



## **Syllabus:** Swim Ireland Level One Coaching Swimming

**A Note to all:** As outlined in our Swim Ireland Education & Development Strategy, we believe “that to move our sports forwards and to elicit a change in performance and increased participation and retention, the prime mover in achieving any of this is through the Swim Ireland workforce”. The numbers of volunteers and full time/part time staff that fulfil a variety of roles across the aquatic pathway including teaching, coaching, tutoring, mentoring, officiating and team management constitutes the Swim Ireland Workforce. The quality of our education programme to support the individuals that fulfil these roles at all levels of pathway is crucial in order to ensure a quality workforce.

Swim Ireland are now in the position of having an independent education programme for tutors, teachers and coaches that will be run in partnership with British Swimming through an agreement covering the intellectual property of all British swimming courses.

Swim Ireland is a 32 county body, and in order to ensure best practice and that we have a world class coach education programme Swim Ireland have ensured that the aquatic education system is recognised and endorsed by both the Irish and UK coaching entities, Coaching Ireland (CI) and Sports Coach UK.

Similarly, Swim Ireland will aspire to ensuring that these qualifications will sit on both the Irish and UK based Qualifications Frameworks.

The UKCC education programme that we refer to throughout this document is the aquatic education programme written and coordinated by British Swimming. Swim Ireland has included additional approved requirements and made certain approved amendments into the Irish syllabi for all strands of the programme to ensure that the syllabi also meet both the CI and Swim Ireland’s requirements.



- 1 Title**  
Swim Ireland Level 1 Certificate in Coaching Swimming
- 2 National Qualifications Framework (NQF) and United Kingdom Coaching Certificate (UKCC) and the Coaching Ireland (CI) Coaching Development Programme for Ireland (CDPI)**  
This qualification is recognised as a UKCC Level 1 and is on the NQF at Level 1 within England.  
This qualification is recognised as CI (CDPI) Level 1.  
In order to achieve the qualification candidates must achieve Units 1 & 2.
- 3 Pre-requisite**
  - Candidates must be at least 16 years of age at the commencement of the learning programme
  - When registering on the course the candidate must be able to provide the Education and Development team with evidence of attending the Irish Sports Council “Child protection in Sport Awareness Workshop”, or the Coaching Northern Ireland “Child Protection Awareness Workshop” (maximum 3 hours). Please note that a certificate number will only be accepted upon registration for the course. Candidates must have completed this course as a pre-requisite. The Swim Ireland website will be able to provide a list a regular workshops being carried out across the 32 counties at [www.swimireland.ie](http://www.swimireland.ie)  
\*\* Please note for candidates aged 16 and 17 years, please contact Swim Ireland for details on courses.
- 4 Introduction**  
The Level 1 (Support Coach) for Coaching Swimming is an all inclusive qualification and sits as the first formally assessed qualification on the teaching/coaching qualifications pathway. Unit 1 is a common unit to all of the aquatic strands (Aquatic Teaching, Swimming Coaching, Diving, Synchronised Swimming and Water Polo) and has a focus on “how to teach/coach” skills with a technical emphasis on movement literacy as defined by Long Term Athlete Development (LTAD). It is envisaged that this unit can be delivered to all teachers/coaches who wish to work in the aquatic environment. Unit 2 has a focus on swimming coaching, technical knowledge and practical skills that will allow the coach to fulfil the following role descriptor.
- 5 Role Descriptor**  
Once qualified, the holder of the Level 1 (Support Coach) Certificate for Coaching Swimming is able to actively support a more senior qualified / licensed swimming coach at any level, in the delivery of a pre-prepared session. This person will be expected to have an understanding of the sport and a basic understanding of appropriate corrections to common faults. It is a stipulation of Swim Ireland that all practising tutors, teachers and coaches gain relevant insurance through swim Ireland before they practise on poolside. Information with regards to this membership can be obtained from the Swim Ireland office.
- 6 Format**  
The qualification is designed to be delivered using a combination of theory and practice throughout Unit 1 and Unit 2.  
  
Unit 1 has to be passed before the candidate is allowed to progress onto Unit 2

## 7 Length of Learning Programme

### Unit 1

7 hours practical  
15 hours theory

### Unit 2

5 hours practical  
8 hours theory including a 60 minute written knowledge test

### Total

23 hours theory  
12 hours practical which should include;

4 hour's per candidate of practical teaching and **may** include some of the following:

- Peer observation
- Peer feedback
- Tutor demonstration
- Candidate in the water

**NB:** The exact detail of what is covered in the practical session will be decided by the tutor on how best to deliver the learning programme. Flexibility is allowed in order that the content best suits the prior knowledge and experience of the candidates attending, therefore the hours stated above are recommendations and are as a guide only

## 8 Level of Qualification

- The level and depth of knowledge required for the qualification is described in the Swim Ireland Level 1 (Support Coach) Pack and the additional candidate resources provided as part of the learning programme.

## 9 Assessment and Verification

Assessment is by tutor/assessor and will cover the following:

- Practical coaching through the use of a continuous checklist plus one formal 15 minute assessment to meet the criteria of all parties
- Theoretical knowledge through the use of a multi choice knowledge test
- Planning, preparation and other associated tasks through the completion of the appropriate Level 1 Support Coach Pack

**N.B.** Courses leading to a Swim Ireland qualification are subject to an internal and external verification process.

## 10 Progression

Achievement of this qualification may enable the candidate to secure employment (paid or voluntary) as a support coach normally operating in the context of a competitive club. The qualification is the first stage in a four level coaching structure and is the first formal step on the Swim Ireland Coach development pathway. Unit 1 (How to Teach/Coach in an Aquatic Environment) is transferable across all Swim Ireland disciplines (as listed above in section 4) and therefore candidates wishing to take a Level 1 (Support Coach) qualification in another discipline are only required to complete unit 2 within the discipline.

The next stage for a qualified Swim Ireland Level 1 (Support Coach) for Coaching Swimming will be to progress onto the Swim Ireland Level 2 (Coach) Certificate for Coaching Swimming and/or Unit 2 of another discipline.

**11 Recommended Reading & Resources****Unit 1**

- A Competent Swimmer: An Illustrated Guide to Teaching Further Practices: A. Eakin: ASA (Section 4 page 10)
- Coaching for LTAD: To Improve Participation and Performance in Sport: I. Stafford: Coachwise (Section 4 page 3)
- The Swimmer Pathway, Long Term Athlete Development, Swim Ireland, published October 2007
- How to Coach Sports Safely: scUK: Coachwise (Section 4 page 4)
- Swimming Fundamentals: YMCA: Human Kinetics (Section 4 page 17)
- What is Sports Coaching? A. Miles: Coachwise (Section 4 page 5)
- Code of Ethics and Good practice for Children's Sport: Irish Sports Council: 2006: based upon the Department of health and Children Guidelines " Children First" (1999)
- Swim Ireland; Safeguarding Children Policies and Procedures 2010
- Swim Pool Safety Guidelines

**Unit 2**

- A Competent Swimmer: An Illustrated Guide to Teaching Further Practices: A. Eakin: ASA (Section 4 page 10)
- Swimming Teaching and Coaching: Level 1. ASA
- The Swimmer Pathway, Long Term Athlete Development, Swim Ireland, published October 2007

**12 Guided Teaching Hours - Away from the Course**

Candidates will be expected to prepare aspects of sessions; session plans and complete additional tasks allocated by the tutor including general worksheets and additional reading in addition to the course content. The exact time required would vary from candidate to candidate but will normally amount to approximately 6-10 hours.

**13 Administration Candidate**

- Units 1 & 2 can be taken as either a course or as individual units
- Unit 1 needs to be passed prior to progressing to Unit 2

**Learning Programme**

- All practical aspects of the learning programme leading to any aquatic qualification must be delivered in a physical location that meets the minimum criteria laid out by the Swim Ireland Awarding body. The Swim Ireland Awarding Body is situated in the same building as Swim Ireland the National Governing Body (NGB). The contact phone number is 00353 1 6251128
- Courses must be registered centrally with Swim Ireland Delivery Body a minimum of 28 days prior to the commencement date (NB: A course can comprise of both units i.e. Units 1 and 2 and/or individual units) The Swim Ireland Delivery Body is situated in the same building as Swim Ireland NGB. The contact phone number is 00353 1 6251143.
- The assessment and training of Unit 2 must be within an appropriate aquatic environment
- All assessment should be undertaken in accordance within the guidance laid out by the Swim Ireland Awarding body
- The maximum number of candidates per tutor is 16 with flexibility on application to the Swim Ireland Awarding Body
- Recommended hours for Unit 1 is 7 hours practical and 15 hours theory
- Recommended hours for Unit 2 is 5 hours practical and 8 hours theory

## 14 **Human Resources Needed for Delivery and Assessment**

All tutors of Unit 1 & 2 are expected to have completed the Swim Ireland tutoring in sport qualification. If the tutor is also the assessor then it is expected that they have completed the A1 (D32/33) or IAPS Assessors Qualification. If the tutor does not have this qualification then an appropriate assessor will be needed and will be appointed by the Swim Ireland Delivery Body upon Course registration. Courses leading to a Swim Ireland qualification are subject to an internal and external verification process. Each tutor will have to be associated with an internal verifier who has the V1 (D34) qualification.

### **Unit 1 – Swim Ireland Level 1 Certificate for Coaching Swimming – How to Teach/Coach in an Aquatic Environment**

#### **Unit 1 Administration – Learning Programme**

- Unit 1 needs to be successfully completed before progressing onto Unit 2
- All practical aspects of the learning programme leading to any aquatic qualification at Swim Ireland level 1 must be delivered in a physical location that meets the minimum criteria laid out by the Swim Ireland Awarding Body in the Centre Approval Document. Candidates will be informed of centres that have the appropriate accreditation.
- Courses must be registered centrally with Swim Ireland Delivery Body a minimum of 28 days prior to the commencement date (NB: A course can comprise of both units i.e. Units 1 and 2 and/or individual units)
- All assessments should be undertaken in accordance within the guidance laid out by the Swim Ireland Awarding Body.
- The maximum number of candidates per tutor for Unit 1 is 16 with flexibility on application to the Swim Ireland Awarding Body
- Recommended hours for Unit 1 is 7 hours practical and 15 hours theory

#### **Human Resources Needed for Delivery and Assessment**

All tutors delivering this unit are expected to have undergone and completed an appropriate Tutor qualification training programme.

Examples of this include: 1. Swim Ireland Tutoring in Sport qualification. 2. CDPI appropriately trained tutors with the aquatic requirements.

If the tutor is also the assessor then it is expected that they have completed the A1 (D32/33) or IAPS Assessor Qualification, if the tutor does not have this qualification then an appropriate assessor will be needed. Courses leading to a Swim Ireland qualification are subject to an internal and external verification process. Each tutor will have to be associated with an Internal Verifier who has the V1 (D34) qualification.

## Unit 1: - How to Coach in Aquatic Environment

### Description of the Unit

This is a core unit and links across all strands of SI/UKCC/CDPI - Aquatic Teaching, Swimming Coaching, Diving, Synchronised Swimming and Water Polo.

This unit explores the theory and practical of **HOW** to coach in an aquatic environment by looking at areas of:

- Preparation for Coaching Activities
- Delivery of Prepared Activities within a Session
- Roles and Responsibilities
- Health and Safety in the Aquatic Environment
- Effective Communication
- Evaluation of Coaching Activities
- Child Protection

Candidates will have the opportunity to look at their own preferred teaching/coaching style within a range of methods as well as understanding aquatic physical literacy and how to use games as a learning mechanism.

### Summary of Outcomes

To achieve this unit candidate's must:

1. Show an understanding of the process of preparation and planning
2. Deliver prepared aquatic activities
3. Show an understanding of the roles and responsibilities of themselves and others
4. Show an understanding of the issues surrounding health and safety in an aquatic environment
5. Demonstrate an understanding of effective communication
6. Show an understanding of the methods and uses of reviewing, feedback and evaluation when looking at the activity, participants and self

### Assessment

Each unit is split into elements. All elements within Unit 1 will be assessed by written/oral questioning and/or observation by the tutor/assessor.

Any areas of assessment marked with an \* are specific CI required criteria for a Level 1 qualification.

Any areas of assessment marked with an \*\* refers to elements covered on the Child Protection in Sport Awareness workshop and Coaching NI Child Protection Awareness workshop.

## Element 1 – Preparation for Coaching Activities

To achieve this element the candidate must be able to:

- U1.1.1 Identify the needs of a range of participants
- U1.1.2 Identify and collect relevant information about the participants and the selected activities
- U1.1.3 Deal with confidential information using appropriate Swim Ireland Child Protection and Welfare guidelines
- U1.1.4 Identify responsibilities for arranging and delivering the activities
- U1.1.5 Check that the activities meet different participants' needs
- U1.1.6\* Be able to plan and prepare a basic session plan
- U1.1.7\* Complete a needs Analysis and plan a series of progressive session plans (4-6)

### Syllabus:

- Range of participants: male; female; child; adult; veteran; vulnerability; novice; experienced; elite; parents; other coaches; support staff.
- Information about participants: physical; medical; disability; behavioural; emotional; social; educational; intellectual; age; gender; physical condition; number; stage of development; previous experience.
- Information about pre-prepared session content: layout/space; session structure; equipment needed; adaptations; number of participants; delivery time.
- Dealing with information: data protection; record keeping; disclosure of information.
- Basic lesson/session plan: Warm Up and Conclusion/Warm Down, plus two other additional elements including Main set, technical set etc.
- Needs Analysis: Assess Risks with planned multi-dimensional sessions; injury prevention methods; basic first aid knowledge and accident reporting procedures
- Progressive planning – Scheme of work, scheme aim/objectives

## Element 2 – Delivery of the Prepared Activities within a Session

To achieve this element the candidates must be able to:

- U1.2.1 Explain to participants and others their roles and contribution to the activities
- U1.2.2 Check that participants and others equipment and dress are suitable for the activities
- U1.2.3 Check participants' readiness to participate in the activities
- U1.2.4 Use appropriate coaching styles to meet participants' needs and to promote learning
- U1.2.5 Ensure that all participants are actively involved in appropriate activities to develop performance
- U1.2.6 Use realistic timings and sequencing to deliver activities/session
- U1.2.7 Provide technically correct explanations and demonstrations at appropriate times during the activities
- U1.2.8 Identify procedures for dealing with minor injuries, illness and accidents in line with the health and safety guidelines
- U1.2.9 Deal with problems when they arise and refer those that cannot be resolved to a responsible person
- U1.2.10 Identify appropriate tasks to conclude the activities
- U1.2.11 Follow correct procedures for taking down and storing equipment
- U1.2.12 Check coaching environment is suitable for future use

**Syllabus:**

- Movement Literacy: FUNdamental movements - ABCs, RJT, KGBs, CKs and their application in the aquatic environment; development of key underpinning skills; appropriate equipment selection.
- Various Activity Card Formats: Layout/interpretation/how to adapt/function/practical application. Introduction to aims, objectives, progressive practices and teaching/coaching points; use of games.
- How and When to use Pre-Prepared Session / Activity Cards (under direct supervision); Organisation of time, space, pupils and equipment on a one to one and small group basis.
- Skill Analysis: Focussed observation of aquatic movements; recording outcomes of observations; reporting observations to lead coach.
- Skill Acquisition: Stages of learning; individual learning methods (Visual/Auditory/Kinaesthetic); relationship between skill acquisition and rest.
- Practice Methods: Whole part whole; guided discovery; observation, set up and stand back; manual support.

**Element 3 – Roles and Responsibilities**

To achieve this element the candidate must be able to:

- U1.3.1 Identify the roles and responsibilities of a coach and their place in the continuum
- U1.3.2 Create and maintain positive relationships with participants and others using agreed Swim Ireland Child Protection and Welfare Guidelines and the Irish Sports Council's Code of Ethics and Good Practice for Children's Sport".

**Syllabus:**

- Responsibilities of the Support Teacher/Coach: Duty of care; supporting others; self-presentation; deliver a planned session under direct supervision; strand role descriptors; motivation of self and others; enjoyment for participants; reporting procedures; Irish code of ethics
- Relevant Teaching/Coaching Styles: Autocratic-democratic-laissez-faire continuum

**Element 4 – Health and Safety in the Aquatic Environment**

To achieve this element the candidate must be able to:

- U1.4.1 Check with others that the planned use of the teaching/coaching environment is in line with good practice
- U1.4.2 Check equipment used in the activity to ensure that it meets relevant health and safety standards and is suitable for the purpose for which it is being used.
- U1.4.3 Identify potential risks within the teaching/coaching environment
- U1.4.4 Identify relevant information for participants and others on health, safety and emergency issues and procedures related to the teaching/coaching environment
- U1.4.5 Set up and lay out equipment for the activities safely and effectively
- U1.4.6 Report any problems with equipment to a responsible person

**Syllabus:**

- Awareness of Pool Safety Operating Procedures (PSOPs): Role of the lifeguard; injury and illness (i.e. colds, ear, nose and eye infection; open sores; cramp; collisions); equipment assembly/disassembly; manual lifting and handling; reporting; safe storage; emergency exits; emergency drills; operating procedures relating to NGB guidelines; SWIM IRELAND guidance statements i.e. teaching from the poolside, diving, jumping into shallow water, definition of supervision, safe supervision for swimming teaching/coaching.
- Potential Hazards: Lights; objects; surfaces; dress; equipment; water quality; public; participants; common illnesses and infections, use of electrical equipment.
- Non Discipline and Behaviour: Ground rules; \*\*discipline; code of conduct for participants; pool discipline.

**Element 5 – Effective Communication**

To achieve this element the candidate must be able to:

- U1.5.1 Use appropriate communication methods to check participants understanding of the planned activities
- U1.5.2 Identify and communicate ground rules for acceptable behaviour during the activities
- U1.5.3 Encourage and reward positive behaviour
- U1.5.4 **\*\*Identify the methods that could be used to challenge inappropriate behaviour as laid out in the Implementation of the Irish Code of Conduct**
- U1.5.5 Identify and encourage opportunities for feedback appropriate for the activities and needs of the participants

**Syllabus:**

- Types of Communication: Verbal; non-verbal.
- Methods of Communication: Questions and answers; command; discussion; listening; body language; positioning, mime, gesture; activity cards; models, posters, instruction; demonstration; information gathering through senses.
- Feedback to Others: Timing purpose; method; positive, negative; informative; constructive; differences between praise and feedback.
- Organising Participants Within Activities: Timing; stopping; dispersing participants
- Organising Participants to Manage Behaviour: Ground rules; sanctions; time outs; disagreements; positive reinforcements

## Element 6 – Evaluation of Teaching/Coaching Activity

To achieve this element the candidate must be able to;

- U1.6.1 Identify methods to evaluate activities
- U1.6.2 Identify the importance of evaluation for both the teacher/coach and the participants
- U1.6.3 Identify participant's strengths and weaknesses
- U1.6.4 Encourage participants and others to contribute to the review of activities
- U1.6.5 Review the effectiveness of activities in relation to aims and objectives of the session
- U1.6.6 Identify and propose modifications for future activities
- U1.6.7 Identify participants' achievements and progress
- U1.6.8 Identify future teaching/coaching opportunities to improve participants' performance
- U1.6.9 Use feedback from a variety of sources in order to review current coaching practice
- U1.6.10 Record feedback identifying areas of strength and weakness in teaching/coaching practices
- U1.6.11 Prepare a personal action plan to develop current teaching/coaching practice
- U1.6.12 Review and update a personal action plan identifying the achievement of development activities

### Syllabus:

- Uses of Reviewing and Evaluating: Activity (session plans); others and self.
- Methods of Reviewing and Evaluating: Verbal, written (personal action plans, recording progress of participants), self-reflection.
- Types of Feedback: Group discussion; third party; previous evaluations, praise.
- Importance of Feedback and Evaluation: Participant development; development of skills and knowledge; shape future development; action planning.

## Element 7 – Child Protection

To achieve this element the candidate must be able to:

- U1.7.1 Identify the relevant organisational guidelines relating to the protection of children and vulnerable adults from abuse
- U1.7.2 In-depth understanding of the Irish Code and of the child protection elements

### Syllabus:

- Child Protection: Common signs and indications of abuse – (physical, emotional, sexual, neglect, bullying); Swim Ireland child protection procedures; Garda vetting and importance of Garda vetting certificates; teacher/coach protection; Swim Ireland's Child Line; code of ethics; lines of best practice.

## **Unit 2 – Swim Ireland Level 1 Certificate for Coaching Swimming — What to Coach in an Aquatic Environment**

### **Unit 2 - Administration – Learning Programme**

- All practical aspects of the learning programme leading to any aquatic qualification at Swim Ireland level 1 must be delivered in a physical location that meets the minimum criteria laid out by the Swim Ireland Awarding Body in the Centre Approval Document. Candidates will be informed of centres that have the appropriate accreditation.
- Courses must be registered centrally with Swim Ireland Delivery Body a minimum of 28 days prior to the commencement date (NB: A course can comprise of both units i.e., units 1 and 2 and/or individual units)
- All assessments should be undertaken in accordance within the guidance laid out by the Swim Ireland Awarding Body.
- The maximum number of candidates per tutor for unit 1 is 16 with flexibility on application to the Swim Ireland Awarding Body
- Recommended hours for Unit 2 is 5 hours practical and 8 hours theory

### **Human Resources Needed for Delivery and Assessment**

All tutors delivering this unit are expected to have undergone and completed an appropriate Tutor qualification training programme.

Examples of this include: 1. Swim Ireland Tutoring in Sport qualification. 2. CDPI appropriately trained tutors with the aquatic requirements.

If the tutor is also the assessor then it is expected that they have completed the A1 (D32/33) or IAPS Assessor Qualification, if the tutor does not have this qualification then an appropriate assessor will be needed. Courses leading to a Swim Ireland qualification are subject to an internal and external verification process. Each tutor will have to be associated with an Internal Verifier who has the V1 (D34) qualification.

### ***Unit 2: - What to Teach in an Aquatic Environment***

#### **Description of the Unit**

This is a mandatory unit

Unit 2 explores the practical skills and knowledge of being a support coach in a swimming environment by looking at areas of the Sport of Speed Swimming, Practical Skills, Techniques, Training Preparation and the Human Body. Candidates will have the opportunity to gain practical poolside skills whilst utilising a prepared checklist of common faults and corrections. They will investigate the specialist nature of the sport of Swimming whilst gaining an understanding of appropriate corrections to common faults.

#### **Summary of Outcomes**

To achieve this unit, candidates must:

1. Show an understanding of the sport of Swimming and the specialist environment in which it takes place
2. Demonstrate relevant practical poolside skills and practices
3. Utilise a checklist to identify common faults in all strokes, starts, turns and finishes
4. Utilise a checklist to identify appropriate corrections to common faults in all strokes, starts, turns and finishes

## Element 1 - The Sport of Speed Swimming

To pass this element the evidence must show that the candidate is able to:

- U2.1.1 Identify the factors that influence movement in water
- U2.1.2 Identify the recognised World and Olympic events in the sport of Speed Swimming and have some knowledge of the competitive rules.
- U2.1.3 Identify key organisations that support the sport of swimming

### Syllabus:

- Factors: e.g. Density, drag, flotation, buoyancy, propulsion, depth of water, temperature, wave motion.
- Events in the Sport of Speed Swimming: Events: e.g.- Backstroke 50m, 100m, 200m; Breastroke 50m, 100m, 200m; Butterfly 50m, 100m, 200m; Freestyle 50m, 100m, 200m, 400m, 800m, 1500m; Individual Medley 100m, 200m, 400m; Relays 4x100m Medley; 4x100m; Freestyle, 4x200m Freestyle.
- Technical Rules
- Organisations: Swim Ireland, Swim Ulster, British Swimming, ASA, SASA and WASA and FINA, LEN, OCI, B.O.A., I.O.C.
- Functions: Continuing Professional Development Programme (CPD), SI Licensing Scheme for Teacher and Coach, SI Club Mark

### Assessment

This element will be assessed through a written knowledge test in the form of a multi-choice paper.

## Element 2 - Practical Skills

To achieve this element the candidate must be able to:

- U2.2.1 Demonstrate the use of appropriate practical poolside skills
- U2.2.2 Demonstrate appropriate coaching practices (so coaches do not place themselves in risk situations)
- U2.2.3 Demonstrate effective coaching practice in the context of a support coach

### Syllabus:

- Practical Skill Disciplines: Stop watch use; clock use; lane discipline; use of equipment; communication to allow set and technique direction, areas of risk during coaching.

### Assessment

This element will be assessed by written/oral questioning and/or observation by the tutor/assessor.

## Element 3 – Techniques

To achieve this element the candidate must be able to:

- U2.3.1 Utilising a checklist identify common faults in all strokes, starts, turns and finishes
- U2.3.2 Utilising a checklist identify appropriate corrections to common faults in all strokes, starts, turns and finishes

**Syllabus:**

- Techniques: Front crawl, Back crawl, Butterfly, Breaststroke, starts, turns, finishes.

**Assessment**

This element will be assessed by written/oral questioning and/or observation by the tutor/assessor.

**Element 4 - Training Preparation and the Human Body**

- U2.4.1 Plan and prepare a 6 week scheme of work and 6 different sessions (1 for each week – progressive) and deliver part of that a session
- U2.4.2 Explain briefly how the construction of the 6 sessions utilise the principles of DIRT.

**Syllabus:**

- Distance, Intensity, Repetition, Time (D.I.R.T), low intensity aerobic, medium intensity endurance, high intensity anaerobic, speed, recovery, skill.

**Assessment**

This element will be assessed by written/oral questioning and/or observation by the tutor/assessor.