

Business Skills Qualifications IT Solutions



**NDA** website

NDA training course dates

Make an enquiry

#### Dear client

Welcome to the April edition of NDA's newsletter.

The big IT event of the last month was the much hyped-release of the iPad 3. Naturally I succumbed to the temptation and ordered one on-line for delivery on release day. In my defence this was an upgrade from the original iPad, having skipped the iPad 2 -- and of course an essential buy to inform the readers of this newsletter about the product.

What's to tell? Well, er, not a lot actually. The Retina screen is magnificent, the battery seems to last longer but the rest of it is just the same old sleek, obsessive, incredible design we have become accustomed to from this manufacturer.

Let me put it this way. Apple products are the only ones I purchase where the packaging is so minimalistic and high-quality that it is worth storing to be passed on with the product to the next owner.

As regards the functionality, there's no Siri but the dictation feature works at about 98% accuracy and is a viable alternative to typing for anyone with banana fingers.

There. That's it - purchase justified. As there is not much else to say about the hardware you might be interested in a run down on iPad / iPhone health apps that track movement and energy expenditure - see below. With warm regards

# Nigel Davies **Director, NDA**

You are receiving this newsletter either because you attended an NDA training course and ticked the relevant box on the course review form or because a friend subscribed you. You can unsubscribe automatically at any time by clicking the link at the bottom of the email.

You are free to reproduce any material provided it is accompanied by this message: Reproduced from the newsletter of NDA Tasmania - <a href="https://www.nda.com.au">www.nda.com.au</a> - phone 1300 765 736.

# Health Apps for the iPad / iPhone

It used to be that health experts recommended three by 30 minute periods of exercise a week to maintain good health. Now it turns out that *avoiding inactivity* is just as important in maintaining good health as activity. In summary, **sitting for over six hours a day for two decades can reduce your lifespan by seven quality-adjusted years**. Being physically active when you are not sitting mitigates the

effects but is not a substitute for lack of movement for extended periods.

Who is at risk through remaining immobile for extended periods? Masai tribesmen? - No! Nomadic hunters in Lapland? - No! People that cover themselves in gold paint and imitate statues? - Yes. Screen jockeys like you and me? - Quite possibly.



Fortunately the remedy is as simple as standing up and moving around for a couple of minutes every hour, provided you don't become so engrossed in your work that you forget to do this. You will find a summary of the physiology of inactivity and some simple solutions to beating it in this excellent article.

All of which prompted me to investigate iPhone health apps to see if anyone has attempted to use the iPhone's GPS and accelerometer to detect and monitor movement. At first look there are 7,667 health apps to choose from. Interestingly the number one health app is <a href="Sleep Cycle">Sleep Cycle</a> (\$0.99), something I downloaded and experimented with last year and which works as advertised.

Moving on down the list, through Ab Workouts, Period Trackers, ButtWorker Pro (hmm, the Pro version - impressive - does anyone admit to owning ButtWorker Amateur?).

I get sidetracked for a while by <u>BrainWave</u> (\$1.99 - untested). This feeds different aural signals into each ear to stimulate brainwave patterns that are claimed to be conducive to sleep, problem solving, alertness etc depending on your needs. We'll put that one away for a day when the brainwaves are in gullibility mode.



Sidetracked again by <u>PostureCorrection</u> (free) to the extent that I download the app and test it. The app uses the iPhone's accelerometer to detect when you slouch and alerts you with a vibration. Unfortunately my shirt didn't have a breast pocket so I popped the phone in the waistband of my pants with intriguing though largely unreportable results.



Finally a solution that looks the goods. <u>UP</u> by Jawbone is a combination of wristband and iPhone app. The wristband contains a motion sensor. In combination with the iPhone app it warns you when you have been inactive for too long, tracks your movement and calorie output during the day, tracks your sleep patterns at night and also your diet. Sounds too good to be true? Unfortunately yes. The product was recalled shortly after release

in December 2011 with battery issues in the wristband but might be worth a look if it is re-released - original price \$99.



Nike has a similar product called <u>Fuelband</u> but this only measures activity and has no reminder function to sense prolonged inactivity (and it costs a hefty \$149 to pay for all those super-star sponsorships and pull-through ads that interrupt your enjoyment of big sports

events).

So - an interesting field for development with no ideal solution as yet but plenty of activity in the marketplace Perhaps there is an opening here for an enterprising Tasmanian software developer?

# New Half-Day Tutorials for Qualification Units

Many people find returning to study and completing assignments an intimidating prospect - especially those without previous experience of higher education.

To assist clients in completing Diploma qualifications, NDA recently trialled some optional half-day tutorial sessions in Hobart and Launceston. Each session was aligned to a particular unit of a qualification and provided opportunities for clients to discuss the unit content with their assessor, network with other clients and complete assessment exercises.

The trials were well received so we will be offering tutorials in the most popular units at six monthly intervals and notifying clients enrolled in those units by email. There is no charge for this service.

Hi Nigel,

I am studying my Diploma of Business Administration with NDA and it was great to have the group session for this module. I really enjoyed the session and being able to share ideas with other participants. Also it was a great way of knowing what is expected as I sometimes read more into the questions than necessary and put off doing the assessment.

Attending these sessions will be a great asset to clients completing their Diplomas through your company.

Kind regards

Chaylea Brasher

DHHS

### **Productivity Places Program (PPP)**

No, it's not too late but you will need to be quick if you would like us to tender to Skills Tasmania on your behalf before the current round closes on 13 April:

- Funding of 70% 90% for Cert IV and Diploma qualifications depending on the number of staff in your organisation.
- Open to both public and private organisations.
- Minimum four qualifications but you can mix and match.

NDA specialises in delivering qualifications in the following disciplines:

- Business
- Business Administration
- Human Resources
- Frontline Management
- Management

- Project Management
- Training and Assessment

Please call Janelle on 1300 765 736 if you require more info.

## Micro Management

One of the strengths of the Germanic race is its ability to design great technical solutions and then be absolutely pedantic in micro-managing their application to produce well-engineered and reliable products.



Like many strengths, though, when taken too far it can become a weakness - as this sign from a lavatory in the German-speaking part of Switzerland indicates. Now call me old fashioned but this is something my mum drilled into me around the age of two (and don't you just love the fine detail in the picture...)

### **Apartment for Sale**

Looking to downsize? Want to be five minutes from town and enjoy shut-the-door-and-walk-away security? You might be interested in this two-bedroom Salamanca Mews apartment.



### Forthcoming Training Courses

The following courses will shortly be presented by NDA, some at significant discounts on standard rates (to obtain the discount, please phone Janelle on 1300 765 736 and mention this email when making bookings):

#### **Hobart – IT Courses**

SQL Intro 22 Mar - \$285 one place left

Image Manipulation 2 Apr (am) - \$195

Designing Simple Websites 3 Apr - \$240 course full

Publisher 4 Apr - \$240

Office 2007 / 2010 Conversion 5 Apr (am) - \$195

Excel Introductory 12/13 Apr - \$480 two for the price of one

Excel Intermediate 13/16 Apr - \$480

Excel Advanced 16/18 Apr - \$480

Word Introductory 17/19 Apr - \$480

Word Intermediate 19/23 Apr - \$480

Word Advanced 23/24 Apr - \$480

MYOB Setup and Operation 26/27 Apr - \$570

PC Basics with Windows 26 Apr - \$240

Intro to PCs with Windows and Office 26/27 Apr - \$480

#### **Hobart - Business Skills Courses**

Managing Successful Projects 28/29 Mar - \$570 two places left

Time Management 5 Apr - \$285

Superior Customer Service 13 Apr - \$285

Conflict Resolution and Assertiveness 17 Apr - \$285 two for the price of one

OH&S in the Workplace 18 Apr - \$285

Business Writing Skills (Basics) 23 Apr - \$285

#### **Launceston – IT Courses**

Word Advanced 21/23 Mar - \$480 two places left

Microsoft Project 2/3 Apr - \$480 course full

Designing Simple Websites 3 Apr - \$240

Windows 7 Conversion 5 Apr (am) - \$195

Excel Introductory 12/13 Apr - \$480 course full

Excel Intermediate 13/16 Apr - \$480

PowerPoint 16 Apr - \$240

Word Introductory 17/19 Apr - \$480

MYOB Setup and Operation 19/20 Apr - \$570

MYOB Payroll 23 Apr - \$285

Word Advanced 23/24 Apr - \$480

### **Launceston – Business Skills Courses**

Time Management 5 Apr - \$285

Superior Customer Service 13 Apr - \$285

Conflict Resolution and Assertiveness 17 Apr - \$285 two for the price of one

OH&S in the Workplace 18 Apr - \$285 two for the price of one

Managing Successful Projects 26/27 Apr - \$570

#### **Devonport – IT Courses**

PowerPoint 23 Mar - \$240 two for the price of one

Microsoft Project 2/3 Apr - \$480 one place available

Excel Introductory 12/13 Apr - \$480

Excel Intermediate 13/16 Apr - \$480

Excel Advanced 16/17 Apr - \$480 course full

Word Introductory 17/19 Apr - \$480

Word Advanced 23/24 Apr - \$480

PowerPoint 26 Apr - \$240

#### **Devonport - Business Skills Courses**

Time Management 5 Apr - \$285 two for the price of one

Recruit Select and Induct Staff 11 Apr - \$240

Superior Customer Service 13 Apr - \$285

#### **HOBART**

Level 3, Trafalgar Centre, 110 Collins St Hobart TAS 7000

Phone: (03) 6224 2660

### LAUNCESTON

Level 1, 65 St John Street Launceston TAS 7250 Phone: (03) 6334 4910

#### **DEVONPORT**

The Roberts Building, 23 Stewart St Devonport TAS 7310 Phone: (03) 6423 4547