

Level 1 Assistant Swimming Teacher Course Overview

Pre-Course - ONLINE (6-8 hours)

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

Virtual Classroom (8 hours)

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

	Duration	Content
Module 1	2 hours	Fundamental Movement Skills, Core Aquatic Skills and Backstroke
Module 2	2 hours	Scientific Principles, Front Crawl and Skill Analysis
Module 3	2 hours	Communication Skills, Motivational Techniques and Butterfly
Module 4	2 hours	Dealing with Anxious Swimmers, Fault & Corrections and Breaststroke

Practical (12 hours)

	Duration	Content
Module 5	2 hours	Virtual Classroom: Lesson Plan Components, Practical briefing and preparation
	6 hours	Practical: Swimming Lessons (2 x 3 hour blocks of lessons delivered across 2 days) 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-teaching, Skill/Stroke Analysis
	2 hours	Virtual Classroom: Tutor 1-2-1 Feedback