

WEA Course Information Sheet 2017-18



Course title: Excercise and Dance		Course ID: C2419782
Start date: 18/04/2018	End date: 18/07/2018	Day(s)/time(s): Wed 19:00
Number of sessions: 13	Hours per session: 1.25	Tutor Denise Liasides
Additional hours:	Specific funder/partner requirements:	
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Harrow Gateway, North Harrow Car Park, Pinner Road, North Harrow, Middlesex, HA2 7TA		
<p>Theme(s): The WEA has four themes it uses for planning its provision.</p> <p>Employability – helping students to get a job or to make progress in their employment</p> <p>Health and Wellbeing – making a positive contribution to their own or others health and wellbeing</p> <p>Community Engagement – encouraging students to be positively involved in their communities</p> <p>Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. Health and Wellbeing 2. Community Engagement</p>		

<p>Course Aim</p> <p>To increase fitness and activity levels through exercise, dance and sports games.</p>
<p>Course Description</p> <p>A friendly, relaxed and fun low intensity exercise to music class for adults with learning disabilities. It is suitable for both beginners and those wanting to increase their fitness and activity levels. Activities will include floor exercises; working individually with partners and in groups; and the use of small hand weights and resistance equipment.</p>
<p>Do I need any particular skills or experience?</p> <ul style="list-style-type: none"> - No skills or experience needed - This course is suitable for beginners and improvers - You will need to talk to a member of staff and do a short activity to make sure the course is right for you. For more information and to book an appointment please call 0300 303 3464 - This course is open to adults with learning disabilities.
<p>What will I achieve?</p> <p>By the end of the course I will be able to:</p> <ol style="list-style-type: none"> 1. Perform a short aerobic dance sequence. 2. Perform a group country dance 3. Complete a set of 8/12/16 back raises 4. Complete a set of 8/12/16 sit ups

5. Complete x10 upright rows with a kettlebell

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
- Photographs and videos taken of exercises and routines performed

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

- wear loose comfortable clothing for exercise - trousers, leggings or shorts, T-shirt and training shoes. You will be performing some floor exercises that may require lying on the floor.

Pre-course work, reading and information sources

- No pre reading or pre course work is required
- Practise at home of exercises learnt in class would help increase fitness levels at a quicker pace.

Possible next steps after this course including career opportunities if appropriate

- Progress to another WEA course
- Progress to a course with another provider

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

