



Australian Government

SISCAQU010 Instruct swimming strokes

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to develop lesson plans and instruct survival and competitive swimming strokes to a range of clients including children and adults.

This unit applies to those conducting learn-to-swim and water safety classes in swimming pools and confined natural shallow water venues. Work is performed according to relevant legislation, including working with children and/or vulnerable people checks, organisational policies and procedures and best practice principles of aquatic activities.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Aquatics

Unit Sector

Community Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Analyse the strokes of swimming.
2. Develop lesson plans.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1 Identify the basic biomechanical principles of the strokes of swimming and break each part into its components.
- 1.2 Identify observable body movements for each stage of the skill in order of performing importance.
- 1.3 Identify and document technique checklist.
- 2.1 Consider participant group characteristics and identify swimming skills to be developed.
- 2.2 Assess participant readiness to acquire the relevant skills.

- 2.3 Determine instructional methods appropriate to the participant group.
- 2.4 Determine appropriate drills, activities and/or games for the participant group.
- 2.5 Develop and document lesson plans that incorporate key instructional information.
- 3. Conduct lessons.
 - 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
 - 3.2 Provide clear and accurate instruction on drills, activities and games and confirm understanding.
 - 3.3 Introduce participants to the water in an appropriate manner.
 - 3.4 Demonstrate skills and techniques to participant group.
 - 3.5 Observe and monitor participation and performance of each participant according to principles of movement in water and adjust as required.
 - 3.6 Select and use communication techniques that encourage and support participants.
 - 3.7 Modify lesson as required according to participant needs and factors that affect skills development.
 - 3.8 Respond to participants experiencing difficulties and answer questions as required.
 - 3.9 Use techniques to maintain group control.
 - 3.10 Monitor time and complete drills, activities or games within allocated time.
 - 3.11 Complete lesson documentation and progress notes.
- 4. Review and adapt the instruction.
 - 4.1 Request and respond to feedback from participants.
 - 4.2 Identify aspects needing further emphasis or attention in future sessions.
 - 4.3 Review own performance and identify areas needing improvement.
 - 4.4 Implement modifications to future instruction in response to feedback and review of participant progress.

Foundation Skills

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

SISCAQU310A Instruct swimming strokes

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>