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FUSION

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Available CPD Material (1)



Wellness & Light; The Future Of Architectural Illumination

The purpose of this CPD is to try to explain why lighting is so important not just to a physical space but to us as humans. We investigate why a warmer light makes a room feel cozier and why a cooler one makes us more alert and able to concentrate. We look at how our bodies are preprogrammed to work in this way and how this can be aided from a lighting perspective.

By the end of this CPD delegates should:

1. Understand the history of light and where artificial light fits into this.
2. Understand the structure of the eye, how different people see the world differently, how and why the quality of light matters and how this is measured.
3. Understand how our bodies are programmed to respond to different colour temperatures of light and how we can support this in a home environment using tuneable light sources.
4. Understand the seven principles of biophilic design and how lighting can play its part.
5. Understand commonly asked questions relating to LEDs and tuneable light sources.

Material type:

Seminar

RIBA Core Curriculum:

Design, construction and technology
Health, safety and wellbeing

Knowledge level:

General Awareness

Classifications

Subject/Product Areas (CI/SfB)

Structure

Windows > Aluminium windows

RIBA Core Curriculum areas

Design, construction and technology

Knowledge level: *General Awareness*

Health, safety and wellbeing

Knowledge level: *General Awareness*