

Course Title:		Low Impact Exercise & Toning					
Course Code:		S2215PGS	Centre: Sutton		Tutor: Jane Pardoe		
Day:	Tue	Start Date: 11/01/11		Length: 20 wks		Time: 19:00-20:00	

Course Content/Syllabus

This course will include the following topics:

- Muscular strength and endurance work
- Correct exercise techniques
- Personal performance observed and corrected, where necessary
- Progressive course, commencing at basic and simple level, gradually increasing in intensity and degree of difficulty
- Stretching to encourage greater flexibility of joints and muscles

After completing the course, students should be able to:

- Know and understand correct exercise techniques
- Know how to exercise safely and effectively
- Experience toned and strengthened abdominal, gluteal and leg muscles
- Experience greater flexibility in joints
- Know and understand correct stretching techniques

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)

- Exercise wear including correct shoes
- Approx cost of shoes £30+

You are advised not to purchase text-books or equipment until the course is confirmed.

For your first session, please bring:

- Towel
- Water to drink

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:

Further exercise classes at SCOLA