

Level 1 Assistant Swimming Coach Course Overview

Pre-Course - ONLINE (6-8 hours)

- Completion of the STEP Online Module Level 1 Assistant Swimming Coach

Virtual Classroom (10 hours)

- Swim Ireland Tutor delivery through Go To Training – Virtual Classroom platform

	Duration	Content
Module 1	2.5 hours	Introduction, Core Aquatic Skills, Backstroke & Turns, Developing a swimmer, Use of equipment
Module 2	2.5 hours	Scientific Principles, Front Crawl , Coaching, A.S.D.P & Skill Analysis
Module 3	2.5 hours	Components of Fitness, Principles of Training, Training Intensity Classifications, FINA Technical Regulations and Butterfly
Module 4	2.5 hours	Session Planning, Para Swimming and Breaststroke

Practical (8 hours)

	Duration	Content
Module 5	2 hours	Coaching Session Components, Practical briefing and preparation
	3 hours	Practical: Coaching Sessions (1 x 3 hour block of coaching) Assisting in a practical environment utilising a variety of communication and motivational techniques, swimming equipment and self-evaluation and future development
	2 hours	Practical: Additional Practical eg Micro-coaching, Skill/Stroke Analysis

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Practical (2 hours)

	Duration	Content
Module 6	1 hour	Practical: Coaching Session in Club environment Delivery of Level 2 Swimming Coach Session Plan
	1 hour	Practical: Coaching Session in Club environment Delivery of Level 2 Swimming Coach Session Plan This must be recorded on video and uploaded to STEP <ul style="list-style-type: none"> • 15 minutes RMAP Delivery • 30 minutes Main Set Delivery • 15 minutes Skill Development Delivery eg Start / Turn