

Course Title:		Low Impact Exercise & Toning					
Course Code:		S3231PGS	Centre: Sutton		Tutor: Mary Cox		
Day:	Wed	Start Date:	22/09/10	Length:	11 wks	Time:	19:45-20:45

Course Content/Syllabus

This course will include the following topics:

- Warm up
- Cardiovascular exercise – gentle, fun, low impact sequences to popular music
- Toning – arms, waist, chest, bottom, stomach
- Stretching to eliminate any muscle stiffness
- Cooldown – face the world feeling toned, fit and focused

After completing the course, students should have improved:

- Stamina
- Suppleness
- Strength
- Movement memory
- Fitness level

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)

- Appropriate clothing – see below

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

For your first session, please bring:

- Loose, unrestricting clothes
- Supportive trainers
- (1lb hand weights are optional)
- and bring a 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/regimes at SCOLA