

ASA LEVEL 2 CERTIFICATE FOR TEACHING (AQUAFIT)

GENERAL INFORMATION

1 INTRODUCTION

The ASA Level 2 Certificate for Teaching (Aquafit) will comprise 4 Units:

- Unit 1 (core theory)** this is common to all ASA disciplines at this level. Candidates who achieve an ASA Level 2 Certificate in one discipline need not repeat this unit if taking the same level qualification (or level below) in another discipline.
- Unit 2 (Aquafit theory)** this is a theoretical unit, which covers aspects, which are specific to Aquafit.
- Unit 3 (Practical)** this unit is largely practical and covers a range of participants from non-swimmer and new to Aquafit to improver level in shallow to intermediate depth water.
- Unit 4 (Practical)** this unit is largely practical and covers deep-water work, and specificity of training.

Definitions of Water Depth

<i>Shallow</i>	-	waist to mid chest depth
<i>Intermediate</i> (also known as transitional)	-	mid chest to neck
<i>Deep</i>	-	higher than the neck

Following the successful completion of unit 3, you will be qualified to teach within the context of that practical unit. If you complete all 4 units then you will be fully qualified to teach the range of skills identified in units 3 and 4. All units are to be completed in sequence and within a 5 year period.

2. QUALIFICATION ROUTES

Candidates wishing to take the Aquafit Teacher Certificate who do not hold relevant other qualifications (see below) will be required to complete all units

Candidates who hold the following qualifications can be exempt from Unit 1 (core theory);

- ASA Level 2 (Teacher) Certificate - any discipline
- DfES recognised qualification in the teaching of physical education
- Appropriate land based exercise qualifications offered by YMCA or RSA. Candidates will be required to apply to the ASA for exemption.

NB It is the responsibility of any candidate exempt from Unit 1 (core theory) to ensure familiarity with the content of the Unit particularly in respect of areas which may be specific to Aquafit or specific to the ASA, e.g. Health and Safety, Child Protection. Assessment of the unit will be through the practical application in teaching, the worksheets and the written examination.

3. TITLE

ASA Level 2 Certificate for Teaching (Aquafit)

4. PRE-REQUISITES

Candidates must:

- 4.1 Be at least 18 years old at commencement of the course
- 4.2 Have completed a minimum of 3 hours of water exercise with a qualified instructor (preferably Aquafit), attendance must be recorded on the sheet provided in the log-book
- 4.3 Be sufficiently water confident to participate in Aquafit classes (shallow to intermediate for Unit 3 and Deep for unit 4)

5. ROLE

Once qualified the holder of the ASA Level 2 Certificate for Teaching (Aquafit) is one who is able to teach groups normally of up to 30 participants and is able to present sessions for a range of ability from the non swimmer and new to Aquafit to those operating in deep water. Those candidates who achieve Units 1, 2 and 3 will be qualified to teach within the range determined by Unit 3.

6. LEVEL OF QUALIFICATION

This qualification builds skills progressively during the course. After unit 3 candidates will have skills which enable them to teach participants new to Aquafit up to improver level in shallow to intermediate depth water. After completion of unit 4 they will have:-

- Developed a greater range of skills including those for deep water
- Developed a greater depth and range of knowledge
- The ability to manage groups of different abilities simultaneously
- The ability to design and use more advanced and interesting routines.
- Developed a fuller understanding of applying specificity of training to individuals.

7. TIME ALLOCATION

7.1	UNIT No 1 -	Core Theory	8 ¼ hours
7.2	UNIT No 2 -	Aquafit Theory	14 ¾ hours
7.3	UNIT No 3 -	Practical	5 hours practical teaching per candidate 2 hours teacher observation
7.4	UNIT No 4 -	Theory	3 hours
		Practical	3 hours practical teaching per candidate 2 hours teacher observation

The Actual time required for units 3 and 4 will be determined by the number of candidates and the number of teaching stations but must be sufficient to allow every candidate time to meet the requirements as stated above. For Unit 3, 2 hours (from the 5) may be used teaching other candidates and 3 hours with pupils. For unit 4, 2 hours (*from the 3) may be used teaching other candidates and 1 hour with pupils. Non teaching time must be either participating for other candidates or on focussed observation, skill analysis etc. as allocated by the course tutor.

ADDITIONAL TIME REQUIREMENT

- Skill analysis 1 ½ hours for Unit 3 and 1 hour for Unit 4
- Tutor Demonstrations 1 hour per practical unit
- Additional theory 3 hours for Unit 4
- Written examination 1 ½ or 2 hours

8. TOTAL LENGTH OF COURSE

A course must comprise a minimum of:

4 UNIT COURSE

Theory	-	26 hours
Practical	-	28 ½ hours
TOTAL	-	54 ½ hours

3 UNIT COURSE (Units 1, 2 and 3)

Theory	-	23 hours
Practical	-	17 ½ hours
TOTAL	-	40 ½ hours

Unit 4 only

Theory	-	3 hours
Practical	-	11 hours
TOTAL	-	14 hours

The time for the written examination is in addition to the above.

The practical teaching time is an example only based on 12 candidates and 4 teaching stations.

The actual course length will be determined by the number of candidates and the number of teaching/coaching stations. Sufficient time for breaks and change over must be allocated when calculating the total course time.

The maximum contact time available for each day of a course is 8 ½ hours for “theory days” and 7 ½ hours for those days which include practical teaching/coaching.

9 GUIDED LEARNING HOURS AWAY FROM THE COURSE

Candidates will be expected to prepare sessions and complete additional tasks allocated by the tutor including general reading and worksheets between sessions. The exact time required will vary from candidate to candidate. This will normally amount to approximately 18-22 hours.

10. ASSESSMENT AND VERIFICATION

10.1 Assessment of practical teaching will be on a continuous basis and through the use of assessment checklist and oral questioning. Candidates will be required to teach groups of no less than 4 throughout the course and 12 on a minimum of 2 occasions for Unit 3 and 1 occasion for Unit 4

10.2 Assessment of theoretical knowledge will be through the Level 2 (Teacher) Certificate (Aquafit) log book, written examination and oral questioning.

10.3 Each candidate should normally have a minimum of two recorded practical assessments by the course tutor, in addition to the final assessment checklist. One of these should be on a group of 12 pupils.

10.4 Each course will normally be verified on a minimum of two occasions by the verifier appointed to the course. Additional verification will be required where the practical units are achieved independently.

Assessment of points 10.1 and 10.2 (excluding the written examination paper) will be by the course tutor and verified by the appointed verifier. Assessment of the written examination/s will be by the appointed verifier.

The written examination will take place at the end of the practical units. Those candidates not taking Unit 4 will complete the relevant sections only. Candidates achieving 3 units who subsequently wish to complete the 4th unit will be required to complete the additional section only. Candidates seeking to achieve the qualification unit by unit will not take the written examination until after completion of the 3rd Unit. The time for the 3 unit examination is 1 ½ hours and 2 hours for the 4 units.

11. RESULTS

11.1 Candidates will be required to pass in the theoretical aspects and practical teaching

11.2 The results will only be communicated to candidates by the ASA Education Department.

12. COURSE ADMINISTRATION

12.1 the maximum number of candidates for the core theory unit is 24

12.2 the maximum number of candidates for the Aquafit theory and practical units is 12

12.3 Course organisers must ensure that they read the section on general Regulations and Administration before registering a course. Full details can be found on the ASA website (www.britishswimming.org) or by request from the ASA Education department

13. WATER DEPTH

Course organisers and Tutors are advised that for unit 3 the water should be no deeper than shoulder depth, and a minimum depth of no less than waist deep (*the height of the pupils and the structure of the pool should be considered when organising courses*). For Unit 4 the water depth should be as above plus additional deep water (*in which exercising participants are unable to stand*)

ASA LEVEL 2 (TEACHER) CERTIFICATE (AQUAFIT) - Unit 1 Core theory

Each element within this unit has a time indication allocated to it. This is for guidance purposes only but provides some indication of the depth required. Further indication of depth can be gained through references to the relevant tutor pack, available to ASA registered tutors only, and Swimming Teaching and Coaching Level 1, available to candidates, both of which are published by the ASA.

ELEMENT 1 - TECHNICAL KNOWLEDGE: At the end of the element the candidate will have:

Assessment Objective:

1.1) a basic knowledge of anatomy and physiology as applied to aquatic activity

Syllabus muscular and skeletal system, structure and growth of bones, classification of joints, how muscles work, location and action of major muscle groups, circulation, mechanics of breathing, the effects of exercise, energy systems, principles of adaptation, overload, specificity and reversibility, intensity and volume.

Assessment Objective:

1.2) a knowledge of the acquisition of skill

Syllabus what is skill?, the process of learning; factors affecting skill acquisition, intrinsic and extrinsic feedback, and the role of teacher/coach in relation to skill acquisition and skill development, open/closed skills.

Assessment Objective:

1.3) a basic knowledge of human growth and development

Syllabus physical, emotional, social, motor, cognitive, maturation phases from pre-school to adult, relationship between maturation and the acquisition of skill and the development of the energy systems.

Estimated time for this element - 4 hours

ELEMENT 2 - HEALTH AND SAFETY: At the end of the element the candidate will have:

Assessment Objective:

2.1) a knowledge of Pool Safety Operating Procedures (PSOPs) and related Health and Safety issues

Syllabus legal status of PSOPs including Emergency Action Plans (EAPs) and Normal Operating Procedures (NOP's), risk assessment, reporting and recording procedure, life guarding responsibilities of teachers, use of electrical equipment near water, pool design and potential hazards; pool hygiene.

Assessment Objective:

2.2) a knowledge of common medical conditions and injuries relevant to aquatic activity

Syllabus epilepsy, asthma, knee and shoulder injuries.

Assessment Objective:

2.3) a knowledge of relevant information and guidance statements

Syllabus Jumping into shallow water, head first entries, teaching from the poolside, pupil/teacher ratios, role appropriate to the qualification, awareness of insurance implications for teachers/coaches

Estimated time for this element - 45 minutes

ELEMENT 3 - CONDUCTING THE SESSION: At the end of the element the candidate will have:

Assessment Objective:

3.1) a knowledge of planning schemes of work and individual sessions

Syllabus information gathering, planning a scheme of work, session structure including aims and objectives, teaching practices and teaching points, organisation, management of time, space and pupils, equipment, introductory activity/warm-up, main theme, concluding/contrasting activity, session evaluations; grouping by ability; mixed ability

Assessment Objective:

3.2) a knowledge of a variety of teaching methods

Syllabus whole part whole, part whole etc., problem solving, guided discovery, *manual support and manipulation.

* see note in additional guidance at the end of this unit

Assessment Objective:

3.3) a knowledge of effective communication

Syllabus positioning; visual (demonstration, mime, models) verbal, manual; variations in use of voice; two way communication including checking participants understanding, use of open questions, communication appropriate to one to one, part and whole group, different age groups.

Assessment Objective:

3.4) a knowledge of motivation techniques

Syllabus praise, feedback, use of incentive schemes, goal setting.

Estimated time for this element - 1 hour 15 minutes

ELEMENT 4 - CHILD PROTECTION: At the end of the element the candidate will have:**Assessment Objective:**

4.1) an understanding of the ASA Child Protection Procedures

Syllabus types of abuse, identification of abuse, role of the teacher in reporting abuse, role of social services and other support structures including SwimLine; Code of Ethics, implications of the procedures in relation to good practice in the teaching/coaching of swimming and /or its associated disciplines.

Estimated time for this element - 1 hour

ELEMENT 5 - WORKING WITH AN ASSISTANT: At the end of the element the candidate will have:**Assessment Objective:**

5.1) a knowledge of how to work effectively with assistants/helpers

Syllabus allocation of tasks, monitoring performance, evaluating performance, mentoring.

Estimated time for this element - 30 minutes

ELEMENT 6 - SPORT EQUITY: At the end of the element the candidate will have:**Assessment Objective:**

6.1) a knowledge of issues relating to sports equity

Syllabus issues related to equality of opportunity and integration, gender, ethnicity, age, social inclusion, awareness of selected disabilities, hearing and visual impairment, learning difficulties, issues related to assisting and handling, skill modification to accommodate individual needs.

Estimated time for this element - 30 minutes

BRIEFING, SUMMARY AND NEXT STEPS - 15 minutes**Additional Guidance****Manual Support**

Manual support refers to assistance which may be given to help the learner. In swimming this might be assistance given to a non swimmer or beginner to achieve a horizontal position and to aid movement through the water. In diving it might be assistance given to the beginner to show the position of the hands on entry into the water. When manual support is being provided care must be taken to avoid embarrassment to the teacher or the pupil. It is recommended that where manual support is provided other adults and pupils should be in attendance.

Manual Manipulation

Manual manipulation refers to assistance which may be given to help the learners to assimilate information related to the movement of limbs in relation to the skill being learnt. Assisting a learner to perform the Breaststroke leg action is one example. When this type of assistance is being provided again care must be taken to avoid embarrassment to the teacher or the pupil and to avoid possible injury to the learner.

ASA LEVEL 2 (TEACHER) CERTIFICATE - UNIT 2 - AQUAFIT THEORY

This unit covers a range of theoretical aspects relevant to the teaching of Aquafit. Some aspects such as planning and anatomy and physiology will have been introduced to candidates as part of Unit 1 (core theory) or as part of the Home Study Packs. Where this occurs the content of Unit 2 should focus on developing a deeper understanding plus the application to the discipline of Aquafit.

ELEMENT 1 - TECHNICAL KNOWLEDGE: at the end of this element the candidate will have:

Assessment Objective:-

1.1 a knowledge of anatomy and physiology and its application

Syllabus Muscular-skeletal structure and function, structure, growth and deterioration of bones, classification of joints, structure and function; synovial joints, joint movements, structure of skeletal muscles, energy systems, location and action of major muscle groups.

Estimated time - 1 ½ hours

Assessment Objective:-

1.2 a knowledge of skills/activities related to initial orientation

Syllabus regaining the standing position, safe use of buoyant aids eg. Armbands and woggles, movement through the water using different methods, walking, running, jogging, skipping, jumping. Safe working depths, starting positions and principles of good posture, maintenance of balance

Estimated time - 1 ½ hours

Assessment Objective:-

1.3 a knowledge of the fundamentals of Aquatic Activities and their application in all depths of water.

Syllabus Relationship between density and flotation, relationship between resistance drag and movement through the water, including Newton's third Law of motion ie, inertia, acceleration and interaction, generating propulsion including hydrodynamic lift theory and the effective use of hands and feet ie. sculling, increasing resistance, turbulence etc. Principles of rotation, applied to Aquafit skills ie. Regaining the vertical position, balance. Understanding and use of range of movement, and length of levers.

Estimated time - 1 hour

Assessment Objective:-

1.4 A knowledge of creating and adapting exercises in water relevant to different groups

Syllabus Application of anatomical, physiological and mechanical principles relating to the teaching of Aquafit. Starting positions, principles of good posture (static and dynamic). Maintenance of balance throughout the exercise. Warm up exercises, mobilising and stretching. Muscular strength and endurance (MSE) exercising for specific muscle groups, for joint mobility. Design of individual exercises and exercise sets, speed, repetitions and duration. Cardiovascular effect of working aerobically including duration and intensity. Choreographical sequences, variety of activity including circuits, interval training, travel, relays, games, dance type activities, sculling. Cool down and relaxation.

Estimated time - 3 ½ hours

Assessment Objective:-

1.5 a knowledge of skill acquisition and analysis

Syllabus Learner variables, repetition, reinforcement. Analysis of skills. Use analysis to create, adapt, improve, re-design and progress exercises and to correct performance.

Estimated time - 45 minutes

ELEMENT 2 - CONDUCTING A SESSION: At the end of the session the candidate will have:

Assessment Objective:-

2.1 a knowledge of planning schemes of work and individual sessions

Syllabus Structure of an Aquafit session. Planning for different ability groups: eg beginner advanced (levels 1-3) senior participants, non-swimmers, mixed ability groups, the very fit,. Use of Circuits; use of equipment; consideration of environmental factors such as water temperature, acoustics, water depth.

Estimated time - 2 hours

Assessment Objective:-

2.2 a knowledge of methods of recording and evaluating

Syllabus Individual and group progress; personal effectiveness of the teacher

Estimated time - 30 minutes

Assessment Objective:-

2.3 a knowledge of safe practice relevant to the teacher and the participant

Syllabus Teacher safety: on poolside, safe demonstration of exercises, working on potentially hazardous surfaces, appropriate footwear, maintaining hydration, implications of the use of electrical equipment, preserving the voice.

Pupil safety: safe methods of entry and exit, safety aspects for non-swimmers and those with a particular need e.g. Ante/post natal, cardiac problems. Common accidents and their prevention, signs of overexertion and the appropriate responses. Teaching the pupil to work within their own ability. Awareness of potentially hazardous and controversial exercises or poor posture.

Estimated time - 1 hour

Assessment Objective:-

2.4 a knowledge of screening methods

Syllabus Designing and using screening forms, in order to identify specific needs of participants e.g. Ante/post natal, cardiac problems. Client confidentiality

Estimated time- 30 minutes

Assessment Objective:-

2.5 a knowledge of how to use equipment and aids in the context of an Aquafit session

Syllabus Use of flotation and resistance equipment

Estimated time - 1 hour

Assessment Objective:-

2.6 a knowledge of how to use music in the context of an Aquafit session

Syllabus Electrical equipment; selection of music, use of phrasing, rhythm, speed, time and the linking of music to movement; PPL

Estimated time - 30 minutes

Assessment Objective:-

2.7 a knowledge of the organisation of groups

Syllabus Groups of similar ability, mixed ability taking into account individual needs, maximising the use of space, allocation of time to different phases of the session, identification of potential hazards, responds to minor incidents which do not require the intervention of a lifeguard.

Estimated time - 30 minutes

BRIEFING SUMMARY AND NEXT STEPS - 30 MINUTES

ASA LEVEL 2 (TEACHER) CERTIFICATE (AQUAFIT)

UNIT 3: PRACTICAL 1 -

Beginner level to early advanced shallow (waist depth) to chest deep water

SYLLABUS AND ASSESSMENT OBJECTIVES

At the end of the unit the candidate will be able to plan, conduct and evaluate a session(s) demonstrating an ability to:-

Assessment Objectives:-

1. Develop initial orientation for pupils new to aquafit

Syllabus Practical application of Unit 2 element 1.2

Assessment Objectives:-

2. Develop a range of exercises and movements

Syllabus Practical application of Unit 2: elements 1.2, 1.4 and 2.6

Assessment Objectives:-

3. Apply the principles of safe exercise.

Syllabus Practical application of Unit 2: element 2.3

Assessment Objectives:-

4. Use of equipment and aids relevant to the level of the participant

Syllabus Practical application of Unit 2: element 1.2 and 2.5

Assessment Objectives:-

5. Use a range of teaching methods

Syllabus Practical application of Unit 1: element 3.2

Assessment Objectives:-

6. Communication, on a one to one, small group, and large group basis

Syllabus Practical application of Unit 1: element 3.3

Assessment Objectives:-

7. analyse skills and take appropriate action

Syllabus Practical application of Unit 2: element 1.5

Assessment Objectives:-

8. Prepare and utilise plans for different groups, ability levels and types of class

Syllabus Practical application of Unit 2: element 2.1, 2.2 and 2.6

Assessment Objectives:-

9. Organise and manage a group of similar, mixed ability taking into account at least two different levels of ability, whilst maintaining a safe environment

Syllabus Practical application of Unit 2: elements 2.7

Time allocation Unit 3

Each candidate must teach for a minimum time of 5 hours to the range as indicated:

Levels 1 - 2 beginners and improvers	1 hour
Mixed abilities within the same group	3 hours
Advanced group	1 hour

Candidates must also:

Show use of equipment]

Teach non-swimmers] *incorporated into the levels indicated above*

Teach mature participants]

Non teaching time must be spent on focused observation (teacher or pupil analysis), working as an assistant or on practical tasks allocated by the tutor, or be participating in the water as part of a group.

Tutor Demonstration 1 hour minimum spread over the unit

Skill analysis - 1 ½ hours of which 1 hour will be tutor led

Tutor feedback or additional theory as required and at the tutors discretion

ASA LEVEL 2 (TEACHER) CERTIFICATE (AQUAFIT)
UNIT 4: PRACTICAL 2 - Specificity of training and deep water

SYLLABUS AND ASSESSMENT OBJECTIVES

At the end of the unit the candidate will be able to plan, conduct and evaluate a session(s) demonstrating an ability to:-

ELEMENT 1 - THEORY

Assessment Objectives:-

1.1 an understanding of the safety considerations for working in deep water

Syllabus Awareness of potential hazards of exercising in deep water; ability and water confidence, safety skills including vertical posture, recovery from prone and supine positions to resting and vertical positions; treading water and changing direction. An understanding of exercise in varying depths of water the effects of added buoyancy

Assessment Objectives:-

1.2 an understanding of how to plan a programme for groups of different abilities

Syllabus Sessions to include; specificity, circuits, conditioning and interval training in deep and intermediate depth water; including warming, whole body mobilization, toning, cardio-vascular sequences to raise the heart rate and involve large muscle groups. Use of the principles of specificity, adaptation and progressive overload with awareness of individual progress rates

Assessment Objectives:-

1.3 analysis and use of buoyant and resistance equipment

Syllabus Effects on the body of using equipment such as woggles, mitts, aquabells etc

Estimated time - 3 hours

ELEMENT 2 - PRACTICAL - at the end of this element the candidate will be able to plan, conduct and evaluate a session(s) demonstrating an ability to:-

Assessment Objective:-

2.1 Maintain stabilization and safety in deep water

Syllabus Practical application of Unit 4: 1.1

Assessment Objective:-

2.2 Effectively analyse skills and apply the information to future planning

Syllabus Practical application of Unit 2, elements 1.5 to skills covered by Unit 4

Assessment Objective:-

2.3 Create, adapt and utilise interesting and varied sequences of exercises for different levels of ability

Syllabus Practical application of unit 2: elements 1.4, 2.3 & Unit 4: elements 1.2 1.3

Time allocation

Each candidate must teach for a minimum time of 3 hours covering the range as indicated:

Groups in Deep water	2 hours
Groups in Intermediate depth water	1 hour

Non teaching time must be spent on focused observation (teacher or pupil analysis), working as an assistant or on practical tasks allocated by the tutor, or be participating in the water as part of a group.

Tutor Demonstration 1hour minimum spread over the course
Skill analysis 1 hour of which 30 minutes must be tutor lead