

STA International Swimming Teacher



Course Overview and Assessment

Introduction

This unregulated course provides learners with the knowledge and practical skills to teach swimming in a learn to swim environment.

This course is aimed at people who would like to become a swimming teacher, there is no previous swimming teaching experience required. The course covers teaching adult swimmers as well as children.

In order to attend the course, learners must:

- Be 16 years old at the time of the assessment
- Hold STA membership.

It is recommended learners undertake a safeguarding course applicable to the country they are working within.

On successful completion of the course, learners will be issued with a STA International Swimming Teacher Certificate.

Course Overview

The course can be delivered over a period of weeks or over consecutive days. The recommended delivery hours are 35 hours / 5 days, this does not include breaks.

There is a maximum of 16 learners to 1 tutor.

Learners are required to teach a range of swimmers from non-swimmers to advanced swimmers throughout the course. Therefore, access to a swimming pool and swimmers of the correct ability should be made available. Tutors should ensure a range of suitable swimming equipment is available.

Equipment requirements

- STA International Swimming Teacher E-Manual. Each learner is required to have their own copy of the resource manual
- A swimming pool with swimming equipment including, a range of toys, woggles, floats
- A range of swimmers, non-swimmers, beginners, improvers and advanced swimmers. In order to fulfil the practical teaching requirement, learners must have access to swimmers throughout the practical sessions
- STA International Swimming Teacher PowerPoint and supporting resources

On successful completion of the course

Learners will:
Understand the role of a swimming teacher
Understand and be able to plan swimming lessons
Be able to produce a scheme of work and lesson plan
Be able to teach swimming lessons to non-swimmers, beginners, improvers and advanced swimmers
Be able to teach the four key strokes
Be able to teach essential swimming skills
Be able to teach advanced swimmers rescue and survival skills including water safety skills
Understand and be able to evaluate a swimming lesson
Understand the different types of swimmer
Understand swimming teaching strategies and methodology
Understand different methods of communication
Know the hygiene and safety requirements for swimming lessons
Understand the scientific principles relevant to swimming

Assessment Information

In order to pass the course, learners will be assessed on their theoretical knowledge and practical teaching.

This course is assessed by the course tutor.

Theoretical Assessment

Learners must correctly answer 7 out of 10 verbal questions. Tutors will have a set list of questions, the 10-question list must be selected at random. Each learner should be given a different set of questions where possible.

In addition to this, learners are assessed on 1 lesson plan and 1 scheme of work. More may be completed during the course; however, learners are only required to submit one each for assessment.

Practical Teaching

Throughout the course learners will undertake practical teaching on a range of swimmer, from non-swimmers to advanced swimmer. Learners must have an opportunity to teach the four key strokes as well as essential swimming skills before undertaking the assessment.

For the practical assessment, learners are required to teach a 30-minute swimming lesson to a small group of swimmers. In order for the learner to be deemed competent, the lesson must be taught independently by the learner without prompting or guidance from the tutor.

In order to be deemed competent learners must:

- Ensure the safety of the swimmers at all times
- Use a range of teaching methods appropriate to the swimmers
- Use a range of equipment suitable for the swimmers
- Maintain a good teaching position and teaching area as specified within the STA Resource Manual
- Ensure all swimmers perform a safe entry and exit
- Structure the lesson so there is a clear aim and purpose with development and progression for swimmers
- Use teaching practices and points which are relevant to the swimmers age and ability
- Use progressive practices throughout the lesson
- Identify faults and make corrections with positive feedback and praise
- Demonstrate correct demonstrations
- Demonstrate a professional manner and be in suitable clothing.

Re-assessment

If a learner is unsuccessful in the end of course assessment, then the learner is only required to re-sit the required element i.e. if a learner fails the verbal questions, they are only required to re-take the verbal questions.

Please note, if a learner fails the verbal questions, the re-take verbal questions must be a new set. Learners are not permitted to re-take their original question set.

The re-take of the verbal questions or a practical assessment must be completed within six weeks from the failure date. All retakes must be registered and pay the retake fee.