

Course Title:		Gentle Exercise – aimed at the over 50's (Clockhouse)					
Course Code:		E1000PGK	Centre:	Clockhouse	Tutor:	Susan Burgess	
Day:	Mon	Start Date:	20/09/10	Length:	25 wks	Time:	09:45-10:45

Course Content/Syllabus

This course will include the following topics:

- Posture – core stability.
- Mobilising and strengthening.
- Appropriate muscle groups.
- Stamina.
- Co-ordination.
- Breathing techniques and relaxation.

After completing the course, students should be able to:

- Enjoy better posture.
- Have good understanding of exercising properly.
- Achieve improved overall fitness and co-ordination.

Assessment Methods

Continuous informal assessment.

Home Study

Attendance

Regular attendance is expected in order to get the most from your course.

Entry Requirements

No prior experience necessary, but please note that this class is part of our outreach programme, and is primarily aimed at residents of the local area.

English, Maths & IT Entry Requirements

Ability to understand verbal instructions and copy movements

Exam Fees

N/a

Additional Costs (eg course materials & textbooks)

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You are advised not to purchase text-books or equipment until the course is confirmed.

For your first session, please bring:

- Wear loose, light clothing e.g. T-shirt and tracksuit trousers
- Soft shoes (or bare feet)

Extra Help With Your Learning

For details of additional support, please request the learning support leaflet and indicate your needs on the enrolment form.

Progression/Further Opportunities:

Other exercise classes at SCOLA