

LEVEL 2 CERTIFICATE FOR TEACHING (SWIMMING)

GENERAL INFORMATION

1 INTRODUCTION

The ASA Level 2 Certificate for Teaching (Swimming) comprises 4 units;

Unit 1 (core theory) this is common to all ASA disciplines at this level. Candidates who achieve an ASA Level 2 Certificate for Teaching in one discipline need not repeat this unit if taking the same level qualification (or a level below) in another discipline.

Unit 2 (Swimming theory) this is a theoretical unit which covers aspects which are specific to the discipline being studied.

Unit 3 (Practical) this unit is largely practical and covers a range from non-swimmer to advanced 1. This unit will enable knowledge attained through Units 1 and 2 to be applied on the practical context.

Unit 4 (Practical) this unit is largely practical and covers a range from advanced 2 to early competition. This unit will enable knowledge attained through units 1 and 2 to be applied in the practical context.

Following the successful completion of 3 from the 4 units i.e., unit 1, 2 and 3 or 4, you will be qualified to teach within the context of the practical unit. If, for example, you choose to complete units 1, 2 and 3 then you will be fully qualified to teach the range of pupils identified in unit 3. On the other hand, if you choose to complete units 1, 2 and 4 then you will be fully qualified to teach the range of pupils identified in unit 4. If you complete all 4 units then you will be fully qualified to teach the range of pupils identified in units 3 and 4.

Where the units are taken separately it is necessary to complete unit 1 followed by unit 2 and then unit 3 and/or 4.

2 TITLE

ASA Level 2 Certificate for Teaching (Swimming)

3 PRE-REQUISITES

Candidates must:

- 3.1 Be at least 18 years of age at the commencement of the course
- 3.2 Be holders of the ASA Level 1 (Assistant Teacher) Certificate (Swimming) (or have gained exemption from it)
or
- 3.3 Be holders of the ASA Preliminary Teacher Certificate (Swimming) or ASA Preliminary Club Coach Certificate (Swimming) (or have gained exemption from one of them).
or
- 3.4 Be holders of Irish ASA/STA, Welsh ASA, Scottish ASA (after 1976) Preliminary Teacher Certificate.
or
- 3.5 Be holders of the ASA Primary School Teachers Certificate for the teaching of swimming
- 3.6 Have completed 15 hours verified teaching/coaching since achieving the ASA Level 1 Certificate for Teaching Swimming.

4 ROLE

LEVEL 2 CERTIFICATE FOR TEACHING (Swimming)

Once qualified a holder of an ASA Level 1 Certificate for Teaching (Swimming) is one who is able to teach/coach groups, normally consisting of up to 12 participants of a range of

ability from the non swimmer to those involved in Pre-competition Development, and to organise and supervise Level 1 Certificate for Teaching Swimming holders and other helpers. Those candidates who successfully complete 3 of the 4 units will be qualified to teach within the range determined by the practical unit achieved. As the holder of the Level 2 Certificate for Teaching/coach gains additional experience it is reasonable for the number of pupils being taught to increase in accordance with the requirements as stated in the current edition of Safe Supervision for Teaching and Coaching Swimming.

5. LEVEL OF QUALIFICATION

This qualification will build upon the skills and knowledge developed at Level 1 Certificate for Teaching Swimming. The fundamental differences are: -

- greater range of ability levels (including adults) and related skills used in the practical context
- greater depth and range of knowledge required
- the effective management of larger groups of pupils
- the ability to work with two ability groups simultaneously; mixed ability
- the ability to work effectively with an assistant

The depth of knowledge required is described in the ASA publication "Swimming Teaching and Coaching level 1" and, for tutors, the ASA Teacher Certificate Tutor Pack.

6 TIME ALLOCATION

- 6.1 Unit No 1 - Core Theory 8 ¼ hours
- 6.2 Unit No 2 - Swimming Theory 14 ½ hours
- 6.3 Unit No 3 - Practical - 1*Non Swimmer to Advanced 15 hours practical teaching per candidate
- 6.4 Unit No 4 - Practical - 1*Advanced 2 to Pre Competition Development 5 hours practical teaching/coaching per candidate
- 6.5 Practical Teaching Observation (to run concurrently with 6.3 & 6.4) 2 hours per unit

The actual time required for units 3 and 4 will be determined by the number of candidates and the number of teaching stations but must be sufficient to allow every candidate time to teach/coach for a minimum of 5 hours per unit. Non teaching time must be used for focussed observation, working with as an assistant, and other practical tasks as allocated by the course tutor

1* the levels referred to above relate to the ASA National Plan for Teaching Swimming.

ADDITIONAL TIME REQUIREMENTS FOR UNITS 3 AND 4

- 6.5 2*Practical Skill and Stroke Analysis 1 ½ hour per practical unit
- 6.6 Tutor Demonstration 30 minutes per practical unit
- 6.7 Additional theory 1 ½ hours per practical unit
- 6.8 Written Examination 1 ½ - 2 hours
- 2* skill analysis must be led by the tutor. It is not permissible for this to be completed without the direct supervision of the tutor. This does not apply to time spent on skill analysis, which is additional to the course requirements. A maximum of 45 minutes (from the allocated 1 ½ hours) may be used on analysing skills/strokes using an appropriate video.

7 TOTAL LENGTH OF COURSE

A course must comprise a minimum of:

4 UNIT COURSE

Theory -	25 ¾ hours (see time allocation 6.1, 6.2 and 6.7)
Practical -	34 hours (see time allocation 6.3, 6.4, 6.5 and 6.6 and note on skill analysis)
TOTAL:	- 59 ¾ hours

3 UNIT COURSE

Theory -	24 ¼ hours (see time allocation 6.1, 6.2 and 6.7)
Practical -	17 hours (see time allocation 6.3 or 6.4, 6.5 and 6.6 and note on skill analysis)
TOTAL: -	41 ¼ hours

The time for the written examination is in addition to the above

The practical time is an example only based on 12 candidates and 4 teaching/coaching stations.

The number of candidates and the number of teaching/coaching stations will determine the actual course length. Sufficient time for breaks and change over must be allocated when calculating the total course time.

The maximum contact time available for each day of a course is 8 ½ hours for “theory days” and 7 ½ hours for those days, which include practical teaching/coaching.

8 GUIDED LEARNING HOURS AWAY FROM THE COURSE

Candidates will be expected to prepare sessions and complete additional tasks allocated by the tutor including general reading and worksheets between sessions. The exact time required will vary from candidate to candidate. This will normally amount to approximately 18-22 hours.

9 ASSESSMENT AND VERIFICATION

- 9.1 Assessment of practical teaching will be on a continuous basis and through the use of the assessment check list and oral questioning. Candidates will be required to teach groups of no less than 8 pupils (6 for unit 4) throughout the course and 12 pupils on a minimum of 3 occasions
- 9.2 Assessment of theoretical knowledge will be through the Level 2 Certificate Log Book, written examination and oral questioning
- 9.3 Each candidate should normally have a minimum of two recorded practical assessments by the course tutor, in addition to the final assessment checklist. One of the assessments should be with a group of 12 pupils
- 9.4 Each course will normally be verified on a minimum of two occasions by the verifier appointed to the course. Additional verification will be required where the practical units are achieved independently.

Assessment of points 9.1 and 9.2 (excluding the written examination paper) will be by the course tutor and verified by the appointed verifier. Assessment of the written examination paper will be by the appointed verifier

The written examination will take place at the end of the practical units. Those candidates not taking all 4 units will complete the relevant sections only. Candidates achieving 3 units who subsequently wish to complete the 4th unit will be required to complete the additional section only. Candidates seeking to achieve the qualification unit by unit will not take a written examination until after the completion of the 3rd unit. The time for the 3 unit examination is 1 ½ hours and 2 hours for the 4 units.

10 RESULTS

- 10.1 Candidates will be required to pass in the theoretical aspects and practical teaching/coaching.
- 10.2 The results will only be communicated to candidates by the ASA Education Department.

11 COURSE ADMINISTRATION

- 11.1 The maximum number of candidates for the core theory unit is 24
- 11.2 The maximum number of candidates for the swimming theory and practical units is 12
- 11.3 Course organisers must ensure that they read the section on General Regulations and Administration before registering a course. Full details can be found on the ASA website (www.britishswimming.org) or by request from the ASA Education Department.

12 WATER DEPTH

- 12.1 Course organisers and Tutors are reminded that where there is a diving element in the syllabus the water depth should ideally be at least full standing height plus arms and fingers fully extended. However this advice must be considered as exemplary as very few existing swimming pools can provide water of sufficient depth to meet this requirement for adults or tall children. As it would be far less safe not to teach diving at all to a proportion of the population, it can only be suggested that this guidance be followed where possible and that where this is just not practicable the deepest water available, with a minimum depth of 1.8m should be used with the exercise of additional caution. The pool freeboard (distance from water surface to poolside) must not exceed 0.38 metres. A forward clearance (horizontal distance at which minimum water depth is maintained) of 7.6 metres must be available.
N.B. In the context of the above diving refers to the plunge dive and racing dives both of which require a shallow entry. Instruction in other types of diving should be confined to diving pits or pools with water of sufficient depth to meet FINA standards.
- 12.2 A minimum water depth of 0.9 metres is required for a tumble turn. The teaching of tumble turns requires a greater depth until the swimmers has gained proficiency at this skill.

ASA LEVEL 2 CERTIFICATE FOR TEACHING (SWIMMING)

UNIT 1 - CORE THEORY

Each element within this unit has a time indication allocated to it. This is for guidance purposes only but provides some indication of the depth required. Further indication of depth can be gained through references to the relevant tutor pack, available to ASA registered tutors only, and Swimming Teaching and Coaching Level 1, available to candidates, both of which are published by the ASA.

ELEMENT 1 - TECHNICAL KNOWLEDGE: At the end of the element the candidate will have:

Assessment Objective:

1.1) a basic knowledge of anatomy and physiology as applied to aquatic activity

Syllabus muscular and skeletal system, structure and growth of bones, classification of joints, how muscles work, location and action of major muscle groups, circulation, mechanics of breathing, the effects of exercise, energy systems, principles of adaptation, overload, specificity and reversibility, intensity and volume.

Assessment Objective:

1.2) a knowledge of the acquisition of skill

Syllabus what is skill? the process of learning; factors affecting skill acquisition, intrinsic and extrinsic feedback, and the role of teacher/coach in relation to skill acquisition and skill development, open/closed skills.

Assessment Objective:

1.3) a basic knowledge of human growth and development

Syllabus physical, emotional, social, motor, cognitive, maturation phases from pre-school to adult, relationship between maturation and the acquisition of skill and the development of the energy systems.

Estimated time for this element - 4 hours

ELEMENT 2 - HEALTH AND SAFETY: At the end of the element the candidate will have:

Assessment Objective:

2.1) a knowledge of Pool Safety Operating Procedures (PSOPs) and related Health and Safety issues

Syllabus legal status of PSOPs including Emergency Action Plans (EAPs) and Normal Operating Procedures (NOP's), risk assessment, reporting and recording procedure, life guarding responsibilities of teachers, use of electrical equipment near water, pool design and potential hazards; pool hygiene.

Assessment Objective:

2.2) a knowledge of common medical conditions and injuries relevant to aquatic activity

Syllabus epilepsy, asthma, knee and shoulder injuries.

Assessment Objective:

2.3) a knowledge of relevant information and guidance statements

Syllabus Jumping into shallow water, head first entries, teaching from the poolside, pupil/teacher ratios, role appropriate to the qualification, awareness of insurance implications for teachers/coaches

Estimated time for this element - 45 minutes

ELEMENT 3 - CONDUCTING THE SESSION: At the end of the element the candidate will have:

Assessment Objective:

3.1) a knowledge of planning schemes of work and individual sessions

Syllabus information gathering, planning a scheme of work, session structure including aims and objectives, teaching practices and teaching points, organisation, management of time, space and pupils, equipment, introductory activity/warm-up, main theme, concluding/contrasting activity, session evaluations; grouping by ability; mixed ability

Assessment Objective:

3.2) a knowledge of a variety of teaching methods

Syllabus whole part whole, part whole etc., problem solving, guided discovery, *manual support and manipulation.

* see note in additional guidance at the end of this unit

Assessment Objective:

3.3) a knowledge of effective communication

Syllabus positioning; visual (demonstration, mime, models) verbal, manual; variations in use of voice; two way communication including checking participants understanding, use of open questions, communication appropriate to one to one, part and whole group, different age groups.

Assessment Objective:

3.4) a knowledge of motivation techniques

Syllabus praise, feedback, use of incentive schemes, goal setting.

Estimated time for this element - 1 hour 15 minutes

ELEMENT 4 - CHILD PROTECTION: At the end of the element the candidate will have:

Assessment Objective:

4.1) an understanding of the ASA Child Protection Procedures

Syllabus types of abuse, identification of abuse, role of the teacher in reporting abuse, role of social services and other support structures including SwimLine; Code of Ethics, implications of the procedures in relation to good practice in the teaching/coaching of swimming and /or its associated disciplines.

Estimated time for this element - 1 hour

ELEMENT 5 - WORKING WITH AN ASSISTANT: At the end of the element the candidate will have:

Assessment Objective:

5.1) a knowledge of how to work effectively with assistants/helpers

Syllabus allocation of tasks, monitoring performance, evaluating performance, mentoring.

Estimated time for this element - 30 minutes

ELEMENT 6 - SPORT EQUITY: At the end of the element the candidate will have:

Assessment Objective:

6.1) a knowledge of issues relating to sports equity

Syllabus issues related to equality of opportunity and integration, gender, ethnicity, age, social inclusion, awareness of selected disabilities, hearing and visual impairment, learning difficulties, issues related to assisting and handling, skill modification to accommodate individual needs.

Estimated time for this element - 30 minutes

BRIEFING, SUMMARY AND NEXT STEPS - 15 minutes

Additional Guidance

Manual Support

Manual support refers to assistance, which may be given to help the learner. In swimming this might be assistance given to a non-swimmer or beginner to achieve a horizontal position and to aid movement through the water. In diving it might be assistance given to the beginner to show the position of the hands on entry into the water. When manual support is being provided care must be taken to avoid embarrassment to the teacher or the pupil. It is recommended that where manual support is provided other adults and pupils should be in attendance.

Manual Manipulation

Manual manipulation refers to assistance, which may be given to help the learners to assimilate information related to the movement of limbs in relation to the skill being learnt. Assisting a learner to perform the Breaststroke leg action is one example. When this type of assistance is being provided again care must be taken to avoid embarrassment to the teacher or the pupil and to avoid possible injury to the learner.

Assessment Objectives and Syllabus for Swimming Theory Unit

ASA LEVEL 2 CERTIFICATE FOR TEACHING - UNIT 2 - SWIMMING THEORY

INTRODUCTION

This unit covers a range of theoretical aspects relevant to the teaching/coaching of swimming. Some aspects such as planning and incentive schemes will have been introduced to candidates as part of Unit 1 (core theory). Where this occurs the content of Unit 2 should focus on developing a deeper understanding plus the application to the discipline of swimming.

ELEMENT 1 - TECHNICAL KNOWLEDGE: At the end of the element the candidate will have:

Assessment Objective:

1.1) *a knowledge of the ASA National Plan for Teaching Swimming (NPTS)

Syllabus structure of the NPTS, assessment criteria for each level, use of the plan as an aid to session preparation, basic, efficient and effective technique.

* Tutors delivering courses in Scotland may substitute the SASA plan for teaching swimming where appropriate.

Estimated time - 1 hour

Assessment Objective:

1.2) a knowledge of the fundamentals of swimming and their application

Syllabus relationship between density and flotation, relationship between resistance drag and movement through the water including Newton's laws of motion i.e., inertia, acceleration and interaction, generating propulsion including Bernoulli's theory of lift and the effective use of hands and feet, principles of rotation and its application to swimming strokes and swimming skills.

Estimated time - 1 hour

Assessment Objective:

1.3) a knowledge of the four competitive strokes including relevant practices and progressions, associated Stroke Laws.

Syllabus components for each stroke i.e., BLABT, variations in each of the component parts, selected practices and progressions; stroke patterns, length, rate and rhythm; ASA laws relevant to the four competitive strokes

Estimated time - 5 hours

Assessment Objective:

1.4) a knowledge of skill and stroke analysis

Syllabus focussed observation and analysis techniques e.g., BLABT and the identification of appropriate action to bring about improvements.

Estimated time - 1 hour

Assessment Objective:

1.5) a knowledge of the ASA Long Term Athlete Development Programme (LTAD)

Syllabus General background, underpinning principles, LTAD framework, relationship to growth and development, issues related to implementation

Estimated time – 2 hours

Assessment Objective:

1.6) a knowledge of a range of aquatic skills including related practices and progressions

Syllabus floating, sculling, treading water, head and feet first surface dives, vertical and horizontal rotation, somersaults in the water, streamlining, sequencing of skills, hand touch turns, practices leading to front crawl tumble turn, plunge dive.

Assessment Objective:

1.7) a knowledge of personal survival

Syllabus H.E.L.P, huddle, hypothermia

Estimated time for objectives 1.5 and 1.6 combined - 1 2 hours

ELEMENT 2 - CONDUCTING A SESSION: At the end of the element the candidate will have:

Assessment Objective:

2.1) a knowledge of planning schemes of work and individual sessions

Syllabus information gathering, planning a scheme of work, session structure including aims and objectives, teaching practices and teaching points, organisation, management of time, space and pupils, equipment, introductory activity/warm-up, main theme, concluding/contrasting activity, session evaluations; grouping by ability; mixed ability

Assessment Objective:

2.2) a knowledge of methods for recording and evaluating;

Syllabus pupil progress e.g., NPTS records of achievement, personal effectiveness of the teacher.

Assessment Objective:

2.3) a knowledge of the organisation of groups

Syllabus Organisation relevant to improver and advanced including use of width, wave and cannon swimming, groups of similar ability, mixed ability taking into account individual needs, maximising the use of space, allocation of time to different phases of the session, identification of potential hazards, responds to minor incidents which do not require the intervention of a lifeguard.

Estimated time for objectives 2.1, 2.2 and 2.3 combined - 1 2 hours

Assessment Objective:

2.4) a knowledge of incentive schemes

Syllabus ASA awards scheme, core, complementary and extension awards, philosophy of awards, assessment of awards, competitive start award.

Assessment Objective:

2.5) a knowledge of a range of aids and equipment

Syllabus Floats; pull buoys; pace clocks; pool division markers; lane ropes

Estimated time for objectives 2.4 and 2.5 combined - 1 hour

BRIEFING, SUMMARY AND NEXT STEPS - 30 minutes

**ASA LEVEL 2 CERTIFICATE FOR TEACHING (Swimming)
UNIT 3: PRACTICAL - NON SWIMMER TO ADVANCED 1**

This unit covers programme levels 1 to 5 of the ASA National Plan for Teaching Swimming and will enable the knowledge attained through units 1 and 2 to be applied in the context of Non-Swimmer to Advanced 1

SYLLABUS AND ASSESSMENT OBJECTIVES

At the end of the unit the candidate will be able to plan, conduct and evaluate a session(s) demonstrating an ability to: -

Assessment Objective:

1) develop initial orientation related to non-swimmers

Syllabus use of games and appropriate equipment to develop submerging, floating, movement through the water, water confidence, ability to travel with and without the use of aids, simultaneous and alternating kicking action, simple vertical rotation, basic push and glide.

Assessment Objective:

2) develop basic and efficient technique for the four competitive strokes

Syllabus Practical application of Unit 2 element 1.3

Assessment Objective:

3) develop of a range of aquatic skills appropriate to the level of the swimmer

Syllabus Practical application of Unit 2 element 1.5 and 1.6 plus survival entries, controlled swimming underwater to retrieve objects

Assessment Objective:

4) use of a variety of teaching methods

Syllabus Practical application of Unit 1 element 3.2 plus artificial aids, shallow water and multi stroke.

Assessment Objective:

5) communicate on a one to one, small group and larger group basis

Syllabus Practical application of Unit 1 element 3.3

Assessment Objective:

6) analyse strokes and skills and take appropriate action

Syllabus practical application of Unit 2 element 1.4

Assessment Objective:

7) use aids and equipment relevant to the level of the swimmer

Syllabus Practical application of Unit 2 element 2.5 plus buoyancy aids including arm bands/discs; toys etc.

Assessment Objective:

8) prepare session plans and schemes of work appropriate to the level of the swimmer

Syllabus Practical application of Unit 2 element 2.1 and 2.2

Assessment Objective:

9) organise and manage a group comprising swimmers of a similar ability, mixed ability taking into account at least two different levels of ability whilst maintaining a safe teaching environment

Syllabus Practical application of Unit 2 element 2.3 plus non-swimmer, beginner, use of random spacing

Assessment Objective:

10) organise and manage an assistant/helper

Syllabus Practical application of Unit 1 element 5.1

Time Allocation

Each candidate will be required to teach/coach for 5 hours covering the ability range indicated below. Non teaching time must be used for focussed observation, working as an assistant, and other practical tasks as allocated by the course tutor. The 5 hours will be divided as follows;

Non-Swimmer and Beginner	-	2 ½ hours
Improvers	-	1 ½ hours
Advanced 1	-	1 hour

The teaching of adults should amount to approximately 1 hour taken from the 5 hours allocated for practical teaching/coaching and can relate to any aspect of the range indicated above. For this part of the course it is acceptable to use other candidates as pupils with a minimum of 2 adults being taught on each occasion.

Additional Time Requirements

Practical Skill and Stroke Analysis - 1 ½ hours

Tutor Demonstration - 30 minutes
Additional theory - 1 ½ hours

STANDARD OF SWIMMERS REQUIRED FOR THIS UNIT:

Non-swimmer Those with limited experience of a swimming pool environment where the main aim will be the development of water confidence and being at ease in the water. Achieved to a great extent through purposeful play, the main outcomes include moving around quite freely, submerging and opening the eyes, floating and the using the arms and legs to achieve a simple form of travelling through water.

Beginner Those who have a degree of water confidence and will probably be able to move through the water with feet off the bottom of the pool. In this category, the emphasis moves from initial confidence to building a sound foundation in those aspects of “watermanship” which later on will underpin the performance of sound swimming technique. As well as becoming completely “at home” on and under the water, these include developing control in water breathing and beginning to experiment with the different methods of using the limbs for propulsion.

Improver Those who are able to swim widths showing basic technique on a minimum of two of the recognised strokes and be comfortable out of their depth. The focus is now on building competence in the basic elements of propulsion, using the main swimming strokes with a continuing emphasis on the importance of good streamlining and breathing control. This is accompanied by the introduction of a range of aquatic skills, kicking and pulling, along with controlled breathing, so that pupils can swim competently using correct basic technique.

Advanced Those who are able to swim continuously for approximately 150m and who are able to perform two other strokes showing basic technique over a minimum distance of 50m on each. As well as the further development of the main swimming strokes and the consolidation of a wide range of aquatic skills these levels act as an introduction to the early stages of training in competitive swimming; provides a basis for swimming as part of a healthy lifestyle and continues with some more advanced activities in the other disciplines. The development of both basic aerobic swimming endurance and of swimming speed are integrated within the programme.

ASA LEVEL 2 CERTIFICATE FOR TEACHING (Swimming) UNIT 4: PRACTICAL - ADVANCED 2 TO PRE-COMPETITION

INTRODUCTION

This unit covers programme levels 6 and 7 of the ASA National Plan for Teaching Swimming which will enable the knowledge attained through units 1 and 2 to be applied in the context of Advanced 2 to Pre-competition.

SYLLABUS AND ASSESSMENT OBJECTIVES

At the end of the unit the candidate will be able to plan conduct and evaluate a session(s) demonstrating an ability to: -

Assessment Objective:

1) develop efficient and effective technique for the four competitive strokes

Syllabus Practical application of Unit 2 element 1.3

Assessment Objective:

2) develop a range of aquatic skills appropriate to the level of the swimmer including relevant laws

Syllabus Sculling, vertical and horizontal rotation, streamlining, sequencing of skills, plunge dive, grab, track, wind up, backcrawl starts, competitive start awards, competitive turns/finishes, relay take overs, mixed stroke co-ordination combinations, kicking and pulling over short distances, individual medley.

Assessment Objective:

3) use of a variety of teaching methods

Syllabus Practical application of Unit 1 element 3.2

Assessment Objective:

4) communicate on a one to one, small group and large group basis

Syllabus Practical application of Unit 1 element 3.3

Assessment Objective:

5) analyse strokes and skills and take appropriate action

Syllabus Practical application of Unit 2 element 1.4

Assessment Objective:

6) use aids and equipment appropriate to the level of the swimmer

Syllabus Practical application of Unit 2 element 2.5 plus stop watch, fins and backcrawl flags.

Assessment Objective:

7) introduce pre-swim loosening exercises

Syllabus single arm circling, double arm circling, trunk circling, whole body loosening.

Assessment Objective:

8) prepare session plans and schemes of work appropriate to the level of the swimmer

Syllabus Practical application of Unit 2 element 2.1 and 2.2 and incorporating the principles of training.

Assessment Objective:

9) organise and manage a lane containing at least 6 swimmers, two lanes and the use of an assistant whilst maintaining a safe teaching/coaching environment and apply the principles of training development

Syllabus Practical application of Unit 2 element 2.3 plus chain swimming, start delay between swimmers, timing swimmers, timing rest periods, consolidation of efficient technique through repetition, maintenance of efficient technique over distances, maintenance of constant pace over a number of repetitions, development of speed, establishing turn around times, use of D.I.R.T.

Time Allocation

Each candidate will be required to teach/coach for 5 hours covering the ability range indicated below. Non teaching time must be used for focussed observation, working as an assistant, and other practical tasks as allocated by the course tutor.

Additional Time Requirements

- Practical Skill and Stroke Analysis 1 ½ hours
- Tutor Demonstration 30 minutes
- Additional theory: 1 ½ hours

Standard of Swimmers required for this unit

- able to perform a plunge dive safely
- able to swim continuously for 200-300 metres
- able to perform two other strokes showing efficient technique over a minimum distance of 50m
- able to complete a short set of repetitions
- able to swim in a training development environment utilising the above for a period of at least 30 minutes

Range of Swimmers included in the unit

Advanced

As well as the further development of the main swimming strokes and the consolidation of a wide range of aquatic skills these levels act as an introduction to the early stages of training in competitive swimming; provides a basis for swimming as part of a healthy lifestyle and continues with some more advanced activities in the other disciplines. The development of both basic aerobic swimming endurance and of swimming speed are integrated within the programme.

Pre-Competition Development

The focus is initially on revising and consolidating the efficient performance of the four competitive strokes and the racing skills associated with them, prior to further development these even more effectively through the use of a wider range of suitable drills and practices. Once this essential standard of stroke and drill performance has been achieved, the final stages which introduce the more demanding aspects of training development can be undertaken with the confidence that the swimmer is ready to benefit from them.