

WEA Course information sheet

2019-20



Course title: Wellcome to the Science of Nutrition and Healthy Living		Course ID: C3127533
Start date: 15/01/2020	End date: 11/03/2020	Day(s)/time(s): Wed 13:20
Number of sessions: 9	Hours per session: 1.5	Tutor Nasrain Akhtar
Additional hours: 2	Online Learning Hours: 0	
Specific funder/partner requirements: This course is funded by the Wellcome Trust		
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: Crosswalks Community Centre, Lye Community Centre, Cross Walks Road, Stourbridge, West Midlands, DY9 8BH		
<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 community gym course which gives a full body workout using a large variety of gym equipment.
Course Description The course aims to improve fitness through tailored exercise utilising a wide variety of gym equipment. Under the theme of Public Health, this course will improve people's understanding of the science in the world around them to foster a greater understanding of improvements in our health. This course is about sparkling students' interest and engagement so they can debate the course themes amongst themselves, share their learning within the community and take ongoing action in areas that interest them. The course is fully funded by the Wellcome Trust.
Do I need any particular skills or experience?
What will I achieve? By the end of the course I will be able to: 1. Be able to access information and further learning opportunities relating to the work of the Wellcome Trust. 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?

- 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
- 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 and footwear for exercise a water bottle and any relevant medicines required 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



Education & Skills
Funding Agency



European Union
European Social Fund

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