

2.

Explore the Science of Healthy Living

3. Explain what 'Tandrusti' means to me.

What teaching methods will be used and will there be work outside of the class?

- 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

- A file of work will be kept which will help to record your progress

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

- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you

- Appropriate clothing for exercise and a water bottle with any medications you may require during exercise.

Pre-course work, reading and information sources

- Basic Health and Safety information.

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course

- Progress to a course with another provider

- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member

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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