

Course Description and Outline

Course Title	Legs, Bums and Tums for Women		
Level of Course	All	Course Code	A1918, A2299, B1919, B2300, C1920, C2202
Duration in Weeks	10		
Brief Description of Course What will the course cover?	This course is for women only. The course covers a mixture of cardiovascular movements and endurance exercises which will increase body strength, posture and shape. The course will consist of choreographed moves to music enabling people to create routines whilst exercising.		
Entry Requirements	None, but this course may not be suitable for those with certain medical conditions. Please check with your health professional if unsure. This course is not suitable for pregnant women		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Increase strength and tone body shape through a series of lower body exercises		
2	Develop flexibility through a range of stretch exercises		
3	Develop a sense of well-being in a supportive group environment		
4	Improve body posture through abdominal and core strengthening exercises		
5	Recognise the major benefits of exercise and how to exercise safely		
Equipment Required What will I need to bring to class?	At your first and last lesson you will be expected to complete some basic paperwork, your tutor will explain and support you. Please wear suitable clothes e.g. trainers, T-shirt and leggings and bring water to drink.		
What courses can I go on to?	Students can progress onto other exercise and health related courses to develop their skills, knowledge and fitness level. You may consider an accredited qualification in health and fitness.		

What examination or assessment will there be and what will it involve?

There is no formal assessment but you will be asked to monitor your own progress during the course. For example, this includes you monitoring your own health and fitness via a simple questionnaire.

How will I know I am making progress?

The tutor will provide verbal feedback throughout the course. Students are encouraged to monitor their progress and achievement using an Individual Learning Plan (ILP). You will also gain more from the course if you commit time to it outside the classroom.

Is there anything else I need to know?

In general, we will not allow late enrolment to any course after the first two weeks. Learners are expected to arrive on time and attend every class.

Children are not allowed in our health & fitness courses unless they are specifically family learning classes. Please do not ask your tutor to give your child access as they do not have the authority to do this.

Health and Safety requirements demand that all learners participating in fitness classes must complete the warm up. Therefore, latecomers that miss the warm up will be refused entry to the session.

Students are encouraged to comment on the course. The tutor will distribute at least one student satisfaction survey where your views will feed back into the planning, teaching and learning of future courses.

What if I want extra support? Contact the Learner Support & Advice Team

The Learner Support & Advice Team can support learners to help them achieve their education and employment goals. Information, advice & guidance are given on a range of issues, including financial support, and support available for learners who are disabled and learners with learning difficulties. Come and see one of our experienced and friendly advisors who can help you make the next step.

For further information, text **IDEA** and your name to **07950 080 341** or email **ideastorelearning@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.