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**Yann GEFROTIN certification validation on ALISON | Diploma in Outdoor and Physical Education Studies**

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**Certificate Number: AC-270-730067**

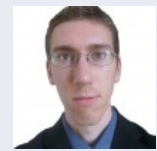
This ALISON Certificate validation page proves the authenticity of the certificate provided to our learners.

ALISON Certificate which Yann has completed to the certification standard (generally 80% average across all quizzes and tests, plus all learning objects completed) appear below.

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**Email:** [yanngeffrotin@gmail.com](mailto:yanngeffrotin@gmail.com)  
**Country:** France



**Certificate Details**



**Diploma in Outdoor and Physical Education Studies**

( 90% quiz score )

**Course Details**

ALISON's free online Diploma in Outdoor and Physical Education Studies course gives you the opportunity to gain a comprehensive knowledge and understanding of key topics in outdoor adventure and physical education. The course covers topics such as coaching and training, physical fitness, outdoor activities and adventure. This Diploma is ideal for anyone interested in a career in outdoor activities, adventure activities, the health and fitness industry, or physical education and training, and will greatly enhance your career prospects.

**Modules and Topics Studied**

- ↳ Characteristics of adventure
- ↳ Meaning of adventure
- ↳ Assessment
- ↳ Different types of adventure
- ↳ Impact on the environment
- ↳ Examples of adventure
- ↳ Motivation for adventure
- ↳ Safety in adventure
- ↳ Timing and location
- ↳ Access to adventure
- ↳ The media
- ↳ Grading and guidebooks
- ↳ Adventure as a commodity
- ↳ Equipment
- ↳ Ways of viewing the environment
- ↳ Conservation
- ↳ Recreation and land management
- ↳ Case Study - The Australian Aborigines
- ↳ Basic muscle physiology
- ↳ Muscle groups
- ↳ Information on the heart
- ↳ Energy systems
- ↳ Converting food to energy
- ↳ The principles of training
- ↳ Training principles
- ↳ Training methods
- ↳ Maximal oxygen uptake
- ↳ Acute responses
- ↳ Chronic training responses

- ↳ Fatigue and recovery
- ↳ The core components of fitness
- ↳ Assessment of fitness
- ↳ The role of the coach
- ↳ Coaching styles
- ↳ Coaching techniques
- ↳ Legal ergogenic aids
- ↳ Illegal ergogenic aids
- ↳ Sports psychology
- ↳ Limits to performance
- ↳ Sporting injuries
- ↳ Different groups within society
- ↳ Influences on physical education
- ↳ Intrinsic/extrinsic influences on fitness
- ↳ Socio-cultural considerations
- ↳ Motivational factors
- ↳ Participation rates
- ↳ Fact or fiction activity

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