

WELLBEING EXERCISE: BACK, NECK AND SHOULDER STRENGTHENING

| Course Name | Start Date | End Date | Site | Total Fees |
|---|------------|------------|-------------------------------|------------|
| Wellbeing exercise: Back, neck and shoulder strengthening | 30/04/2025 | 09/07/2025 | ENDERBY ADULT LEARNING CENTRE | 42.35 |
| Wellbeing exercise: Back, neck and shoulder strengthening | 15/01/2025 | 26/03/2025 | ENDERBY ADULT LEARNING CENTRE | 42.35 |
| Wellbeing exercise: Back, neck and shoulder strengthening | 02/10/2024 | 04/12/2024 | ENDERBY ADULT LEARNING CENTRE | 42.35 |

01. Who is this course for?

This a wellbeing course is aimed at supporting learners who would like to alleviate discomfort in their back, neck and shoulders through strengthening exercises. Learners are supported to develop skills in everyday exercises that they can then use at home if they wish, to further support their physical wellbeing.

02. What will I learn?

You will learn different exercises demonstrated by either standing, sitting on a chair, or lying down of a mat. Some exercises will use a resistance band to help develop strength. It is hoped you will feel better and have more movement and less stiffness in these areas after doing the course.

03. How will I learn?

This is a tutor-led, mixed-ability, strengthening exercise class. The content of the practices is carefully put together to build safely and progressively, always focusing on the needs of the individual. Learners will also receive regular verbal and written feedback on their progress. Please avoid taking holidays during courses. Missed lessons can affect funding for adult learning courses.

04. What will I need to bring?

Please wear comfortable clothing and shoes. You will also need an open-ended resistance band and a water bottle.

05. What skills or experience do I need?

No experience necessary, just willingness to try and perseverance to continue. Learners are required to complete a Physical Activity Readiness Questionnaire (PARQ) before starting any exercise class.

06. How will I be assessed?

The Learning for Wellbeing curriculum uses formative and summative assessment methods to evaluate learner progress. You will work towards completing a set of class learning targets, as well as your own personal development targets. Targets are reviewed at the middle and end of the course. Informal discussions with the

tutor will take place throughout the course, both individually and in groups. Your progress may also be documented through photographic evidence.

07. What could I do after this course?

Upon completing this course, you may wish to try one of our other exercise classes, such as 'Seated Yoga', 'Yoga – Mixed Level' or 'Ballet Barre Fitness'. The Learning for Wellbeing curriculum offers a wide range of art, craft, sewing, cookery, dance and creative arts courses for you to continue developing skills specifically aimed at improving your wellbeing. Courses are available to search on the GoLearn website.

08. How will I be supported in my learning?

We aim to support all learners to succeed. When you enrol on your course you will be asked if you have any learning difficulties and/or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

09. Is help available with course fees?

Many of our courses are FREE to all learners. For fee-paying courses, if you are in receipt of state benefits or have a low income (£26,211.90 before deductions) you could be entitled to enrol on your course for FREE, or at a 70% Reduced Fee cost. If your course is accredited (working towards a formal qualification) your course may be FREE if you earn under £25,000 before deductions. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

10. How do I choose the right course for me?

If you are unsure about which course may be right for you, our team of Learning and Work Advisers are on hand to offer FREE and impartial information, advice and guidance on learning and work options available to you. To book your free, confidential, and impartial appointment, please call FREEphone 0800 988 0308 or email LALS.LWA@leics.gov.uk.