



www.instituteofaquaphobia.com

Certificate in Teaching Aquaphobics

part of the Aquaphobia Learning Programme (ALP)

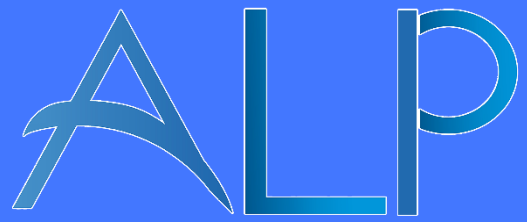
CTA

CPD 1 Aquaphobia Coach

**CPD 2 Advanced Aquaphobia
Coach**

Email: support@insitituteofaquaphobia.com





CTA CPD 1 “Aquaphobia Coach”

Certificate in Teaching Aquaphobics

content overview

Digital Edition

(Online or App download)

Session I

- Introduction to Primary Emotions
- What is Fear?
- What is Phobia and how to understand it?
- The ALP Fear Curve
- Using and interpreting the Personal Ability Range (P.A.R)

Session II

- Primary Emotions
- Mirroring & Marking
- Facial Feedback & Transference
- Sensitisation & Panic
- Pool Based Video Practical
- Sessions Review

Session III

- 5 Categories of Aquaphobia
- Desensitisation
- ALP Circles of Swimming
- ALP Induction Process - Tool Kit
- Self-Help Tools
- Uncontrolled Breathing & Controlled Breathing
- Introduction to Water-Based Exercises
- Psychological Safety Control
- General Characteristics of an Aquaphobic Person
- Pool Based Video Practical
- Session Review

End of CPD

Developed with and used by Everyone Active UK

Click the
link to

enroll

This Digital CPD takes around 10 hours of flexible learning time & has 5 CIMSPA points & 1 STA Point & an endorsed STA certificate

<https://forms.gle/T79zH3HA3kAzqhuc7>



[Click here to get your certificate](#)

Certificate in Teaching Aquaphobics

CPD 1 "Aquaphobia Coach"



www.waterphobia.com

Activate Windows
Go to Settings to activate Windows.
EXIT

Virtual Pool

Relax in the Café

CTA Course Books

P.A.R - Q&A



Click or touch then drag to look around. Pinch or use the scroll wheel to zoom in and out

Finish

1

2

3

4

5

6

Become a member of the www.instituteofaquaphobia.com

Click here for
your 1st
Lesson Plan

Activity 4: Acclimatising to breathing into the water



Go to Settings to activate Windows.

CTA CPD 1 Aquaphobia Coach

CTA CPD 1 “Aquaphobia Coach” – The educational environment is made up of a 3D leisure centre that consists of a reception area, a classroom, a changing room, café and a virtual pool. Structured within a 3D world, in first person, the Aquaphobia Coach (A.C) is taken through the content engaging with real-life, swimmer characters. Meeting each one in the reception to hear their own stories, how and why, they became Aquaphobic. A.Cs will be directed to the café to undertake an induction using the (ALP) tool kit. There we focus on one main character, Anne-Marie who will become your first Aquaphobia client. Also, travelling to the classroom, to attend each of the 3 key teaching sessions. Try the interactive virtual pool, teach with the avatars. Once you have completed CTA CPD 1 you can then undertake our advanced CTA CPD 2.

CTA 1 online classroom (No download)

This version of our product is streamed from the internet with no download required. It contains the full content and 10 activity quizzes by way of learning checks. The Virtual Reality content is pre-recorded and not interactive. **To purchase this version please follow these steps.**

1. Email: support@instituteofaquaphobia.com
2. We send you an online enrollment form (or click the link in this document)
3. You complete it & pay the appropriate fee
4. We send you the product/s you have chosen
5. Once successfully completed we email you a certificate

CTA 1 (App download version) Fully Interactive Virtual Reality App for Mac computers, Windows PCs, iPads & iPhones & Android mobiles and Tablets

CTA 1 for PC or Mac are available from support@instituteofaquaphobia.com. They are downloadable Apps that are installed on to your hard drive of your PC or Mac computer.

CTA 1 for iPad or iPhone can be downloaded from the App Store and installed on your Apple equipment.

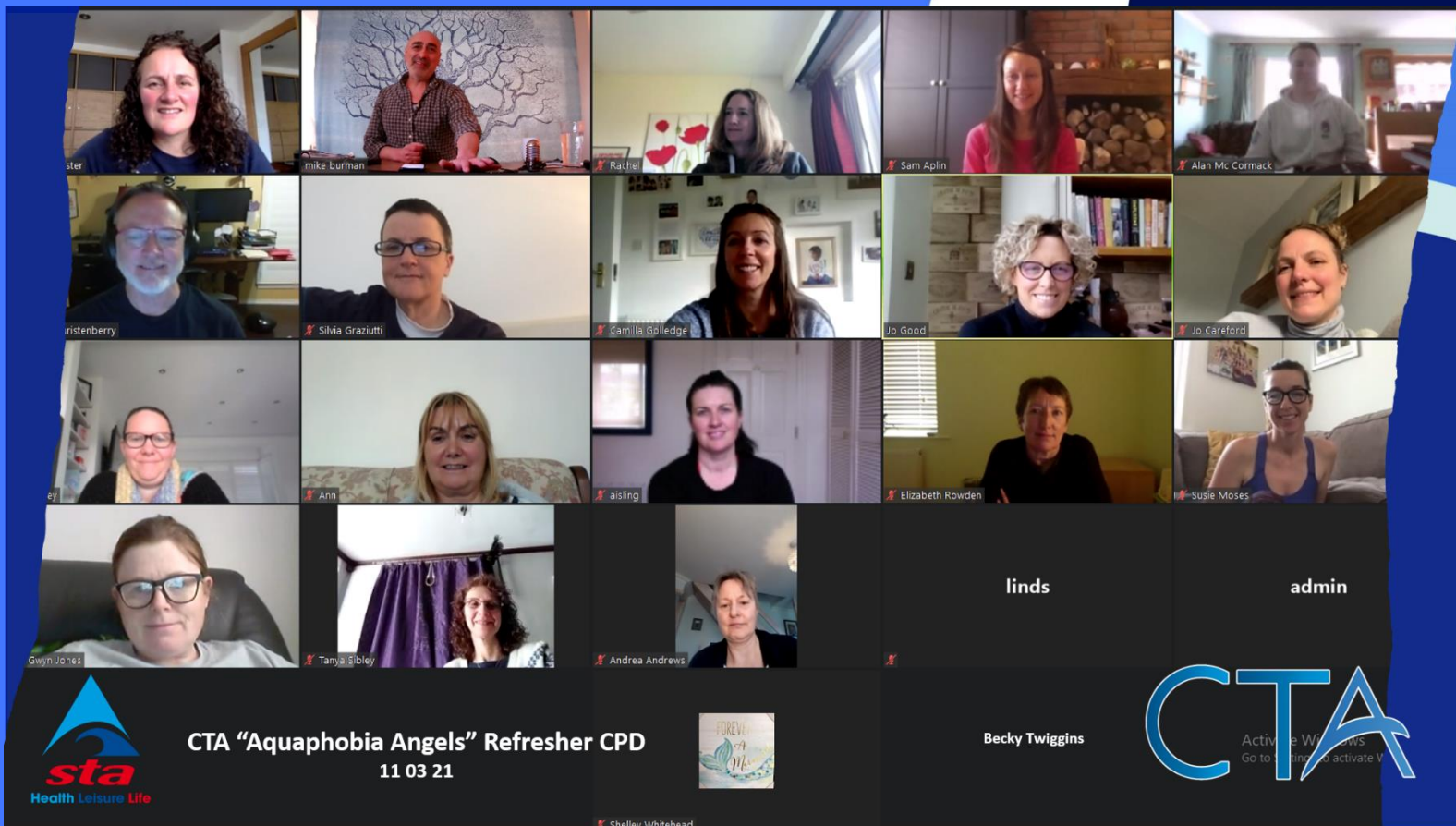
CTA 1 for Android tablets and mobile phones can be downloaded from the Google playstore.

They all come with installation instructions and contain our fully interactive virtual pool. Upon completion you retain lifetime access to the course books, VR pool and all of the course videos.

CTA CPD 2

Advanced Aquaphobia Coach

This session is on zoom and consists of a 5-hour tutor led session **with additional** pool test based on a lesson plan written on the course



Partners



UNIVERSITY OF
CHICHESTER

CTA CPD 2 “Advanced Aquaphobia Coach”

CPD 2 is a 5 - hour DIGITAL ONLINE F-2-F tutor led training session that further expands upon the theoretical elements of CPD1 in a live online classroom environment, allowing for discussion and an interactive learning experience with up to ten other like-minded swimming professionals. How to interview and prepare your client for their lessons.

This CPD 2 explains how to apply the “theory” into real world practice

Case Studies: Each candidate will be given a case study sheet from a real Aquaphobic person. This gives an in-depth insight into how much a traumatic water related experience has affected that individual’s relationship to aquatic activity and many other aspects of their lives. Each candidate is asked to take on the persona within their case study, pairing up with another attendee and both taking turns to play the role of the Aquaphobic person and then the swimming teacher.

The ALP induction process: Staying in their pairs we undertake the ‘ALP PAR’ Q&A. 25 questions developed with the University of Chichester to give the Aquaphobic swimmer a total percentage figure of how phobic they really are.

The ALP Fear Curve: Explains on a single chart the theory behind Aquaphobia and how through the ‘ALP’, swimming teachers can desensitise clients from their phobia. Candidates are required to assess where they think their case studies are on the ‘fear curve’ and consider how this affects their planning & assessment processes.

ALP lesson planning: Using the ‘PAR Q&A’ results, case study, a skills audit form and the ‘ALP teachers 12-stage manual’; Candidates are asked to create an ALP lesson plan appropriate to the needs of the Aquaphobic (played by their partner.)

Pool Test: Please make and send in a “short video” 5 to 10 minutes long) of you undertaking your CPD 2 ALP lesson plan in the pool with a helper or real aquaphobic person (paid or voluntary). Upon completion of this task CTA CPD 2 e-certificate will be issued. Please observe any Covid-19 restrictions.

Any videos must be submitted to support@instituteofaquaphobia.com for assessment, official certification can only be issued by www.instituteofaquaphobia.com

Completing the CPD: *(An appropriate case study from a previous swimmer/s can be used for post course validation and must be submitted prior to completion of the CTA CPD)*

CTA Products and price list (From Oct 21)

All versions of CPD 1 contain the same full learning content & include e-certification

Please note that the course books are included within the digital content but are also available for purchase as PDFs for home printing (used on both CPDs)

STA - CTA CPD 1 “Aquaphobia Coach” Core module

Online or digital download product – “self-study”

Item	RRP (£)	Available from
a) CTA 1 online classroom (No download)	£89.99	support@instituteofaquaphobia.com
b) CTA 1 for Mac (Full VR)	£89.99	support@instituteofaquaphobia.com
c) CTA 1 for PC (Full VR)	£89.99	support@instituteofaquaphobia.com
d) CTA for tablet or android mobile (Full VR)	£89.99	Aquaphobia Learning Program (ALP) & CTA - Apps on Google Play
e) CTA 1 for iPad or iPhones (Full VR)	£89.99	https://apps.apple.com/mk/app/aquaphobia-learning-programme/id1472505085
f) CTA Courses Books PDF's x 3	£29.99	support@instituteofaquaphobia.com

STA - CTA CPD 2 “Advanced Aquaphobia Coach” Advanced practical

Live online digital classroom - “tutor led”

CPD 2 online digital	£139.00	support@instituteofaquaphobia.com
Bundle offer: Aquaphobia Coach & Advanced Aquaphobia Coach (2 x e-certificates)		
CTA 1 & 2 CTA course books as PDFs	£189.99	support@instituteofaquaphobia.com

CPD 2 course dates are available upon request or please see our social media

[**support@instituteofaquaphobia.com**](mailto:support@instituteofaquaphobia.com)

If you wish to book, please click the link below.

[**https://forms.gle/T79zH3HA3kAzqhuc7**](https://forms.gle/T79zH3HA3kAzqhuc7)

Enrollment Form and Payments Instructions for CTA CPDs