



Qualification Specification

STA Award in Teaching Swimming at SCQF Level 7



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Professional
Standards

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This qualification is accredited by SQA Accreditation

STA Award in Teaching Swimming at SCQF Level 7

Qualification Code: R873 04

Accredited from: 18/09/2024

Accredited to: 30/11/2029

Unit Structure

This qualification consists of 5 mandatory units

Unit Title	Code	SCQF Credit Value	SCQF Level
Safeguarding Children, Young People and Vulnerable Adults	UU54 04	1	6
Planning, Delivering, Assessing and Evaluating Swimming Lessons	UU55 04	5	7
Understand a Swimming Teacher's Role	UU56 04	2	7
Understanding the Health and Safety Requirements for an Aquatic Environment	UU57 04	1	6
Understanding the Scientific and Learning Theories Relevant to Swimming Teaching	UU58 04	1	7

Notional Learning Hours: 101 Hours

Qualification Delivery

The recommended contact hours for this qualification are 40 hours, which includes direct teaching and assessing but excludes breaks.

The course may be run over 5 days, depending on the number of learners, delivery method and course facilities including pool. The course may also be delivered over a period of weeks, with the minimum of each training session being 2 hours.

The ratio for this qualification is a maximum of 12 learners to 1 tutor.

Introduction

Swimming teachers are able to seek employment in a wide variety of leisure facilities including private health clubs and school swimming pools through to large local authority leisure centres. As a swimming teacher, you would be responsible for planning, delivering and evaluating a series of progressive and fun swimming lessons teaching non-swimmer, beginner and improver participants. You will be able to teach a range of aquatic and safety skills such as floating, rotation, water confidence and swimming strokes. You would be responsible for ensuring the lesson area and appropriate equipment is safe and promoted good teaching and learning.

Qualification Objective

The STA Award in Teaching Swimming aims to produce teachers that can teach the essential swimming skills, water safety and all four key strokes to participants. They are able to plan, deliver, assess and evaluate lessons for adult and child participants.

Target Learners

This qualification is for learners who wish to work with children and adults, helping them to develop, both as swimmers and individuals in the aquatic environment. No experience of working with children or teaching swimming lessons is required prior to undertaking this qualification. This qualification could appeal to parents looking for a career that fits in around their childcare commitments and / or those interested in pursuing a career in the leisure industry. It could also appeal to those already employed within a leisure environment who are looking to progress their career or those who are already working as a baby and pre-school swimming teacher who wish to offer lessons to beginner participants alongside their current baby and pre-school classes.

Progression

Once qualified learners may wish to develop their knowledge and skills further, by gaining the STA Certificate in Teaching Swimming, which enables the learner to teach advanced swimming skills. Alternatively, learners may wish to expand their teaching portfolio to teaching those with disabilities and baby and pre-school participants.

Experienced teachers are often employed as mentors for newly qualified swimming teachers, or take on the role of swimming co-ordinators within swim schools.

Industry Standards

The STA Award in Teaching Swimming references the following industry guidance documentation:

- HSG179 Managing Health and Safety in Swimming Pools
 - STA Swimming Teaching Code of Practice.
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Entry Requirements

- Be 16 years of age.
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Special Considerations and Reasonable Adjustments Policies

For further information on these, please refer to the policies section on the Safety Training Awards website:

<https://www.safetytrainingawards.co.uk/policies/>

Awarding Organisation Policies

A full list of awarding organisation policies are available on the website: <https://www.safetytrainingawards.co.uk>

Assessment Format

Competent / Not competent.

Assessment Methods

The STA Award in Teaching Swimming is tutor assessed through the completion of a risk assessment, schemes of work, lesson plans, lesson evaluation forms and practical teaching.

In addition to this there is a final end course theory multiple-choice question assessment paper and an external assessment of practical teaching.

On successful completion of the STA Award in Teaching Swimming learners will have completed and been assessed on:

- Developing 3 x ten-week schemes of work
- Developing 4 x lesson plans
- Completing 4 x lesson evaluation forms
- Delivering 3 hours of practical teaching with participants, 30 minutes of which is externally assessed.

All practical elements must be completed and performed independently by the learner without prompting by the tutor.

The skills within the course and during the assessments must be performed in line with the most current version of the STA Award in Teaching Swimming resource manual.

The multiple-choice assessment paper must be completed in exam conditions, with the tutor or other approved person, acting as the invigilator. Learners must achieve a minimum mark or higher to successfully pass the multi-choice assessment paper.

All learning outcomes and assessment criteria in the units must be achieved in order for the learner to be deemed competent and pass the course.

Please refer to the STA Award in Teaching Swimming Assessment Strategy for the detailed assessment process.

Re-Assessment

If a learner is unsuccessful in the end of course assessment, then the learner is only required to re-sit the required element i.e. if a learner fails the multiple-choice assessment paper they are only required to re-sit the assessment paper.

If a learner should fail the multiple-choice assessment paper, they are only required to re-take the unit paper they failed.

The re-take of an assessment paper or a practical assessment must be completed within six weeks from the failure date.

All retakes must be registered with Safety Training Awards.

Tutor / Assessor Requirements

All tutors must have the skills, knowledge and experience to be able to teach and demonstrate the subject.

Each tutor must be approved by Safety Training Awards and provide evidence of:

1. STA Certificate in Teaching Swimming qualification (or acceptable equivalent)
 2. Hold a formal tutoring and assessing qualification
 3. Maintaining their technical competence within the subject area and provide evidence of continuing professional development (CPD).
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IQA Requirements

Internal Quality Assurers (IQAs) of this qualification must have knowledge and competency in swimming teaching as well as knowledge and competency in internal quality assurance.

An IQA must hold:

1. STA Certificate in Teaching Swimming (or acceptable equivalent)
2. Attend a STA / IQA training day or hold a recognised internal quality assurance qualification.

Note: IQAs cannot quality assure a course for which they were a learner, the tutor and / or assessor.

Resource Requirements

- STA Teaching Swimming Resource manual - Each learner is required to have their own copy of the resource manual to keep during and after the course, in order to have access to the theoretical knowledge of the qualification.
- A range of swimming teaching equipment:
 - Toys
 - Play rafts
 - Woggles
 - Floats
- In order to fulfil the practical requirements of this qualification, access to an appropriate swimming facility is required on each day of the course. The facility should meet the required temperature and depth requirements for teaching participants
- Access to participants of the correct ability during the practical sessions.

Venue

- Room size: Adequate space for all learners on the course to undertake theory and practical work
- Seats: One per learner
- Writing surfaces: Adequate for each learner to take notes
- Toilets: Separate facilities for male and female learners
- Ventilation: Should be adequate
- Lighting: Should be suitable for reading, combining a mixture of natural and artificial light
- Heating: Should maintain a 'short sleeve' environment, minimum temperature 16°C
- Access/exits: Should be safe, well lit and cater for people with special needs
- Floor coverings: Should be carpeted or mats / blankets provided for use during practical sessions
- Cleanliness: Maintain a clean, tidy and hygienic environment
- Noise: Consider whether there is noise that may distract learners from training
- Electrical items: When projectors and other electrical equipment are used, the equipment must be checked to ensure it is in safe working order. It is important to be aware of trip hazards associated with electric cables in order to reduce such risks.