



## CANDIDATES NOTES

### COURSE SUMMARY:

This is a course leading to ASA Level One Certificate for the Teaching of Swimming. A holder of ASA Level One Certificate is able to assist in the teaching of a limited range of basic skills to a small group (4 – 6) under the supervision of a qualified Level Two teacher.

The course covers:

- Basic technical knowledge including some anatomy and physiology
- Health and safety in the pool environment
- Knowledge and skills necessary to assist in conducting a session as directed by a qualified supervising teacher/coach
- Basic understanding and structure of the ASA National Plan for Teaching Swimming
- Benefits of aquatics to health and recreation
- Basic child protection awareness

### WHAT ARE THE ENTRY REQUIREMENTS?

All candidates must be at least 16 years of age on the first day of the course.

### HOW LONG DOES THE COURSE LAST?

This is a 5 day course and it is essential to attend all sessions. See timetable overleaf for full details.

### WHAT WILL I NEED TO BRING?

- A change of clothing suitable for wearing on poolside (T-shirt /track-suit/shorts) and a change of footwear suitable for the pool side. A towel is a good idea and you may need a swimming costume.
- Writing materials, notepad, an A4 ring-binder, poly-pockets and a clip-board.
- There will be tea/coffee and juice available at the Community Education Huts and there is a cold water dispenser at the pool but you should bring your own drinks because poolside work is dehydrating.
- You need to make your own lunch arrangements, a packed lunch is probably best.

### WHERE WILL I GO?

- All theory sessions will take place in Alford Community Education Centre accommodation.
- All practical sessions will be held in Alford Swimming Pool.
- Call the Course Organiser if you are not sure where you should go.

### COSTS:

The cost of the course is £175 which includes all tuition, the ASA assessment fee and logbooks. This cost is not fixed but it will not go up.

All candidates will need to purchase the text-book 'Swimming, Teaching and Coaching – Level 1' prior to the commencement of the course. This book costs £12 (£10.50 plus £1.50 post and packaging) and is obtainable from The ASA Awards Centre telephone number 0800 220292 or online through the ASA website <http://www.britishswimming.org>.

**You must pay a £50 deposit (cheques made payable to Alford Otters) to reserve a place on the course. The remainder of the course cost must have been received by the Course Organiser one week before the start date (ie before 4 September 2005).**

**In the event of a candidate being unable to attend the course for any reason any monies paid will be returned only if an alternative candidate to replace them is able to take up the space.**

## HOW WILL I BE ASSESSED?

Practical teaching/coaching is continuously assessed by the course tutor through the use of assessment checklists and oral questioning. An external moderator will also assess practical teaching/coaching at some point during the course.

Theoretical knowledge is assessed through the use of a logbook, specific worksheets and a 45 minute written knowledge test.

## COURSE TIMETABLE

Monday	11/09/2006	19.00 - 21.30	Registration and Theory
Saturday	16/09/2006	09.00 - 10.30	Practical
		10.30 - 10.45	Feedback
		11.00 - 12.30	Theory
		12.30 - 13.00	Lunch
		13.00 - 13.45	Theory
		14.00 - 15.30	Practical
		15.30 - 15.45	Feedback
		16.00 - 17.00	Theory
Sunday	17/09/2005	09.15 - 10.45	Theory
		11.00 - 12.30	Practical
		12.30 - 12.45	Feedback
		12.45 - 13.15	Lunch
		13.15 - 15.00	Theory
		15.15 - 16.15	Practical
		16.15 - 16.30	Feedback
Saturday	30/09/2006	09.00 - 10.30	Practical
		10.30 - 10.45	Feedback
		11.00 - 12.30	Theory
		12.30 - 13.00	Lunch
		13.00 - 13.45	Theory
		14.00 - 15.30	Practical
		15.30 - 15.45	Feedback
		16.00 - 17.00	Theory
Sunday	01/10/2006	09.15 - 10.45	Theory
		11.00 - 12.30	Practical
		12.30 - 12.45	Feedback
		12.45 - 13.15	Lunch
		13.15 - 15.00	Theory
		15.15 - 16.15	Practical
		16.15 - 16.30	Feedback
		17.00 - 17.45	Written knowledge test ?

Candidates will also be expected to complete work outside course hours including reading, preparation for practical sessions and worksheets. The exact time will vary but expect 6-8 hours. Please inform the Course Organiser if you have any special needs or requirements.

Course Tutor  
Course Organiser

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