



STA Certificate in Teaching Swimming—Beginners

Aim

Holders of the STC(B) can teach up to 10 beginners. This would be equivalent to teaching **ILSP "First Steps Stanley Series"**, the **"Octopus Series"** and the **"Goldfish Series"**, they may also act as an assistant teacher and may teach larger classes or advanced skills under direct supervision of a suitably qualified swimming teacher.

Pre-requisites

- Be 16 years of age or older;
- Be a member of the STA;
- Satisfactorily complete the following Units:
 - ◊ Unit 1—Aquatic Teaching Foundation;
 - ◊ Unit 2—Teaching Beginners;
- Hold a NaRS Pool Safety Award or an acceptable equivalent recognised by the STA.

Validity of Award

5 years.

Length of Course

20 hours, candidates must attend for a minimum of 18 hours.

Course Information

Unit 1—Aquatic Teaching Foundation

The topics covered in this unit are:

- The legislative background, health, hygiene and safety;
- Child protection and integration of special needs pupils;
- The principles of teaching and planning, basic anatomy, physiology, hydrostatics and hydrodynamics.

Unit 2—Teaching Beginners

The topics covered in this unit are:

- Swimming lesson planning;
- Teaching positions;
- Teaching beginners basic aquatic skills;
- Introducing stroke analysis;
- Front crawl;
- Back crawl;
- Butterfly leg action.
- Breaststroke.

Assessment

The qualification is assessed as set out below; candidates must satisfy all of the following:

- Completion of the end of unit worksheet to the satisfaction of the course tutor;
- Answer the end of unit multi-choice questions, each worth 1 mark, with a 70% pass mark;
- Completion of the Portfolio to the satisfaction of the course tutor (Foundation and STC(B));

- Undertake poolside teaching during the course covering the following skills:
 - ◇ Regaining feet—prone & supine;
 - ◇ At least 3 different confidence exercises;
 - ◇ Push & glide;
 - ◇ Front & back paddle;
 - ◇ Simultaneous and alternating leg action;
 - ◇ Front crawl, back crawl and breaststroke to beginners;
 - ◇ Shallow water practices associated with diving.

At least 30 minutes of the above teaching must be at an STC(B) standard and directly observed by the course tutor.

- External examination:
 - ◇ Teaching a 10 minute lesson to 4 beginner pupils;
 - ◇ Teaching a 5 minute lesson to 4 improvers;
 - ◇ Complete a 25 multiple-choice question paper (Pass Mark 18).

**For details on courses running in your area please visit
www.sta.co.uk or contact the course department.**