

# WEA Course information sheet 2020-21



**Adult Learning  
Within Reach**

<b>Course title:</b> Fitsteps		<b>Course ID:</b> C3746348
<b>Start date:</b> 05/01/2021	<b>End date:</b> 09/02/2021	<b>Day(s)/time(s):</b> Tue 19:30
<b>Number of sessions:</b> 6	<b>Hours per session:</b> 1	<b>Tutor</b> Nancy Katsaiti
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b>		
<b>Awarding body (if any):</b> <b>Title of qualification to be gained:</b>		<b>Level:</b> Level 2
<b>Fee:</b> £19.20 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded) <b>Accreditation Fee</b> (if applicable):		
<b>Venue:</b> Online Learning, Online, ZZ99 9ZZ		
<p><b>Theme(s):</b> The WEA has four themes it uses for planning its provision.  <b>Employability</b> – helping students to get a job or to make progress in their employment  <b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing  <b>Community Engagement</b> – encouraging students to be positively involved in their communities  <b>Culture</b> – 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"> <li><b>Health and Wellbeing</b></li> <li></li> </ol>		

## Course Aim

Fitsteps is a fitness class, delivered through dance. So, the emphasis is on helping people towards fitness; structuring the class to deliver real, measurable, fitness results.

## Course Description

Fitness That's "Strictly" Fun! Strictly Come Dancing's Natalie Lowe, Mark Foster, and Ian Waite had a great idea to mix the graceful steps of Ballroom and the up tempo steps of the Latin dances together to create a really fun, energetic and effective way to stay fit and keep trim that would appeal to everyone, even if they couldn't dance. A dance fitness programme described as "so much fun you don't even realise you are getting fit!"

You will need to have your camera on at all times.

## Do I need any particular skills or experience?

## What will I achieve?

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

1. Improvement in cardiovascular fitness
2. Learn 5 new routines
3. Follow steps and sequences confidently
4. Improve muscle tone
5. Have fun and feel energised

### **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>
- 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?**

- Demonstration, question and answer, discussion, observation, individual work, practical work.

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

- Must wear comfortable clothes and trainers or bare feet if you are on carpeted floor. For health and safety reasons you must have your camera on at all times during class.

### **Pre-course work, reading and information sources**

- No pre reading or pre course work is required
- It is compulsory to fill in and return a pre exercise/dance halite questionnaire before your course begins.

### **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 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](mailto:courseenquiries@wea.org.uk)



