

WEA Course information sheet 2020-21



**Adult Learning
Within Reach**

Course title: Pilates		Course ID: C2526059
Start date: 16/10/2020	End date: 11/12/2020	Day(s)/time(s): Fri 09:00
Number of sessions: 8	Hours per session: 1.5	Tutor Susanna Heath
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £38.40 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Online Learning, Online, ZZ99 9ZZ		
<p>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</p> <p>The Theme(s) used in planning your course is/ are:</p> <ol style="list-style-type: none"> Health and Wellbeing 		

Course Aim

Pilates is a series of dynamic stretching body weight movements that are excellent for developing muscle awareness, strengthen and stretch the body and promote functional safe movement patterns in day to day living.

Course Description

Join us for this friendly class, suitable for beginners and improvers. Pilates is a series of dynamic stretching body weight movements that are excellent for developing muscle awareness. The course will follow a progressive programme of Pilates, designed to strengthen and stretch the body. Pilates can also help towards positive mental health. The course will follow a programme allowing the learner to work at their own pace, strengthening and progressing the exercises to suit the needs of their body. The key principles of Pilates will be introduced and various parts of the body will be targeted: eg: legs, arms, glutes, core, obliques and back.

Do I need any particular skills or experience?

What will I achieve?

By the end of the course I will be able to:

- Learn how to engage my core muscles
- Be able to coordinate leg and arm movements whilst isolating them from the trunk/joint.
- Have progressed from pre-pilates movements to higher levels (as long as it is safe to do so).

4. Be able to identify starting positions: rest, single table top, double table top, chest curl/abdo prep
5. Be able to see how the safe movement patterns taught in class can be implemented in day to day life eg: picking up heavy objects, posture etc.

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

- The WEA's digital learning platform, Canvas will be used to provide resources or to support lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>

What kind of feedback can I expect from the tutor?

- 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?

- What you need: You will need an internet connection, speakers, a microphone and a webcam so that you can use our video learning platform, Zoom. If you'd like to understand more Zoom please visit: <http://bit.ly/ZoomSpec>
- You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- If exercising at home you need a soft surface to do pilates on. if you don't have an exercise/yoga/pilates mat you can lay a bath towel on the floor. A hand towel and/or cushion is useful to place underneath your head.

Pre-course work, reading and information sources

- You will have access to course resources and links to wider learning through the WEA's digital learning platform, Canvas: <http://bit.ly/WEAonline>
- No pre reading is required but research on the subject on the internet or in the library may be helpful
- You will be required to complete a pre-course Health Questionnaire which you will find inside your Canvas Course.

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

- Progress to another WEA course
- Progress to a course with another provider

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 most 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
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