

Course Title:		Gentle Movement for Healthy Living					
Course Code:		S2020PGS	Centre:	Sutton	Tutor:	Susan Burgess	
Day:	Tue	Start Date:	21/09/10	Length:	11 wks	Time:	10:00-11:00

Course Content/Syllabus

This course will include the following topics:

- Improve flexibility and mobility
- Increase strength and endurance
- Improve posture, balance and co-ordination
- Learning step patterns to build aerobic capacity
- Improve mental and physical agility

After completing the course, students should be able to:

- Perform sequences of exercises
- Demonstrate co-ordination and flexibility
- Feel the benefits of increased muscle strength and endurance
- Notice increased range of movement around a joint

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 clothing and soft shoes or trainers
- Please bring a water bottle

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