

WEA Course Information Sheet 2017-18



Course title: Healthy Towns Gym - Men		Course ID: C3126003
Start date: 20/04/2018	End date: 13/07/2018	Day(s)/time(s): Fri 10:30
Number of sessions: 12	Hours per session: 1.5	Tutor: Simon Palmer
Additional hours: 3	Specific funder/partner requirements:	
Awarding body (if any): Title of qualification to be gained:		Level: Entry 1
Fee: £.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Crosswalks Community Centre, Lye Community Centre, Cross Walks Road, Stourbridge, West Midlands, DY9 8BH		
Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments		
The Theme(s) used in planning your course is/ are:		
1. Health and Wellbeing 2. Community Engagement		

Course Aim Cardio fitness and strength work with specific learner outcomes based on health.
Course Description An exercise class tailored specifically for the APNA Group, consisting of cardio and strength exercises along with some fun based team games. The emphasis is very much on fun based learning with all members of the group taking part in each session.
Do I need any particular skills or experience? - No skills or experience needed - Course is for members of the APNA group
What will I achieve? By the end of the course I will be able to: 1. Explain what is Osteoporosis 2. Describe 3 risk factors associated with Osteoporosis 3. Name 3 ways to reduce the risk of Osteoporosis 4. Explain how physical activity can help to reduce the risk of Osteoporosis
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

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?

- Nothing else is needed
- Clothing and foot wear suitable for exercise.

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

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



The Workers' Educational Association (WEA) is a charity registered in England and Wales (number 1112775) and in Scotland (number SC039239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered Office: Workers' Educational Association, 4 Luke Street, London, EC2A 4XW