

WEA Course information sheet

2019-20



Course title: feel fabulous - Fun Fitness & exercise class		Course ID: C3677001
Start date: 15/11/2019	End date: 29/11/2019	Day(s)/time(s): Fri 10:00
Number of sessions: 3	Hours per session: 2	Tutor Karen Gug
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Entry 3
Fee: £22.80 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Galsworthy Community Centre, Galsworthy Close Estate, Doncaster, South Yorkshire, DN4 9DG		
<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>		

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 health and functional fitness. Each week will contain a top to toe warm up, aerobic routines, strength exercises with resistance bands or exercise equipment and a cool down which includes 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?

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

1. Feel the benefits of regularly participating in gentle exercise.
2. Recognise which areas of my health and functional fitness have improved, such as balance, co-ordination, mobility, etc.
3. Share and discuss their experience of taking part in physical activity, what they have enjoyed

and why and 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 suitable comfortable clothing and footwear. Contact tutor for further information if required.

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

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



