# Learning Activity Exemplar – Virtual Classroom

## Learning Activity 1.4: Virtual Classroom Catchup – Epidemiology of Physical Activity and Sedentary Behaviour

### Overview and Aim

Now you have some basic definitions under your belt, this weekwe will start to explore in more detail the links between physical activity and health. To do this, we will focus on epidemiology, which refers to the analysis of patterns and causes of conditions and disease.

This week has seen many new terms and definitions introduced, which will be revisited and unpacked a little more in this week’s virtual classroom (VC). This VC will be held during your regularly scheduled workshop time and run for the first hour only. Within this time, you will have the opportunity to work through a set of exam style questions relating to this week’s content, as well as ask any questions of your tutor.

So, come prepared having watched this week’s videos and made note of any bits that weren’t clear or got you stuck!

### Due

At your regularly scheduled workshop time – first hour only.

### Suggested Procedure

1. Read the virtual classroom instructions on the main homepage. If you'll be using an IOS or other mobile device, download the Zoom app before your class starts.
2. Click on your tutors name in the list of virtual classrooms (homepage underneath Week 2 overview lecture) and get ready to join in!!

Additional info

* Classes are scheduled during the first hour of your regularly scheduled class. Tutors will be available for up to an hour, but will leave if no one is online after 20 minutes (or if all questions to that point have been answered) so come prepared!
* Virtual classrooms are not compulsory but will provide excellent revision opportunities before the quizzes, and practice for exam style questions and concepts. Some questions will be provided but bring your own questions if you need clarification!