



AUSTSWIM Course Information



AUSTSWIM Teacher of Swimming and Water Safety

The AUSTSWIM Teacher of Swimming and Water Safety™ course provides candidates with essential competencies to teach swimming and water safety™ to persons from four years of age in swimming pools and confined natural shallow water venues. The certificate is valid for three years.

Pre requisite

1. Candidates may enrol in an AUSTSWIM course at 16 years of age but are not eligible to receive the award until they are 17 years of age.
2. Candidates are required to have a reasonable level of fitness and swimming ability.

Delivery Strategy

The course consists of theory and practical components.

1. Theory component - topics may be offered through classroom attendance or selected topics via DVD home study.
2. Practical component - involves swimming activities that may be carried out in shallow or deep water.

Content

The course is approximately 15-20 contact hours, plus a nominal 20 hours practical teaching. Topics include:

- Overview of AUSTSWIM and the aquatic industry
- Legal responsibilities for the AUSTSWIM teacher™
- How people learn
- Being an effective teacher
- Aquatic safety, survival and rescue skills
- Principle of movement in water
- Water familiarisation, buoyancy, mobility and safety
- Teaching safer diving skills
- Towards efficient stroke development
- Plan, deliver and review a lesson

Assessment

To gain the certificate, the following assessment components must be satisfactorily completed within 12 months of the course commencement date.

1. On-line theory assessment (completed after attending a course).
2. Continuous Aquatic Sequence.
3. Practical demonstration of teaching skills, including the preparation of lesson plans.
4. Demonstrate competence in water safety techniques. Candidates holding a current Bronze Medallion, Pool Lifeguard or equivalent award, may gain an exemption by providing a copy of the award.

Additional Requirements

1. Practical teaching hours including observation, supervised teaching and verification of teaching competency. It is recommended candidates undertake 20 hours of supervised teaching experience prior to assessment.
2. Show evidence of holding a current cardio pulmonary resuscitation (CPR) award.
3. Teacher Declaration (completed on-line with theory exam).
4. Submit photo for photo ID card.

Certification

On successful completion of all course requirements candidates will receive the AUSTSWIM Teacher of Swimming and Water Safety™ Certificate and AUSTSWIM Teacher Licence™. The AUSTSWIM Teacher Licence™ is valid for 3 years. Candidates will also be issued a Statement of Attainment.

COURSE LAYOUT

AUSTSWIM Teacher of Swimming and Water Safety

Day 1: Saturday			Presenter
8:45-9:00am	Course registration and overview	Lecture	Michele Jokic
9.00 – 10.00.am	Module 5: Aquatic safety, survival and rescue skills		Michele Jokic
10.00-10.30	Module 10: Plan, deliver & review a lesson	Lecture	Michele Jokic
10.30-10.45am	Break		
10.45-12.15pm	Modules 5: Aquatic safety, survival and rescue skills* Module 8: Teaching safer diving * Including Personal Rescue Competencies	Lecture	Michele Jokic
12.00-12.45pm	LUNCH		
12:45-2.15	Module 7 water familiarisation, buoyancy, mobility & safety	Lecture	Michele Jokic
2.15-2.30pm	Break and change		Michele Jokic
2.30-3.30	Module 7: Prac	Practical	Michele Jokic
3.30–6.00pm	Module 5 & Module 8 Prac Including Personal rescue	Practical	Michele Jokic
Day 2: Sunday			
8.30-9.30am	Module 6: Principles of Movement in Water	Lecture	Michele Jokic
9.30-11.00	Module 9: Towards efficient stroke development – freestyle, backstroke and butterfly	Lecture	Michele Jokic
11.15-11.30pm	Break		
11.30-1.00pm	Module 9: Towards efficient stroke development – breaststroke, sidestroke and survival backstroke	Lecture	Michele Jokic
1.00-1.30pm	LUNCH		
1.30-2.00pm	Module 6: Prac	Practical	
2.00-4.00pm	Aquatic Sequence Module 9: Prac	Practical	Michele Jokic
4.00-4.30	Review & reflection	Lecture	Michele Jokic

CPR – Cardiopulmonary Resuscitation (if enrolled)

Day 2: Sunday

4.30 – 6.30pm	CPR course & update	Practical	Heather Toseland
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