

<b>Course Title:</b>		<b>Keep Fit Mature Moves (KFA)</b>					
<b>Course Code:</b>		S4019PGS	<b>Centre:</b>	Sutton	<b>Tutor:</b>	Brenda Chadwick	
<b>Day:</b>	Thu	<b>Start Date:</b>	13/01/11	<b>Length:</b>	16 wks	<b>Time:</b>	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