

# Course Overview

## STA L2 Award in Teaching Swimming



The Level 2 STA Award in Teaching Swimming is the perfect step to begin your exciting career as a swimming teacher and with no previous experience required, you can get started right away.

The course develops the your vocational skills and technical knowledge to qualify as a qualified swimming teacher, allowing you to independently teach your very own class of 12 participants from non-swimmers up to improvers (children and adults). This qualification is recognised internationally, allowing you to take your swimming teaching career around the world.

### **Candidates must meet the following criteria as prerequisites:**

- Be 16 years+ at the point of assessment
- Hold current membership of STA.
- Learners must have all pre-requisites in place before the start of the course. Qualification certificates cannot be issued if all pre-requisites are not met before the start of the course, post course submissions will not be accepted.

### **Course Delivery Sessions**

You must attend 100% of classroom, online classroom sessions and practical pool sessions as well as submit all homework and coursework on time for marking to complete the course successfully.

Course Dates can be found on the website and for course timings please request at [info@tritontraining.co.uk](mailto:info@tritontraining.co.uk).

*\*Please note that timings and delivery method may change due to the ongoing covid-19 pandemic. Any changes will be communicated to the learners in good time.*

### **On the STA Award course you will cover the following subjects:**

- Safeguarding Children, Young People and Vulnerable Adults
- Planning, Delivering, Assessing and Evaluating Swimming Lessons
- Understand a Swimming Teacher's Role
- Understanding the Health and Safety Requirements for an Aquatic Environment
- Understanding the Scientific and Learning Theories Relevant to Swimming Teaching

### **Practical Sessions**

Throughout the course you will have a number of practical sessions where your tutor will guide you through teaching knowledge and methods. You will also have observations within the lessons you teach where your tutor will observe your interactions within the lessons and where you will demonstrate your new skills gained on the course. At this point the tutor will complete your Observation Record which forms the second part of your Assessment. Your tutor will also be able to provide you with feedback for your development.

- The type of assistance you can provide
- Progressive Practices

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- Practical teaching methods
- Poolside teaching
- Demonstrations
- Communication Methods

During the course you will cover peer teaching for beginner and improver skills, teaching methods and practical demonstrations within lessons. You will need to deliver a number of lessons each 30minutes in duration demonstrating supervision and direction within the lessons to the beginner and improver stages of the course venue's Swim Programme:

- The basics of all four strokes must be covered within the lessons demonstrating progressive practices.
- beginner and improver water safety skills
- Essential Movement skills, Essential Aquatic Skills
- Water Confidence
- All of the lessons delivered will be planned during Theory sessions.

### **Assessment**

The STA Award Course is tutor assessed throughout the course on both your theory knowledge and practical demonstrations to determine your ability to plan and deliver safe and effective lessons on your own. On the final day of this course you will also sit a multiple choice examination (30 questions) and be externally assessed by an independent assessor who will verify that your qualification will be awarded.

All Assessment Criteria in the course specification must be achieved.

### **Enrolment**

Please use the following email to enrol: [info@tritontraining.co.uk](mailto:info@tritontraining.co.uk)

### **Course Fees**

Course Fees: £450.00 per candidate

