

Session plan: Finding and downloading health-related apps

Session objectives and overview:

To give learners an understanding of how to access the app store on their device and the difference between free and paid apps. By the end of the session, learners will have gained the knowledge and confidence needed to find and download health-related apps from their app store on to their smartphone or tablet.

Suggested session length:

60 minutes

Prior to the session:

- Print the “What is an app” tip sheet from the Be Connected Learning Portal - ([What is an app](#))
- Print the “How to get apps” tipsheet from the Be Connected Learning portal - [How to get apps](#)
- Print the “Trustworthy health and wellbeing apps” tip sheet - ([Trustworthy health and wellbeing apps](#))
- Make sure you have details of the WiFi for learners to connect to.

Prior knowledge:

Learners will either need to own or have access to a smartphone or tablet to use during the session, and understand basic navigation using gestures. A relevant app store account will need to be logged in to on each device to allow the learner to download apps.

Section	Timing	Activity	Assessment	Resources
Introduction	10 mins	<p>Welcome everyone to the session and ask learners to complete the CaptureIT Sign in form.</p> <p>If learners have brought their own devices, make sure they're connected to the internet.</p> <p>Discuss the learning objectives.</p>	<p>Asking questions about what kinds of devices learners have, along with what apps (if any) they use will help you gauge knowledge levels of learners.</p>	<p>Laptop, data projector, power cords, whiteboard, marker pens tea, coffee, biscuits, sign in sheet, pens</p> <p>Sign in sheet</p>
Free and paid apps	10 mins	<p>Talk to learners about the difference between paid and free apps. While some people do not want to pay for apps, others may find it beneficial to remove distractions such as ads and popups.</p> <p>Distribute the "What is an app" tip sheet.</p>	<p>Clarify that learners understand the differences and how to spot a free vs. paid app by asking them questions.</p>	<p>What is an app</p>
Practical activity	10 mins	<p>Ask learners to use their device to search their app stores for a health-related topic or app, such as "Couch to 5K".</p> <p>Learners should find one example of a free version and one paid version of a similar app.</p> <p>Ask them to note down the price of the paid version and the differences between this and the free version.</p> <p>Make your way around the room when</p>	<p>Learners are able to complete the activity.</p>	

Section	Timing	Activity	Assessment	Resources
		<p>learners are doing this activity, asking if they've got questions and supporting them if they need help.</p>		
<p>Group discussion & activity</p>	<p>20mins</p>	<p>Show the learners how to download an app using the "How to get apps" tipsheet as a guide.</p> <p>Discuss the differences between free and paid versions of these apps and how you can assess features to decide which version is right for them.</p> <p>Some of these could be (using "Couch to 5K" as the example):</p> <ul style="list-style-type: none"> ● Allow you to listen to music ● Will mute your phone calls ● Play motivational messages whilst you run ● Don't do anything apart from beeping to start and stop running. 	<p>Learners can decide if a health-related app is worth paying for based on its features.</p> <p>Don't advise one way or the other. Each learner is different and where some choose to save money, others will choose increased functionality.</p>	<p>How to get apps</p>
<p>Session review</p>	<p>10 mins</p>	<p>Ask learners if they have any questions. Distribute the "Trustworthy apps to manage your health and wellbeing" tip sheet.</p>	<p>Asking learners how they would download an app on their phone and how they would check if it was free will allow you to check their understanding of the session content.</p>	<p>See learner feedback.</p>

Suggested next steps:

Now that learners understand how to search for and download health-related apps, they may also be interested in “How to find reliable websites for health and wellbeing information.”

We have a session plan on this topic for you to use [sessionplan_how to find reliable websites for health and wellbeing info](#) .