

# SYLLABUS

**1.0 Title**  
Swim trainers Certificate

**2.0 Course Structure**  
The ASA Swim Trainers Certificate comprises 2 units:-

- Unit 1 (Theory) this unit provides the underpinning knowledge required for this certificate and is delivered on line as a distance learning unit
- Unit 2 (Practical) this unit is largely practical and will enable the knowledge attained through Unit 1 to be applied in the practical context

**NB** Unit 2 (the practical aspects) must be completed within 2 years of achieving Unit 1 (theory)

**3.0 Pre-requisite**

3.1 Candidates must be at least 18 years of age at the commencement of the course

3.2 Must hold a Level 2 qualification in teaching and instructing exercise and fitness recognised by the Register of Exercise Professionals i.e. NVQ Level 2 in Instructing Exercise and Fitness; Central YMCA Qualification Certificate in Fitness Instructing; OCR Certificate in Teaching Exercise and Fitness or an ASA Level 2 Certificate

**NB** Candidates who have achieved Unit 4 of the ASA Level 2 Certificate will have covered most of the areas included in Swim Trainer.

**4.0 Role**

Once qualified a holder of the Swim Trainers will be able to provide technical help and assistance to those using swimming as a means of developing general fitness. The Swim Trainer will normally operate on an individual or small group basis (maximum 6 swimmers at any one time)

**5.0 Aims**

5.1 To equip candidates with a basic knowledge of health & safety

*Syllabus*

Lane discipline and direction; exclusive v non exclusive use; diving into shallow water; role of lifeguard; NOP and EAP

5.2 To equip candidates with a basic knowledge of the use of a pace clock

*Syllabus*

Timing swimmers; timing rest periods; establishing start times; spacing swimmers in a lane; establishing turn round times; relationship between work and rest

5.3 To equip candidates with a basic knowledge of the principles of training

*Syllabus*

Overload, specificity and reversibility; application of D.I.R.T.; aerobic and anaerobic development

5.4 To equip candidates with a basic knowledge of swim training equipment

*Syllabus*

Use of floats, pull buoys, hand paddles

5.5 To equip candidates with a basic knowledge of planning a swim fitness session

*Syllabus*

Schedule construction including warm up, main set, sectional work and cool down

5.6 To equip candidates with a basic knowledge of stroke analysis

*Syllabus*

Use of focussed observation and B.L.A.B.T.

## 6.0 Assessment

- Assessment of practical coaching will be on a continuous basis through the use of the assessment checklist and oral questioning.
- Candidates are required to plan a minimum of 4 sessions (minimum session time of 30 mins), 2 of which must be to the satisfaction of the assessor.
- Candidates are required to complete one stroke analysis on each of backcrawl, breaststroke and frontcrawl, one of which must be to the satisfaction of the assessor
- Candidates are required to design and complete a medical screening form
- Assessment of theoretical knowledge will be through the theory unit and the practical application

## 7.0 Time Allocation

Unit No 1 – Theory	10 hours
Unit No 2 – Practical Coaching	3 hours per candidate
Practical Stroke Analysis	2 hours
Tutor demonstration	1 hour
Theory review	2 hours
Discussion / Feedback to candidates	1 hour

### Total Length of Course

*1	Theory	10 hours for Unit 1; 3 hours to support Unit 2
*2	Practical	9 hours

\*1 The theoretical aspect (Unit 1) must have been successfully completed prior to attendance at a Swim Trainers Practical Course. Candidates will be required to bring to the course their Swim Trainers Theory Certificate (original).

\*2 The practical time is an example only based on 12 candidates at 12 coaching stations e.g. 25m x 6 lane pool. The actual course will be determined by the number of candidates and the number of coaching stations. Each candidate is required to coach 2 swimmers (minimum age 16 years) for a minimum of 3 hours; based on a standard 20-25m pool a maximum of 2 candidates can operate in one lane at the same time. Candidates not involved in coaching should participate in focussed observation.

## 8.0 Course Administration

The maximum number of candidates for the practical Unit is 12; practical aspects will be verified on a sampling basis

## 9.0 Results

- Candidates will be required to pass in both theoretical and practical aspects
- All results will be issued by the ASA Education Department.