

Course details

Course title

Healthy Living (Pre Entry)

Course code

Q00017087

Course date

Start: 23/05/25

End: 30/06/25

Number of classes

11 sessions

Timetable

Mon 19th May, 9:45 to 11:45

Fri 23rd May, 9:45 to 11:45

Mon 2nd Jun, 9:45 to 11:45

Fri 6th Jun, 9:45 to 11:45

Mon 9th Jun, 9:45 to 11:45

Fri 13th Jun, 9:45 to 11:45

Mon 16th Jun, 9:45 to 11:45

Fri 20th Jun, 9:45 to 11:45

Mon 23rd Jun, 9:45 to 11:45

Fri 27th Jun, 9:45 to 12:15

Mon 30th Jun, 9:45 to 12:15

Tutor

Irma Gough

Fee range

Free to £88.20

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Clovelly Centre (Southampton)
60-68 Clovelly Road
Southampton
SO14 0AU

Level of study

Beginners

Course overview

Welcome to our 21-hour, 'Healthy Living' course. This course is aimed at pre-entry ESOL students wishing to learn about maintaining a healthy lifestyle. The course covers essential topics such as nutrition, exercise, hygiene, and mental well-being. Students will learn about healthy eating habits, the benefits of regular physical activity, and basic hygiene practices. Interactive activities include discussing simple cooking recipes, exercise routines, and discussions on how to manage stress and emotions. By the end of the course, students will understand the importance of healthy living and be able to make better choices for their physical and mental health.

Course description

This 21-hour Healthy Living course is designed for pre-entry ESOL students to help them learn how to live a healthier lifestyle. The course covers important topics such as nutrition, exercise, hygiene, and mental well-being. Students will learn about healthy eating habits, including the types of food that are good for the body and how to prepare simple, nutritious meals. The course will also emphasise the importance of regular physical activity. Students will participate in easy exercise routines that they can do at home to stay fit and active. Basic hygiene practices, such as proper handwashing and dental care, will also be taught to help students maintain good health. Mental well-being is another key focus of the course. Students will engage in discussions and activities that teach them how to manage stress and emotions. Simple techniques for relaxation and mindfulness will be introduced to promote a balanced and healthy mind. By the end of the course, students will have a better understanding of how to make healthy choices in their daily lives. They will feel more confident in taking care of their physical and mental health, leading to a happier and healthier lifestyle.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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