

Course Title:		Gentle Keep Fit					
Course Code:		W5003PGS	Centre:	Wallington	Tutor:	Susan Burgess	
Day:	Fri	Start Date:	14/01/11	Length:	20 wks	Time:	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