16
- ✓ The core components of fitness: reaction time
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:17

Diploma-in-Outdoor-and-Physical-Education-Studies: Assessment of fitness

First access: Sunday, 31 July 2011, 12:23 PM (9 m 21 secs)

Last access: Sunday, 31 July 2011, 12:23 PM (9 m 19 secs)

Report:

- Assessment of fitness
- ■ ✓ Fitness tests
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:02
 - ✓ List of fitness tests
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:03

Diploma-in-Outdoor-and-Physical-Education-Studies: The role of the coach

First access: Sunday, 31 July 2011, 12:23 PM (9 m 2 secs)

Last access: Sunday, 31 July 2011, 12:23 PM (8 m 58 secs)

Report:

- The role of the coach
- ■ ✓ The role of the coach in improving performance
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:03
 - ✓ The role of the coach in improving performance: fundamental attributes and skills

- ■ **Status:** completed
■ ■ **Total Time:** 00:00:06
- ✓ The stereotypical coach
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:05
- ✓ The role of the coach in improving performance: the importance of feedback
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:04

📖 Diploma-in-Outdoor-and-Physical-Education-Studies: [Coaching styles](#)

First access: Sunday, 31 July 2011, 12:24 PM (8 m 41 secs)

Last access: Sunday, 31 July 2011, 12:24 PM (8 m 35 secs)

Report:

- Coaching styles
- ■ ✓ Coaching styles
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:02
 - ✓ Coaching styles: authoritarian
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:06
 - ✓ Coaching styles: personable
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:06
 - ✓ Coaching styles: casual
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:06

📖 Diploma-in-Outdoor-and-Physical-Education-Studies: [Coaching techniques](#)

First access: Sunday, 31 July 2011, 12:24 PM (8 m 16 secs)

Last access: Sunday, 31 July 2011, 12:24 PM (8 m 13 secs)

Report:

- Coaching techniques
- ■ ✓ Coaching applications
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:02
 - ✓ Coaching from the beginner to the skilled athlete - cognitive
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:06
 - ✓ Coaching from the beginner to the skilled athlete: associative stage
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:06
 - ✓ Coaching from the beginner to the skilled athlete: autonomous stage
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:06

📖 Diploma-in-Outdoor-and-Physical-Education-Studies: [Legal ergogenic aids](#)

First access: Friday, 15 July 2011, 01:52 PM (15 days 22 h)

Last access: Sunday, 31 July 2011, 12:25 PM (7 m 28 secs)

Report:

- Legal ergogenic aids
- ■ ✓ Ergogenic aids - legal
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:03
 - ✓ Ergogenic aids - legal: nutrition

- ■ **Status:** completed
■ ■ **Total Time:** 00:00:08
- ✓ Ergogenic aids - legal: creatine
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:12
- ✓ Ergogenic aids - legal: sodium bicarbonate
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:15
- ✓ Ergogenic aids - legal: colostrum
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:20
- ✓ Ergogenic aids - legal: HMB
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:19
- ✓ Ergogenic aids - legal: re-hydration
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:18
- ✓ Ergogenic aids - legal: carbohydrate loading
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:17
- ✓ Ergogenic aids - legal: altitude training
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:16
- ✓ Ergogenic aids - legal: massage
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:14
- ✓ Ergogenic aids - legal: alcohol and smoking
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:10
- ✓ Ergogenic aids - legal: mental rehearsal/visualisation
- ■ **Status:** completed
■ ■ **Total Time:** 00:00:13

Diploma-in-Outdoor-and-Physical-Education-Studies: Illegal ergogenic aids

First access: Sunday, 31 July 2011, 12:25 PM (7 m 4 secs)

Last access: Sunday, 31 July 2011, 12:25 PM (6 m 45 secs)

Report:

- Illegal ergogenic aids
 - ■ ✓ Ergogenic aids - illegal
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:06
 - ✓ Ergogenic aids - illegal: amphetamines and ephedrine
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:12
 - ✓ Ergogenic aids - illegal: beta-blockers
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:16
 - ✓ Ergogenic aids - illegal: caffeine
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:17
 - ✓ Ergogenic aids - illegal: anabolic steroids
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:16
 - ✓ Ergogenic aids - illegal: narcotics - analgesics
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:16
 - ✓ Ergogenic aids - illegal: growth hormone
 - ■ **Status:** completed
■ ■ **Total Time:** 00:00:14
 - ✓ Ergogenic aids - blood doping and EPO

- ■ **Status:** completed
- ■ **Total Time:** 00:00:14
- ✓ Ergogenic aids - tranquillisers
- ■ **Status:** completed
- ■ **Total Time:** 00:00:14

📁 **Diploma-in-Outdoor-and-Physical-Education-Studies: Sports psychology**

First access: Sunday, 31 July 2011, 12:26 PM (6 m 31 secs)

Last access: Sunday, 31 July 2011, 12:26 PM (6 m 31 secs)

Report:

- Sports psychology
- ■ ✓ Sports psychology
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:01

📁 **Diploma-in-Outdoor-and-Physical-Education-Studies: Limits to performance**

First access: Sunday, 31 July 2011, 12:26 PM (6 m 16 secs)

Last access: Sunday, 31 July 2011, 12:26 PM (5 m 51 secs)

Report:

- limits to performance
- ■ ✓ Anatomical and physiological differences affecting performance
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:02
 - ✓ Limits to performance: socio-cultural factors
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:09
 - ✓ Biological and socio-cultural factors affecting performance
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:10
 - ✓ Factors affecting performance
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:00

📁 **Diploma-in-Outdoor-and-Physical-Education-Studies: Sporting injuries**

First access: Sunday, 31 July 2011, 12:27 PM (5 m 32 secs)

Last access: Sunday, 31 July 2011, 12:27 PM (4 m 51 secs)

Report:

- Sporting injuries
- ■ ✓ Common sports injuries
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:06
 - ✓ Injury prevention
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:13
 - ✓ Assessment of injuries
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:14
 - ✓ Managment of soft tissue injury
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:13
 - ✓ Concussion
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:41
 - ✓ Heat stress

- ■ **Status:** completed
■ **Total Time:** 00:00:26
- ✓ Summary of sports injuries/research topics
- ■ **Status:** completed
■ **Total Time:** 00:00:26
- ✓ Common sports injuries sample questions
- ■ **Status:** completed
■ **Total Time:** 00:00:25

Diploma-in-Outdoor-and-Physical-Education-Studies: Different groups within society

First access: Friday, 15 July 2011, 01:52 PM (15 days 22 h)

Last access: Sunday, 31 July 2011, 12:28 PM (4 m 19 secs)

Report:

- different groups within society
- ■ ✓ Recreation and physical activity for different groups within society
 - ■ **Status:** completed
■ **Total Time:** 00:00:07
 - ✓ Promoting involvement in physical activity: children
 - ■ **Status:** completed
■ **Total Time:** 00:00:02
 - ✓ Promoting involvement in physical activity: teenagers/adulthood
 - ■ **Status:** completed
■ **Total Time:** 00:00:03
 - ✓ Promoting involvement in physical activity: the elderly
 - ■ **Status:** completed
■ **Total Time:** 00:00:04

Diploma-in-Outdoor-and-Physical-Education-Studies: Influences on physical education

First access: Sunday, 31 July 2011, 12:28 PM (4 m)

Last access: Sunday, 31 July 2011, 12:28 PM (3 m 51 secs)

Report:

- Influences on physical education
- ■ ✓ Promoting involvement in physical activity: positive and negative influential factors
 - ■ **Status:** completed
■ **Total Time:** 00:00:03
 - ✓ Promoting involvement in physical activity: positive and negative influential factors - cost and time
 - ■ **Status:** completed
■ **Total Time:** 00:00:06
 - ✓ Promoting involvement in physical activity: positive and negative influential factors - education/ethnicity and race
 - ■ **Status:** completed
■ **Total Time:** 00:00:05
 - ✓ Promoting involvement in physical activity: positive and negative influential factors - gender
 - ■ **Status:** completed
■ **Total Time:** 00:00:00

Diploma-in-Outdoor-and-Physical-Education-Studies: Intrinsic/extrinsic influences on fitness

First access: Sunday, 31 July 2011, 12:29 PM (3 m 15 secs)

Last access: Sunday, 31 July 2011, 12:30 PM (2 m 36 secs)

Report:

- Intrinsic/extrinsic influences on fitness
- ■ ✓ Intrinsic/extrinsic influences on fitness

- ■ **Status:** completed
 - ■ **Total Time:** 00:00:19
- ✓ Promoting involvement in physical activity summary
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:21
- ✓ Intrinsic/extrinsic influences on fitness attitudes: extrinsic influences on fitness attitudes
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:23
- ✓ Intrinsic/extrinsic influences on fitness attitudes: gender
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:24
- ✓ Intrinsic/extrinsic influences on fitness attitudes: age
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:22
- ✓ Intrinsic/extrinsic influences on fitness attitudes: children/adolescents
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:28
- ✓ Intrinsic/extrinsic influences on fitness attitudes: adults
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:27
- ✓ Intrinsic/extrinsic influences on fitness attitudes: elderly
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:27
- ✓ Intrinsic/extrinsic influences on fitness attitudes: family
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:27
- ✓ Intrinsic/extrinsic influences on fitness attitudes: culture
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:26
- ✓ Intrinsic/extrinsic influences on fitness attitudes: peers and school
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:27
- ✓ Intrinsic/extrinsic influences on fitness attitudes: work
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:26
- ✓ Intrinsic/extrinsic influences on fitness attitudes: socio-economic status
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:26
- ✓ Intrinsic/extrinsic influences on fitness attitudes - the media
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:21
- ✓ Media plays a role in the development and running of sports
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:19
- ✓ Sports participation categories
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:21
- ✓ Sports coverage
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:21

Diploma-in-Outdoor-and-Physical-Education-Studies: Socio-cultural considerations

First access: Sunday, 31 July 2011, 12:30 PM (2 m 5 secs)

Last access: Sunday, 31 July 2011, 12:31 PM (1 m 26 secs)

Report:

- Socio-cultural considerations
- ■ ✓ Participating in sport: socio-cultural factors - gender
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:15
- ✓ Participating in sport: socio-cultural factors - ethnicity

- ■ **Status:** completed
 - ■ **Total Time:** 00:00:18
- ✓ Participating in sport: socio-cultural factors - geographical location
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:22
- ✓ Participating in sport: socio-cultural factors - income and socio-economic status
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:23
- ✓ Participating in sport: - socio-cultural factors - age
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:24
- ✓ Participating in sport: socio-cultural factors - disability
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:25
- ✓ Participating in sport: socio-cultural factors - family influences
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:23
- ✓ Participating in sport: socio-cultural factors - peers
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:25
- ✓ Participating in sport: socio-cultural factors - work/occupation
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:26
- ✓ Participating in sport: socio-cultural factors - school/other institutional influences (clubs)
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:25
- ✓ Participating in sport: socio-cultural factors - time available
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:25
- ✓ Participating in sport: socio-cultural factors - politics
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:26
- ✓ Participation in sport: socio-cultural factors - environment, climate and access
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:24
- ✓ Participation in sport: the role of the coach
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:23
- ✓ The media
- ■ **Status:** completed
 - ■ **Total Time:** 00:00:22

Diploma-in-Outdoor-and-Physical-Education-Studies: Motivational factors

First access: Thursday, 14 July 2011, 03:49 PM (16 days 20 h)

Last access: Thursday, 14 July 2011, 03:49 PM (16 days 20 h)

Report:

- Motivational factors
- ■ ✓ Motivational factors
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:01

Diploma-in-Outdoor-and-Physical-Education-Studies: Participation rates

First access: Sunday, 31 July 2011, 12:31 PM (1 m 5 secs)

Last access: Sunday, 31 July 2011, 12:31 PM (52 secs)

Report:

- Participation rates

- ■ ✓ Promoting involvement in physical activity: role models
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:03
 - ✓ Role models
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:09
 - ✓ Promoting involvement in physical activity: lack of media
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:12
 - ✓ Promoting involvement in physical activity: violence
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:12
 - ✓ Promoting involvement in physical activity: sport and the media in general
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:10
 - ✓ Promoting involvement in physical activity: sponsorship
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:10

Diploma-in-Outdoor-and-Physical-Education-Studies: Fact or fiction activity

First access: Sunday, 31 July 2011, 12:32 PM (26 secs)

Last access: Sunday, 31 July 2011, 12:32 PM (8 secs)

Report:

- the fact or fiction activity
- ■ ✓ Key points
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:10
 - ✓ Preparing a participation rates report
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:17
 - ✓ Developing a research question
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:19
 - ✓ Sample report
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:16
 - ✓ Styles of questions
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:15
 - ✓ Planning and conducting your survey or interview
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:15
 - ✓ Introductory activity
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:14
 - ✓ Classifying information
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:14
 - ✓ Making conclusions about research
 - ■ **Status:** completed
 - ■ **Total Time:** 00:00:12

Diploma-in-Outdoor-and-Physical-Education-Studies: Assessment

First access: Sunday, 26 June 2011, 10:39 AM (35 days 1 h)

Last access: Sunday, 26 June 2011, 10:39 AM (35 days 1 h)

Report:

- Diploma in Outdoor and Physical Education Studies Assessment

- ■ Diploma in Outdoor and Physical Education Studies Assessment
 - **Status:** passed
 - **Score:** 90% (PASSED)
 - **Total Time:** 01:05:57

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