

# Teacher Training Course



This course will give you the skills to effectively plan, prepare, deliver and evaluate a series of swimming lessons for pre-competitive level swimmers.

## Who is the course for

This course has been designed for those who have no previous swim teaching experience.

This course is an excellent introduction to those looking for employment in the aquatic industry and a great starting point for anyone looking to become a swim coach before taking Swimming 101.

## Course Format

This course is delivered through a mixture of classroom activities and practical in-pool learning.

The course consists of 14-hour theory based training with activities encouraging group participation and checks on learning.

## Course Content

### The Role & Responsibilities of an I Can Swim Teacher

- What makes a good swim teacher
- Professional conduct
- Safe sport

### How to Teach Swimming

- Understand your working environment and how this can impact your lesson
- Discuss how distractions can effect the learning environment and ways to overcome them
- Look at the 4 stages of the swimmers learning journey and factors that effect learning
- Learn how to teach the component parts of each of the 4 strokes and develop core aquatic skills
- Examine key teaching skills including class management / organisation, communication and teaching methods

## Lesson Planning

- Why lesson plans are important and what should be included in your plan
- Why tracking swimmer progress is crucial and how this can be done

## Stroke Principles & Corrections

- Scientific principles in swimming and how they impact development
- How to identify and correct common stroke errors

## Prerequisites

Must be 15 years of age or older on the first day of course.

Completed and submitted the pre course workbook prior to the start of the course.

## Course Assessment Type

5 hours practical teaching

- 2½ hours assisted
- 2½ hours unassisted teaching

Final evaluation and debrief carried out by an I Can Swim Evaluator