



Elective: Health and Fitness

Overview

Students will increase their understanding of how to stay healthy and develop their levels of fitness. They will look at diet and exercise through food production and preparation, keep-fit regimes and lifestyle choices. Session will involve a range of fun and challenging fitness drills and activities and student will also have the chance to learn about good nutrition and make their own healthy snacks. This elective is suitable for students of all ages and levels of fitness.

Learning Outcomes

Students will:

- have participated a range of activities and drills to improve fitness, stamina and flexibility.
- have learned techniques to record, maintain and improve their own fitness.
- be able to plan and prepare a healthy snack.
- be able to warm-up and warm-down safely

Language Outcomes:

Students will:

- be able to name the body parts and major muscle groups used during exercise.
- be able to describe different food types and how they help the body to be healthy.
- be able to describe the benefits of different types of training.

Sample Content:

SESSION 1	SESSION 3
Strength and flexibility <ul style="list-style-type: none">• Warm-up• Flexibility exercises• Anaerobic vs aerobic exercise• Strength exercises	Nutrition <ul style="list-style-type: none">• Food types (carbs, fats, proteins, vitamins etc.). When we need them and where we get them.• Design a 'super-smoothie'
SESSION 2	SESSION 4
Circuit training <ul style="list-style-type: none">• Resting and maximum heart rate• Training zones• Circuit training: press-ups, leg raises, shuttle runs, step ups etc.	Principles of training <ul style="list-style-type: none">• benefits of fitness• types of training• fun fitness drills• make a fitness plan for the future



FAQs.

What should students wear/bring?

Students need comfortable clothes that they can move around in. They should wear trainers or sports shoes. Sandals or flip-flops are not permitted.

HOURS BREAKDOWN PER 2 WEEK COURSE	
TUITION HOURS	PROGRAMME CONTENT
English Tuition: 30 hours	Project work in the classroom (student learn through doing a project with a specific outcome such as a magazine, short film or performance)
Electives Tuition: 18 hours	Chosen elective . Students choose 3 electives per course. Language learning is integrated into all these activities. Students each receive a handbook containing instructions, tips, activities and language tasks.
TOTAL: 48	
ACTIVITY HOURS	
Evening Events: 20 hours	Evening events . The students usually come together as a group for the evening programme. Students participate in range of creative games, contests and shows which encourage team work, cooperation and above all communication in English.
Free Activity Time: 6 hours	Activity time These sessions are more relaxed with the focus on fun, making friends and relaxation. Activities can be sports, arts and crafts or whole group activities such as a Country Fair or a Sports Tournament.
TOTAL: 26	
STUDY TOURS	
Study Tours: 3 days (9am-6pm)	Study Tours: Every student attends 3 full day study tours over a two week course. Students are prepared for study tours in class and the trips are integrated into the academic programme. Every student will visit London at least once during their stay. Other popular destinations include: Oxford, Warwick Castle, Greenwich, Cambridge and Brighton.