

WEA Course Information Sheet 2017-18



Course title: Healthy Towns Gym		Course ID: C3126051
Start date: 16/04/2018	End date: 16/07/2018	Day(s)/time(s): Mon 11:00
Number of sessions: 12	Hours per session: 1.5	Tutor Jack Davies
Additional hours: 2	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: Netherton Park, Netherton Park, Netherton, Dudley, West Mids, DY2 9QF		
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
To provide an introduction into a variety of exercise training methods to help develop skills and knowledge around increasing an individuals physical activity levels.

Course Description
An insight into varied exercise training methods comprising of, circuit training, health walks, outdoor gym inductions and resistance training. The course will help to introduce an individual into a range of exercise training types encouraging the development of the physical and psychological benefits from regular physical activity. Weekly sessions will be both indoor and out incorporating exercise with the parks green-spaces.

Do I need any particular skills or experience?
- No skills or experience needed
- This course is suitable for beginners and improvers

What will I achieve?
By the end of the course I will be able to:
1. Be able to safely and efficiently use outdoor green gym equipment to undertake physical activity.
2. Be able to demonstrate a minimum of 2 mobility (warm up) / 2 cool down exercises.
3. Be able to explain 3 benefits of regular resistance training.

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

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

- Nothing else is needed

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
- 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



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