

## Course Description and Outline

<b>Course Title</b>	Healthy Lives for Busy People		
<b>Level of Course</b>	Beginners	<b>Course Code</b>	A2612
<b>Duration in Weeks</b>	6		
<b>Brief Description of Course</b>	This course is for busy people who would like to feel vibrantly well. You will learn techniques and receive support to help you achieve a more energised and purposeful life.		
<b>Entry Requirements</b>	You will be able to speak English fluently and follow verbal and written information.		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Identify some ways that thoughts and emotions can change our physiology		
<b>2</b>	Learn how to listen to the messages of your body and respond accordingly		
<b>3</b>	Recognise how diet can impact on your sense of wellbeing and energy levels.		
<b>4</b>	Learn how 'earthing and grounding' can help combat stress in everyday life.		
<b>5</b>	Learn how to trust your intuition and start to take charge of your health and vitality		
<b>Equipment Required What will I need to bring to class?</b>	Pen, paper for notes		
<b>What courses can I go on to?</b>	Mindfulness Meditation or other suitable health courses		

### **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.

(Please note on all examination courses, it is a requirement that you provide photographic proof of ID. This is for external awarding body and internal invigilation authentication purposes.)

### **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 health classes must be present for instructions on safe working practices. Therefore, latecomers who miss the first part of the session will be refused entry.

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?**

Come and see one of our experienced and friendly advisors. For further information, email [ideastore@towerhamlets.gov.uk](mailto:ideastore@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.

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