

# Course Information Sheet



## Course Code and Name: GL0058341 NumberFiT@ GL1

**Venue:** GL1  
Gloucester Leisure Centre  
Bruton Way  
Gloucester  
GL1 1DT

**Start Date:** 05 June 2024  
**End Date:** 17 July 2024  
**Day:** Wednesday  
**Time:** 10:00 to 12:00  
**Weeks:** 7

**Course Provider:** Adult Education in Gloucestershire

### Course Summary

This free course is for adults looking to gain new confidence to use numbers to track their fitness development. Throughout the seven - week course you will build your numeracy confidence by blending activities in the gym and day to day calculations. Gathering baseline fitness data from fitness trackers and gym equipment you will track your fitness and set yourself personal fitness goals.

Upon completion of the course you will receive a free months membership to the gym. Boosting your numeracy can help you with everyday tasks like understanding household bills, budgeting and helping children with homework, to unlocking new opportunities to further your education and progressing at work.

### Eligibility

Are you aged 19 or over? Have you lived in the UK for 3 years or longer? Have you no maths GCSE Grade C / Grade 4 or equivalent?

### How will the course be taught?

Learning will take place in small friendly classes at GL1. There will be a mixture of individual and group work, with demonstrations, discussion and gym activities.

### How will I know how well I am doing?

You will follow your own individual learning plan with progress recorded by tutors and yourself.

### Do I need any prior knowledge or qualifications?

No prior knowledge required.

### What do I need to bring?

Please wear suitable footwear and clothing for gym activities. We will provide you with a free water bottle

### How do I join the course, or find out more?

Contact : [Multiply@gloucestershire.gov.uk](mailto:Multiply@gloucestershire.gov.uk)

### Cost

Free

### What course can I do next?

Wealth 4 Health

### Information and Advice for Progression

Advice will be given on an individual basis throughout the course. Please contact your tutor for information about suitable progression routes

### Health and safety

All of our venues undergo a health and safety audit on a regular basis. The tutor will advise on health and safety guidelines at the beginning of the course, these guidelines will be followed throughout the course.

### Further information

No information provided