

WEA Course information sheet 2019-20



Course title: Chair Based Exercise		Course ID: C2524928
Start date: 12/09/2019	End date: 28/11/2019	Day(s)/time(s): Thu 14:00
Number of sessions: 11	Hours per session: 2	Tutor Anne Whitehead
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any):		Level: Level 1
Title of qualification to be gained:		
Fee: £77.00 or Free if you are in receipt of an income related benefit (only SFA funded)		
Accreditation Fee (if applicable):		
Venue: Milecastle House, Milecastle House, 21 Finchley Court, Newcastle upon Tyne, Tyne and Wear, NE6 4YW		
<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>		
The Theme(s) used in planning your course is/ are:		
<ol style="list-style-type: none"> 1. Health and Wellbeing 2. 		

<p>Course Aim</p> <p>To provide a Chair exercise with Yoga programme for less active older people in order to maintain and / or promote balance, mobility, independence. To provide information about and a chance to sample seasonal fruits, smoothies and baking using fruit.</p>
<p>Course Description</p> <p>Physical activity and exercise are a recognised intervention in helping to increase balance, mobility, reaction times, muscle strength and general wellbeing. As a consequence of the above the risk of falling is greatly reduced. Chair based Yoga and exercise with the use of physio bands is a very safe, gentle and effective way to maintain and promote mobility and independence in older frailer people. Everyone can take part even those with very restricted mobility. After the exercise session participants sample a range of seasonal fruits, smoothies and juices and discuss the health benefits.</p>
<p>Do I need any particular skills or experience?</p>
<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. Explain or demonstrate one warm up exercise 2. Explain or demonstrate one exercise to help with flexibility of the fingers.

3. Explain or demonstrate how a physio band exercise links to a functional activity such as walking or balance.
4. Explain or demonstrate one breathing / Pranayama practise.

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?

- You will have opportunities to discuss your progress with your tutor
- We always discuss alternative moves during the session to either make things easier or to extend to a different level.

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

- Nothing else is needed
- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you

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
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your 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 our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/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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