

# Health And Fitness For Life

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## Introduction

This course will help you look at aspects of diet, exercise, fitness and other areas relating to personal health and well-being. By the end of the course you will be able to identify what adjustments need to be made in any of these areas in order to improve your health and general well-being.

## What will you learn?

By the end of the course you should be able to:

- Understand why personal fitness is important
- Recognise the role that exercise plays in a healthy life style
- Understand the role of a balanced diet in promoting good health
- Understand the importance of personal hygiene and good grooming
- Understand and consider the basic issues of sex education and contraception
- Take responsibility for your health and life style through action planning for the future

## Who is this course aimed at?

The Foundation Learning programme at Fircroft College aims to offer people without formal qualifications the opportunity to learn new skills and gain qualifications, helping you to get on in life and in work. Personal and Social Development courses such as this one are aimed at helping you understand your personal life situation, the impact of past events, present circumstances and future aspirations on the choices and decisions you wish to make to improve yourself.

## What are the entry requirements? (If applicable)

There are no formal entry requirements for this course.

## How is it taught?

The course is taught by an experienced tutor who will guide you through the learning in a supportive, encouraging and practical way. You will work with the tutor and other students to think about the issues relating to personal fitness including exercise, diet, hygiene and sexual health in order for you to plan for a healthier future. There will be group discussions that take place, as well as an opportunity for you to work individually and in one to one consultation with an inspiring lifestyle coach.

## How will you be assessed?

The Health and Fitness for Life course uses a number of different assessment methods, including completion of worksheets, practical exercises, some written work to describe your learning and understanding, tutor observation and small group work. If you have any concerns about your skills or confidence in writing, talking or anything else please talk to the staff in the short course office. They can answer many of your questions or will ask the tutor to get in touch with you before the course starts to discuss your needs.

## What will you achieve?

If you complete the course successfully you will achieve 3 Open College Network (OCN) Credits at Level 1 or 2. The OCN Credits you achieve are part of a national system for recognising and accrediting the learning you have undertaken on this course. Once you

complete this course you can build the number of credits you have achieved by undertaking further short courses as detailed below.

### **What can you do after this?**

You can do a number of other courses as part of the Personal and Social Development Pathway, including Coping with Stress, Anger Management, Developing Personal Confidence and Self Awareness, Developing your own Interpersonal Skills and Developing Personal Development Skills. If you complete all of these courses successfully you will gain an NOCN Progression Certificate at Level 1 or Level 2. You can then go on to achieve a full Diploma by taking further Personal and Social Development courses, or by improving any other skills which may be holding you back, such as Literacy, Numeracy, ICT or Employability.

### **Who are the tutors?**

The course is run by Jon Moulton; who is experienced in working with individuals and groups to support their personal development and learning in a positive way.

### **When does it run?**

This is a three day course which includes two nights residency at the College. Courses start at 5.30pm on the first day and finish between 3pm and 4pm on the third day. Please check our website or short course guide for course dates. Alternatively you can contact our Short Course office.

### **Is there a cost?**

This course is free if you are claiming certain types of benefits. Otherwise it is £40 (£10 surcharge for students holding a degree). All accommodation, food, teaching & course materials costs are included.

### **How can you apply?**

For more information please contact the short course office on 0121 472 0116 or email [shortcourses@fircroft.ac.uk](mailto:shortcourses@fircroft.ac.uk). You can apply online at [www.fircroft.ac.uk](http://www.fircroft.ac.uk), by post or in person.

