

Course Title:		Gentle Movement for Healthy Living					
Course Code:		S1109PGS	Centre:	Sutton	Tutor:	Audrey Edwards	
Day:	Mon	Start Date:	20/09/10	Length:	11 wks	Time:	14:00-15:00

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)

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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 movement & exercise classes at SCOLA
Line-dancing