



International Experts in Safety Training Solutions



STA Certificate in Teaching Swimming Full

Holders of the STC(F) can teach, without supervision, pupils of all levels.

Pre-requisites

- Be 18 years of age, or older;
- Be members of the STA;
- Hold either the "Safeguarding Children, Young People and Vulnerable Adults" online programme (available online at www.trainsta.co.uk) or acceptable equivalent;
- Hold a NaRS Pool Safety Award or an alternative acceptable to the STA;
- Hold the STC (B) or an alternative qualification acceptable to the STA;
- Satisfactorily complete the following Units:
 - ◊ Unit 3 - Teaching Improvers;
 - ◊ Unit 5 – Teaching Advanced & Competition Swimming.

Validity of Award

5 years.

Length of Course

26 hours. Candidates must attend for at least 22 hours.

Course Information

Unit 3—Teaching Improvers

This unit covers the following topics:

- Teaching front crawl, breaststroke, butterfly, diving, rescue, aquatic and survival skills to improvers.
- Teaching and planning, basic anatomy, physiology, hydrostatics and hydrodynamics relating to teaching improvers and advanced swimmers.

Unit 5—Teaching Advanced & Competition Swimming

This unit covers the following topics:

- Sidestroke;
- Old english backstroke;
- Competitive starts, turns and swimming to advanced swimmers;
- Gala organisation and basic competition preparation.

Assessment

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

- Completion of the end of unit worksheets 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, STC (B) and STC (F));
- Undertake poolside teaching during the course covering the following skills:
 - ◊ Front crawl, back crawl, breaststroke and butterfly to improvers;
 - ◊ Front crawl, back crawl, breaststroke, butterfly, side stroke and old English back-stroke to more advanced swimmers;
 - ◊ Competition starts & turns for front crawl, back crawl, breaststroke and butterfly;
 - ◊ Poolside diving practices;
 - ◊ Plunge dive;
 - ◊ Survival skills;
 - ◊ Rescue skills.

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

- External examination - Practical:
 - ◊ Teaching a 20-minute lesson to 6 pupils.
- External examination – Theory (2 hours):
 - ◊ Correctly answering 75 out of 100 multi-choice questions covering topics in the NaRS (PSA), Foundation, STC (B) and STC courses;
 - ◊ Obtain at least 50% in a written essay on 1 topic from a choice of 4 topics.

**For information of courses running in your area please visit
www.sta.co.uk or contact STA on 01922 645097.**