

Course Title:		Keep Fit Mature Moves (KFA)					
Course Code:		S4017PGS	Centre:	Sutton	Tutor:	Brenda Chadwick	
Day:	Thu	Start Date:	23/09/10	Length:	11 wks	Time:	10:00-11:00

Course Content/Syllabus

This course will include the following topics:

- Warm up
- Short stretch
- Movement coaching
- Building up a movement sequence
- Floor work
- Cool down stretch
- Occasional use of small apparatus

After completing the course, students should be able to:

- Improve body awareness
- Overall fitness
- Improve co-ordination
- Balance and posture

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 women 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:

- Mat if possible
- Wear comfortable clothing

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:

- Advanced classes
- Participation in demonstrations
- Membership of the Keep Fit Association