

<b>Course Title:</b>		<b>Gentle Keep Fit</b>					
<b>Course Code:</b>		W5002PGS	<b>Centre:</b>	Wallington	<b>Tutor:</b>	Susan Burgess	
<b>Day:</b>	Fri	<b>Start Date:</b>	24/09/10	<b>Length:</b>	11 wks	<b>Time:</b>	09:30-10:30

### Course Content/Syllabus

This course will include the following topics:

- Gentle but challenging class to suit the more active individual
- 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 a series of safe and effective exercises
- Improve and maintain joint mobility, balance, co-ordination and stamina
- Improve and maintain muscle strength and endurance
- Enjoy the work out and experience a sense of well-being
- Make new friends

### 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 mats are provided but please bring your own mat if you wish

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

### For your first session, please bring:

- Loose comfortable clothing
- Training shoes or soft flat shoes to be worn.

### 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:

Please discuss with tutor