



# ASA Level 1 Swimming Assistant (Teaching) Course Information Sheet

## Description

This qualification is aimed at those interested in supporting the teaching programme in a learn to swim environment utilising the British Gas ASA Learn to Swim Pathway (or equivalent). It is recognised as a Level 1 vocational qualification.

The qualification is designed to be a practical qualification providing the learner with an introduction to the skills, knowledge and abilities needed to be a Swimming Assistant in a learn to swim teaching environment.

## Role

The holder of an ASA Level 1 Swimming Assistant (Teaching) is qualified to work under the supervision of a fully qualified Level 2 Swimming Teacher only. This qualification does not qualify the learner to teach independently.

## Syllabus

This qualification is made up of 15 learning outcomes and 21 assessment criteria.

On achievement of the qualification the learner will:

1. Know about the legal aspects of assisting in swimming lessons
2. Know about the responsibilities of the Swimming Assistant (Teaching)
3. Know about the role of the Swimming Assistant (Teaching) in promoting swimming
4. Know about fundamental movement skills
5. Know about the core aquatic skills
6. Understand the link between fundamental movement skills and core aquatic skills
7. Know about scientific principles in swimming
8. Know about the component parts of swimming strokes
9. Know about the components of a swimming lesson plan
10. Know about swimming equipment
11. Know about anxiety in participants
12. Be able to demonstrate communication skills in a swimming lesson
13. Be able to demonstrate motivational techniques
14. Be able to provide assistance in swimming sessions
15. Be able to review own performance

## Pre-requisites

- Learners must be at least 16 years of age on the first day of the course.
- Be comfortable to swim and participate in the water.

## Assessment

- All units are assessed by the tutor/assessor
- All learning outcomes must be achieved
- All assessment criteria must be achieved
- All evidence produced by the learner must be their own work
- The assessment is made up of three parts:
  - Theoretical questions
  - Observation record
  - Review record



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## **Certification**

Once the learner has completed the course and all the assessment criteria have been completed Survive and Save Training can forward your results to the ASA Awarding Body for certification. Certificates can expect to be received around 2 weeks following the end of the course.

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