# The Vientiane College Diploma - Module Overview

## DIPFW122 Fitness and Well-Being

### Overview of the module

In this module, you will understand more about what it means to be healthy and active. You will do this by learning about various sports and exercise related activities. In addition, you will explore maintaining a healthy lifestyle by balancing work and leisure, being aware of how you are using technology, and thinking about nutrition. You will also consider the relationship between mental and physical health and be taught some basic first aid techniques.

### Key questions explored in the module

- What are some different ways of being physically active and how do they improve health?
- How do modern lifestyles and technology impact physical and mental health?
- How can I know which health advice or diet tips to trust?
- What is mental health and how does it impact my everyday life?
- Why do people become addicted and what can be done to help them?

### Skills

This module will help you improve your English language skills with a special emphasis on:

- speaking effectively about a wide range of health-related topics
- reading and understanding authentic texts
- gaining greater grammatical control over your spoken and written English
- developing clear informational and educational presentations

### Performance Tasks

In this module you will:

- deliver team presentations
- create visual, informational materials
- design and present a health-related educational campaign

Nov. 29, 2021