

Stockport Sports Trust

ASA Level 2 Certificate for Teaching Aquatics

Course Timetable

DATE	TIME	UNIT	HRS	THEORY	PRACTICAL	VENUE
Sunday	9.00 - 10.00am	1	1	Introduction to course/registration/Log Book		Avondale
21st Feb 2010	10.00 - 11.30am	1	1.5	PSOP, Risk Assessment - (1.1,1.2)		"
	11.45am - 12.45pm	1	1	Group Discussion		"
	1.30 - 3.00pm	1	1.5	Teacher safety regs, Injury & Accidents - (1.3,1.4)		"
	3.15 - 4.15pm	1	1	Individual talks		"
	4.15 - 5.00pm	0.75	2	Planning process		"
Tuesday	6.00 - 9.30pm	6	3.5		Practical Poolside Teaching	Cheadle Pool
23rd Feb 2010	9.30 - 10.00pm	6	0.5		Stroke Analysis	"
Saturday	12.45 - 2.15pm	1	1.5	Teaching safe sessions, Standards of Behaviour - (1.5,1.6)		Avondale
27th Feb 2010	2.30 - 4.00pm	1	1.5	Child Protection & Sport Equity - (1.7)		"
Sunday	9.15 - 9.45am	1	0.5	Unit 1 - examination		Avondale
28th Feb 2010	10.00 - 11.30am	2	1.5	Roles & responsibilities, Principles of Teaching - (1.1,1.2)		"
	11.45am - 1.15pm	2	1.5	Communication Styles, Admin procedures - (2.2,2.3)		"
	2.00 - 4.30pm	2	2.5	Planning Process, Schemes of Work - (3.1,3.2,3.3,3.4,3.5)		"
Tuesday	6.00 - 9.30pm	6	3.5		Practical Poolside Teaching	Cheadle Pool
2nd Mar 2010	9.30 - 10.00pm	6	0.5		Stroke Analysis	"
Saturday	12.00 - 1.00pm	2	1	Methods of Communication - (2.1)		Avondale
6th Mar 2010	1.15 - 2.45pm	2	1.5	Needs of Participants, Evaluation - (3.6,3.7,3.8,3.9)		"
	3.00 - 4.30pm	2	1.5	Teachers Toolbox, LTAD - (4.1,4.2)		"
Sunday	9.00 - 10.30am	2	1.5	Teaching Programmes, Teaching Styles - (4.3,4.4,4.5)		Avondale
7th Mar 2010	10.45 - 12.15pm	3	1.5	Respiratory System, Cardiovascular System - (1.4,1.5)		"
	1.00 - 2.30pm	3	1.5	Nervous System, Muscles Groups, Skeletal System - (1.1,1.2,1.3)		"
	2.45 - 4.15pm	3	1.5	Principles of Training, Energy Systems - (1.6,1.7)		"
Tuesday	6.00 - 9.30pm	6	3.5		Practical Poolside Teaching	Cheadle Pool
9th Mar 2010	9.30 - 10.00pm	6	0.5		Stroke Analysis	"
Saturday	12.45 - 2.15pm	3	1.5	Nutrition, Hydration - (1.8,1.9)		Avondale
13th Mar 2010	2.30 - 4.15pm	3	1.75	Motivation, Personal Syles - (2.1,2.2,2.3,		"
Sunday	9.00 - 10.30pm	3	1.5	Team Building, Self Regulation - (2.5,2.6,2.7)		Avondale
14th Mar 2010	10.45 - 12.15pm	3	1.5	Stages of Learning, Types of Skills - (2.8,2.9,2.10)		"
	1.00 - 3.00pm	4	2	Core Aquatic Skills, LTAD, NPTS - (1.1,1.2)		"
	3.00 - 5.00pm	4	2	Teaching a range of Abilities, Positive Transfer - (1.3,1.4)		"
Tuesday	6.00 - 9.30pm	6	3.5		Practical Poolside Teaching	Cheadle Pool
16th Mar 2010	9.30 - 10.00pm	6	0.5		Feedback	"
Saturday	12.00 - 2.00pm	4	2	Front & Back Crawl + asa Laws - (1.5)		Avondale
20th Mar 2010	2.15 - 4.15pm	4	2	Breast Stroke & Butterfly + asa Laws - (1.5)		"
Sunday	9.00 - 11.00am	4	2	Improve Performance, Correction, Early Diving - (1.6,1.7)		Avondale
21st Mar 2010	11.15 - 1.15pm	5	2	Starts & Turns, Session Preparation - (1.1)		"
	1.45 - 3.45pm	5	2	Planning, Introduction of Stokes - (1.3,1.4)		"
	4.00 - 5.00pm	5	1	Utilise a Support Teacher, Stake Holders		"
Tuesday	6.00 - 9.30pm	6	3.5		Practical Poolside Teaching	Cheadle Pool
23rd Mar 2010	9.30 - 10.00pm	6	0.5		Feedback	"
Saturday	12.45 - 2.45pm	5	2	Final preparation for Unit 6		"
27th Mar 2010	3.00 - 4.00pm	4	1	Unit 4- Examination		"

Please ensure that you have suitable poolside clothing and footwear for the practical sessions.