Assessment Requirements for SISCAQU010
Instruct swimming strokes
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Modification History
Not applicable.

Performance Evidence
Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- instruct swimming strokes to both children and adults according to legal, ethical and organisational requirements
- develop and implement at least three lesson plans that individually or cumulatively incorporate the following strokes, and documents the teaching points, class formations, safety and equipment considerations:
  - freestyle
  - backstroke
  - butterfly
  - breaststroke
  - sidestroke
  - survival backstroke
- use and modify the following instructional strategies for individuals and groups:
  - whole skill
  - progressive part
  - demonstration
  - command and response
  - experiential or problem-solving
  - techniques to encourage the reluctant participant
- reflect on the following key aspects of instruction:
  - the lesson
  - teaching methods used
  - risk management
  - potential ways to enhance learning opportunities.

Knowledge Evidence
Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- legal, ethical and organisational requirements and responsibilities for instruction:
• codes of conduct
• work health and safety/occupational health and safety
• working with children
• duty of care/safe conduct of activities
• best practice principles of aquatic activities
• mandatory reporting
• implications of negligence
• waivers and exclusion clauses
• insurance
• anti-discrimination and equal opportunity
• privacy and confidentiality
• communication protocols
• a recognised swimming teachers code of conduct
• swimwear and personal protective equipment

• principles of session planning to develop activity-specific plans:
  • expectations and aspirations of clients
  • numbers of clients
  • client background, experience and developmental stage
  • staff and financial resources
  • cultural and political influences
  • involvement and interest of parents
  • length and number of sessions
  • equipment, materials and provisions
  • precautions and other health and safety information

• learning styles to enable the use of a variety of activities to cater for different client learning preferences:
  • auditory
  • kinaesthetic
  • visual
  • sensory

• principles of growth and development to select and sequence appropriate tasks and activities

• instructional methods and principles:
  • whole skill strategies
  • progressive part strategies
  • demonstration strategies
  • command and response strategies
  • experiential or problem-solving strategies
  • techniques to encourage the reluctant participant

• elements of the following swimming and survival strokes:
• freestyle
• backstroke
• butterfly
• breaststroke
• sidestroke
• survival backstroke
• techniques and progressions commonly required for teaching the following swimming and survival strokes:
  • freestyle
  • backstroke
  • butterfly
  • breaststroke
  • sidestroke
  • survival backstroke
• major stroke faults and how to appropriately correct them
• the aspects of a body of water:
  • body position and density
  • vertical and lateral rotation
  • balance
• forces effecting movement in water and the factors that affect each force:
  • buoyancy:
    • density
    • shape
    • symmetry and asymmetry
    • breathing
    • centre of gravity
    • centre of buoyancy
  • propulsion:
    • lift force
    • water friction
    • levers
  • resistance:
    • skin
    • frontal
    • eddy
• characteristics of the following participant groups and appropriate drills for the various characteristics:
  • age
  • stage of development
  • physical or intellectual characteristics
- cultural and situational factors
- conditions, factors and external influences that affect participant uptake of skill:
  - physical, intellectual and emotional characteristics
  - environmental conditions
  - other facility users
  - spectators
  - parents
  - other instructors
  - background noise and distractions
  - class size
  - water depth
  - available water space
- use, maintenance and care of swimming instructional equipment
- group management techniques
- communication techniques that support and encourage participants
- cardiopulmonary resuscitation techniques to enable initial response to emergencies as per Australian Resuscitation Council (ARC) guidelines.

**Assessment Conditions**

Skills must be demonstrated in:
- a workplace or simulated aquatic facility or confined natural shallow water environment.

Assessment must ensure use of:
- organisational policies and procedures appropriate to risk management
- swimming instructional equipment:
  - flotation devices
  - ropes
  - reaching poles
  - pool safety equipment
- participants to whom instruction is provided, these can be:
  - participants in a workplace, or
  - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a training organisation.

Assessment must ensure access to:
- first aid facilities and equipment.

Assessment activities that allow the individual to:
• develop and conduct lessons in industry required timeframes
• respond to problems that typically arise during swimming instruction.

Assessors must satisfy the Standards for Registered Training Organisations’ requirements for assessors.

**Links**

Companion Volume implementation guides are found in VETNet - https://vetnet.education.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b