

# WEA Course Information Sheet 2017-18



<b>Course title:</b> Gentle Exercise		<b>Course ID:</b> C3672653
<b>Start date:</b> 12/04/2018	<b>End date:</b> 05/07/2018	<b>Day(s)/time(s):</b> Thu 09:00
<b>Number of sessions:</b> 12	<b>Hours per session:</b> 2	<b>Tutor:</b> Karen Gug
<b>Additional hours:</b>	<b>Specific funder/partner requirements:</b>	
<b>Awarding body (if any):</b>		<b>Level:</b> Level 1
<b>Title of qualification to be gained:</b>		
<b>Fee:</b> £84.00 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded)		
<b>Accreditation Fee</b> (if applicable):		
<b>Venue:</b> The Linney Community Care Centre, Balby, Weston Road, DONCASTER, South Yorkshire, DN4 8NF		
<p><b>Theme(s):</b> The WEA has four themes it uses for planning its provision.</p> <p><b>Employability</b> – helping students to get a job or to make progress in their employment</p> <p><b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing</p> <p><b>Community Engagement</b> – encouraging students to be positively involved in their communities</p> <p><b>Culture</b> – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. <b>Health and Wellbeing</b>                                  2.</p>		

**Course Aim**  
 A fun and enjoyable gentle exercise course suitable for all. Exercises to increase fitness levels and improve health and wellbeing, through improving balance, co-ordination, strength and reducing stress.

**Course Description**  
 A safe and effective gentle exercise course focusing on improving health and functional fitness. Each week contains a top to toe warm up, including aerobic routines, strength exercises with resistance bands or exercise equipment, balance exercises and a cool down including stretching and relaxation. Alternatives and adaptations will be offered to ensure everyone can participate. An enjoyable class in a friendly environment.

**Do I need any particular skills or experience?**

- No skills or experience needed
- This course is suitable for beginners and improvers
- Everyone Welcome

**What will I achieve?**  
**By the end of the course I will be able to:**

1. Recognise the need to be physically active regularly and how this impacts on health and wellbeing.
2. Recognise the benefit of being physically active throughout life and how this changes due to age,

circumstances, etc.

3. Recognise which areas of my health and functional fitness have improved, such as balance, co-ordination, mobility, etc.

4. Share and discuss their experiences of taking part in physical activity, what they have enjoyed and why, how participating has impacted on them and their health.

### **What teaching methods will be used and will there be work outside of the class?**

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning
- You may be asked to undertake additional work in your own time to support your learning

### **What kind of feedback can I expect from the tutor?**

- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning

### **What else do I need to know? Is there anything I need to bring?**

- Wear comfortable clothing and footwear suitable for exercise. Contact tutor if necessary for more details.

### **Pre-course work, reading and information sources**

- No pre reading or pre course work is required

### **Possible next steps after this course including career opportunities if appropriate**

- Progress to another WEA course
- This course could lead to a range of job opportunities. Follow link to National Careers Service for more details <https://nationalcareersservice.direct.gov.uk/>
- Become involved as a volunteer for a WEA partner or another organisation

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept a Learning Agreement. Full details of the Learning Agreement can be found on our website at <http://www.wea.org.uk/about-us/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB Tel: 0300 303 3464 Email: [courseenquiries@wea.org.uk](mailto:courseenquiries@wea.org.uk)

