

English & Maths

Count the Ways to a Healthier Heart

On this short English and maths course you will develop your skills, whilst learning to take care of your heart, and finding useful tips for exercising at a level which is beneficial for you.

When does this start and end?

- 20 February 2023 - 21 February 2023

What are the entry requirements?

No formal qualifications are required to study this course. A willingness to learn is essential.

Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us courses@northern.ac.uk

Course description

Looking for a course which gets your heart pumping! A healthy heart is an important part of being well. On this short English and maths course you will develop your skills, whilst learning to take care of your heart, and finding useful tips for exercising at a level which is beneficial for you.

What you will learn:

- Metric Weights and measures
- Burning calories over time
- Use oxy meters to measure pulse over blood oxygen
- How to promote keeping a heart healthy

Bring or wear suitable clothing for outdoor learning. Trainers, coat etc.

What can this course lead to?

Functional Skills qualifications in Maths

Want to learn more?

You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/about-us/open-events/>]

Location

Northern College, Yorkshire [<https://www.northern.ac.uk/contact-us/>]

Course fees and funding support

test

Course session dates

Session dates for 20 February 2023 - 21 February 2023

- Monday 20 Feb 2023 to Tuesday 21 Feb 2023

Course fees and funding support

FREE*

* [This course is fully funded for eligible students.](#)

If you are not eligible, the cost of the course is £25.00. If you choose to stay residentially, and you are not eligible via the residential funding assessment, there will be an additional fee to pay. The vast majority of students are eligible to study and stay residentially for free and we will confirm when you apply.

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