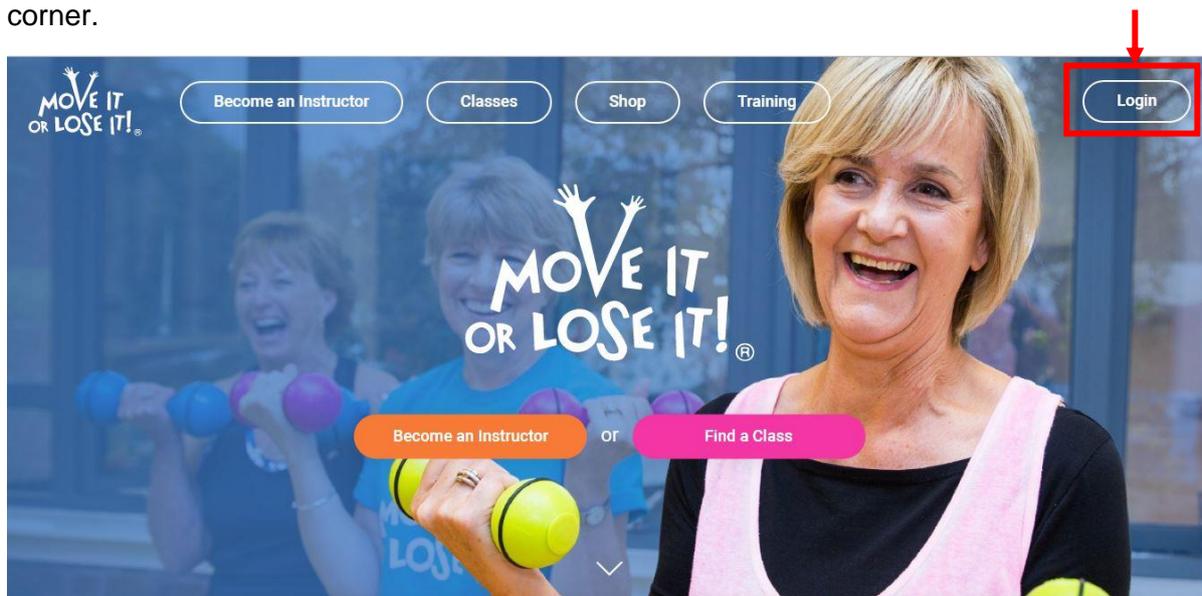


eLearning Guide to

This is a step-by-step guide to help you navigate through the eLearning material of the FABS/Fast Track FABS Training Programme. The eLearning has been designed to be user friendly and does not require any technical know-how, however this guide is here should you need to refer to it. We hope you enjoy your eLearning experience.

Getting started

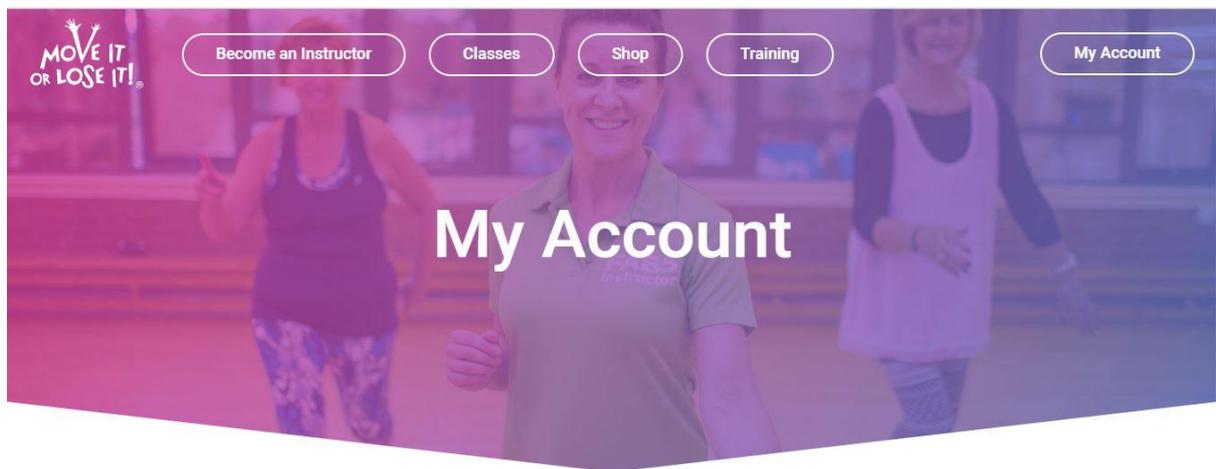
To access the eLearning, go to www.moveitorloseit.co.uk and click 'Login' in the top right corner.



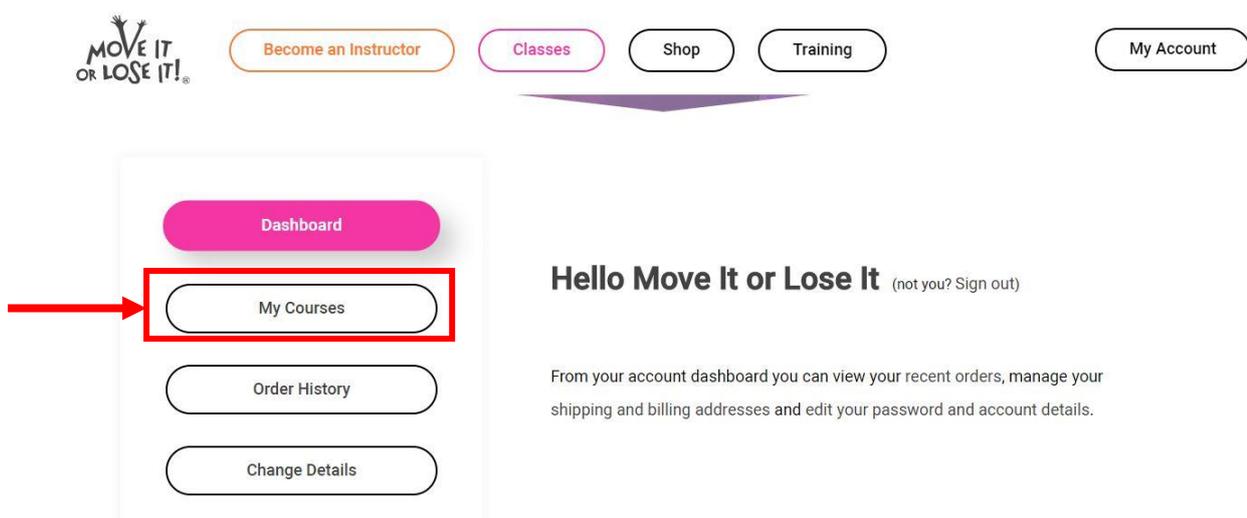
A box will then appear asking for your username and password. These details will have been sent to you by email when you purchased the course.

Enter the details sent to you by email. **You do not need** to create an account.

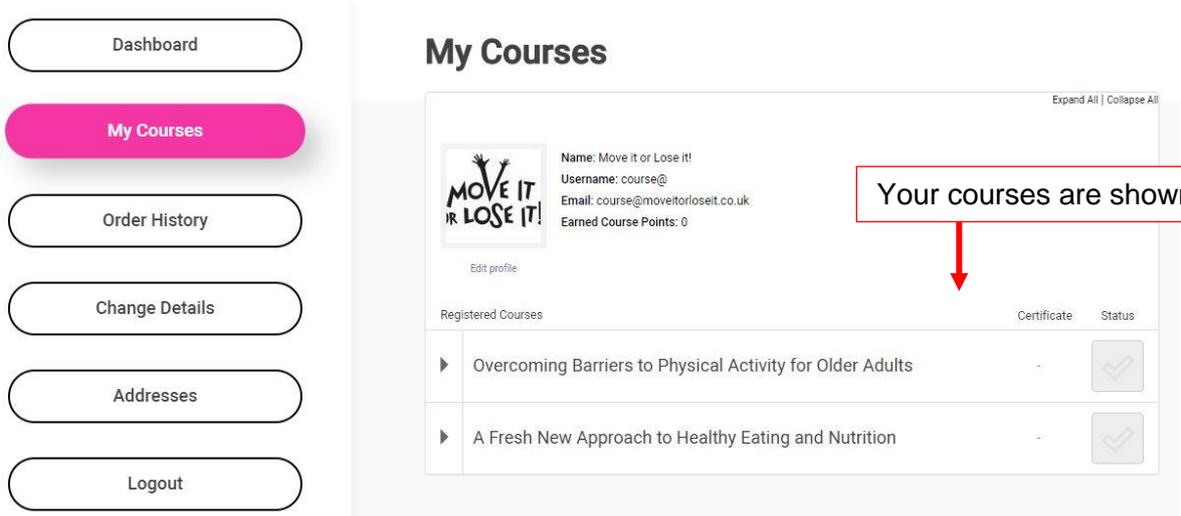
Once you have entered your details, click the orange Login button.



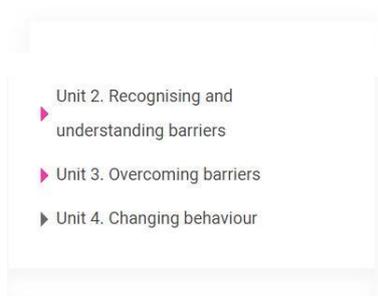
You will then be taken to the dashboard in your account. Scroll down to see your name and options in the menu on the left-hand side. To access the eLearning, click on 'My Courses'.



In the 'My Courses' section you will see all the courses you have enrolled onto in the table on the right.



On the course home page, the 'Course Content' table will show the lessons that are in the course and if you have completed them or not.



attract new members, and keep members active and attending classes. How to motivate your members and how to help them to overcome the barriers they see in the way of them leading a more physically active lifestyle.

Course Content

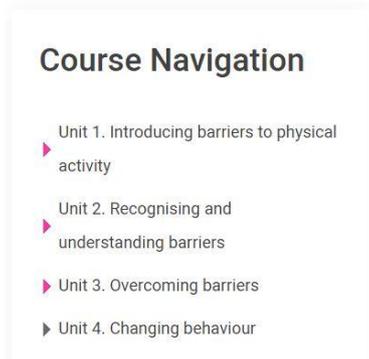
Lessons		Status
1	Unit 1. Introducing barriers to physical activity	<input checked="" type="checkbox"/>
2	Unit 2. Recognising and understanding barriers	<input checked="" type="checkbox"/>
3	Unit 3. Overcoming barriers	<input checked="" type="checkbox"/>
4	Unit 4. Changing behaviour	<input type="checkbox"/>

The 'Course Content' table shows the available lessons.

Click on a lesson to begin that lesson.



The tick box will turn from grey to pink once a lesson has been completed.



Your course progress will be shown by the pink bar here. As you complete more of the course, more of the bar will turn pink.

The navigation menu informs you of which lessons are complete, indicated by a pink triangle ▶

You can click on lesson titles here to navigate between them



Quizzes

Some lessons will have a quiz attached to them. You must complete the quiz in order to move on to the next lesson.

You can make a real difference to someone's life, how they view exercise and how they value being active within their daily life. We hope you can put some of the top tips and techniques into action and help more people enjoy group exercise and stay active!

Quizzes	Status
1 Barriers Unit 4 Quiz	

[Mark Complete](#)

[← Previous Lesson](#)

This table indicates a quiz. Click on the name of the quiz to open it.

(If the quiz has been completed, the status box will show as pink).

Once you have read the instructions about the quiz, click 'Start Quiz' which will open the first question. You will then see the time limit, question number, the question and possible answers.

Barriers Unit 4 Quiz

Timer

Time limit: 00:04:56

Question 1 of 5

Question number and total number of questions

1. Question

What are the four key points in the EAST framework for changing behaviour?

- Easy, Attractive, Social, Timely
- Engaging, Achievable, Social, Timely
- Easy, Achievable, Specific, Timely
- Easy, Attractive, Specific, Talking

[Next](#)

You must select your answer from options given by clicking on the one you wish to choose. A black dot will indicate your chosen answer. Then click 'Next' to go to the next question.

Barriers Unit 4 Quiz

Time limit: 00:04:02

Question 5 of 5

5. Question

Why is it important to make behaviour change timely?

- Because if they haven't changed by a set date, they will never change
- Because picking the right moment to encourage change is important
- Because behaviour change will either happen or not
- None of the above

Finish Quiz

On the final question, you can end the quiz by clicking 'Finish Quiz'. The quiz will be automatically marked and give you your result straight away.

Your results will be displayed like this. You can see you score numerically and as a percentage.

Barriers Unit 4 Quiz

Results

5 of 5 questions answered correctly

Your time: 00:01:14

You have reached 5 of 5 point(s), (100%)

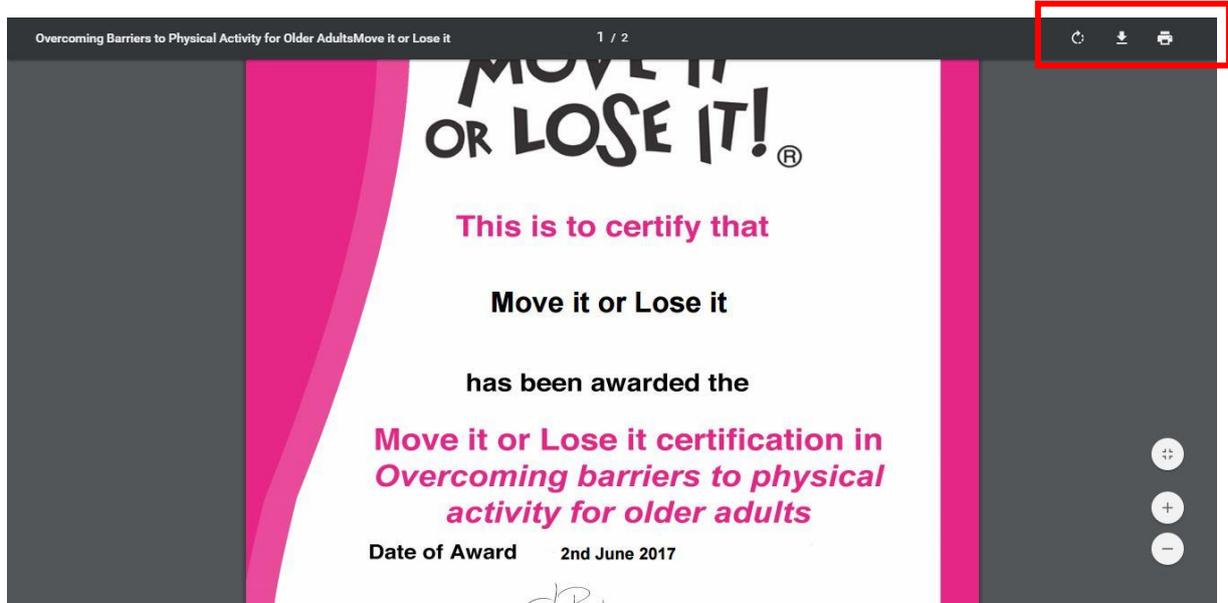
PRINT YOUR CERTIFICATE

Click Here to Continue

Restart Quiz

View questions

If a certificate is available, the 'PRINT YOUR CERTIFICATE' button will appear. Click this to view, download and/or print your certificate.



On your results page, you can click 'View Questions' to display each question and your answer. Here you can see which answers were correct and which were incorrect.

[Click Here to Continue](#)

[Restart Quiz](#) [View questions](#)

1. Question

What are the four key points in the EAST framework for changing behaviour?

- Easy, Attractive, Social, Timely
- Engaging, Achievable, Social, Timely
- Easy, Achievable, Specific, Timely
- Easy, Attractive, Specific, Talking

Correct

Watching Videos

Some lessons contain videos. Please ensure you have the latest operating system update on your device prior to watching videos, as some out-dated versions might not be compatible. For example for Mac OS X Yosemite 10.10.3 and above, iOS 9.2.1 and above, or Windows 10 and above are compatible. Web browsers Google Chrome and Mozilla Firefox tend to work better than Internet Explorer for video functionality.



 You can watch the video in-situ by clicking play.

Or you can watch the video in full screen by clicking on this symbol:
in the bottom right corner of the video.



When you have completed the final lesson of the course and all the quizzes, the course will show as 100% complete and the status box ticked in the table in the 'My Courses' section.

Quizzes	Certificate	Score	Statistics	Date
 Barriers Unit 1 Quiz	-	100%		May 31, 2017 1:31 pm
 Barriers Unit 2 Quiz	-	100%		May 31, 2017 1:32 pm
 Barriers Unit 3 Quiz	-	75%		May 31, 2017 1:33 pm
 Barriers Unit 4 Quiz		100%		May 31, 2017 1:35 pm

Overcoming Barriers to Physical Activity for Older Adults 

 100% Complete

You can also click the grey arrow at the side of the course name to display the quiz information. If you need further support or are experiencing any issues with the eLearning contact support@moveitorloseit.co.uk