

Course Title:		Look After Your Heart (General Exercise)					
Course Code:		S1010PGS	Centre: Sutton		Tutor: Elvera Turnbull		
Day:	Mon	Start Date:	20/09/10	Length:	11wks	Time:	09:30-10:45

Course Content/Syllabus

This course will include the following topics:

- Exercise with warm-up incorporating mobilisation
- Pulse raiser and stretch
- Circuit training involving cardio-vascular stations
- Muscular toning, strength and endurance training
- Cool-down and stretch and relaxation
- Issues such as diet can be introduced

After completing the course, students should be able to:

- Improve their cardio-vascular fitness
- Strengthen the heart
- Achieve a greater sense of well-being
- Safely exercise at home

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)

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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:

- Loose, comfortable exercise clothing
- Non-marking training shoes
- Bottle of water

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