

<b>Course Title:</b>		<b>Gentle Movement for Healthy Living</b>					
<b>Course Code:</b>		S1026PGS	<b>Centre:</b> Sutton		<b>Tutor:</b> TBA		
<b>Day:</b>	Mon	<b>Start Date:</b>	10/01/11	<b>Length:</b>	20 wks	<b>Time:</b>	11:00-12:00

### Course Content/Syllabus

This course will include the following topics:

- Flexibility and mobility
- Strength and endurance
- Dance
- Exercise
- Skilful movement
- Rhythm and effort actions
- Small apparatus

**After completing the course, students should be able to:**

- Perform sequences of exercises
- Move rhythmically
- Demonstrate co-ordination and flexibility
- Understand value of using small apparatus

### 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:

Other movement & exercise classes at SCOLA  
Line-dancing