

ASA / UKCC Level 1 Certificate in Teaching Aquatics

COURSE TITLE **ASA / UKCC Level 1 Certificate in Teaching Aquatics**

THE FIRST STEP TO BECOME A SWIMMING TEACHER

This is the first step towards becoming a swimming teacher and is designed to introduce candidates to the basic principles of teaching.

Once qualified, the successful candidate will be able to assist teaching of a limited range of basic skills under the supervision of a qualified UKCC Teacher / Coach.

PRE-REQUISITES TO BECOME A SWIMMING INSTRUCTOR

Candidates must be 16 years or older at the start of the course

COURSE CONTENT

The course is made up of 2 units

Unit 1. This core unit is common to all UKCC disciplines and comprises of preparation for teaching/coaching activities, delivery of prepared activities within a session, roles and responsibilities, Health & Safety in the aquatic environment, effective communication, evaluation of teaching/coaching activities and child protection.

Unit 2. This unit explores the practical skills and knowledge of being a support teacher in an aquatic environment by looking at the principles underpinning the Learning to Swim Programme utilising the ASA National Plan for Teaching Swimming (NPTS) or equivalent, Practical Skills, Techniques and Session Preparation & the Human Body.

COURSE STRUCTURE

The course is delivered in various combinations of days for example 5 days Monday to Friday 9am to 5pm or over 3 weekends Saturday, Sunday, Saturday, Sunday & Saturday 9am to 5pm. It may also be delivered over a number of evenings plus a weekend. The delivery combination will be identified in the grid below.

Unit 1 includes up to 14 hours theory and up to 7 hours practical (*this is dependent on number and experience of candidates*).

Each element of Unit 1 will be assessed by oral/written questioning and /or observation by the Tutor/Assessor.

Unit 2 includes up to 7 hours theory and up to 4 hours practical (*this is dependent on number and experience of candidates*).

The Principles element will be assessed through a multi-choice written paper, the remaining elements will be assessed by written/oral questioning and/or observation by the Tutor/Assessor.

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Whatever your First Aid training requirement, there is a degree of flexibility within most programmes to accommodate it.

[Please contact us for further information](#)

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