

Course Title:		Chair-Based Exercise					
Course Code:		E5004PGK	Centre:	Wallington	Tutor:	TBA	
Day:	Fri	Start Date:	14/01/11	Length:	20 wks	Time:	11:45-12:45

Course Content/Syllabus

This course will include the following topics:

- Improve and maintain muscle strength and flexibility
- Improve and maintain joint mobility
- Increase postural awareness and balance
- Increase movement quality to improve everyday life
- Social and fun aspect of working in a group
- Increase the feeling of wellbeing

After completing the course, students should be able to:

- Have more confidence in your quality of movement
- Have increased strength and flexibility
- Be aware of postural alignment and have increased balance
- Meet new people

Assessment Methods

Continuous informal assessment.

Home Study

Attendance

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

Entry Requirements

N/a – all welcome

English, Maths & IT Entry Requirements

Ability to understand verbal instructions and copy movements

Exam Fees

N/a

Additional Costs (eg course materials & textbooks)

-

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:

SCOLA is an Equal Opportunities College committed to eliminating discrimination and promoting Equal Opportunities for all