



International Experts in Safety Training Solutions



STA Certificate in Teaching Swimming Primary School Teacher

Holders of the STC(PT) can teach, without supervision, beginners and improvers.

Pre-requisites

- Be a qualified Teacher in education or undergoing training to become qualified or hold an NNEB qualification;
- Hold either the "Safeguarding Children, Young People and Vulnerable Adults" online programme (available online at www.trainsta.co.uk) or acceptable equivalent;
- Hold the NaRS Pool Safety Award qualification or equivalent recognised by the STA;
- Satisfactory complete the following units:
 - ◇ Unit 1—Aquatic Teaching Foundation
 - ◇ Unit 2—Teaching Beginners
 - ◇ Unit 3—Teaching Improvers
 - ◇ Unit 4—Swimming In Education

Validity of Award

5 Years.

Length of Course

16 hours.

Course Information

Unit 1—Aquatic Teaching Foundation

This unit covers the following topics:

- 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

This unit covers the following topics:

- Swimming lesson planning;
- Teaching positions;
- Teaching beginners basic aquatic skills;
- Introducing stroke analysis;

- Front crawl;
- Back crawl;
- Butterfly leg action;
- Breaststroke.

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 4—Swimming In Education

This unit covers the following topics:

- Requirements for teaching swimming in an educational environment to Key Stage 2.

Assessment

- 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 and STC (PT));
- Undertaking at least 3 hours teaching to the satisfaction of an STA appointed assessor;
- External examination:
 - ◊ Teach a single lesson to a class of pupils;
 - ◊ Correctly answer 53 out of 70 multi-choice questions covering topics in the NaRS (PSA), Foundation and STC (PT) courses.

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