

## **AUSTSWIM Teacher of Towards Competitive Strokes™ (TCS)**

The course aims to provide candidates with the competencies to bridge the gap between the teaching and coaching of swimming.

### **Pre requisite**

Candidates are required to have:

1. AUSTSWIM Teacher of Swimming and Water Safety™ accreditation.
2. a reasonable level of fitness and swimming ability.

### **Content**

The course consists of approximately 9 contact hours (theory and practical), plus 10 hours of practical observation hours.

Topics include:

1. Towards competitive swimming
2. External influences and conditions
3. Instructional styles
4. Learning - making it work
5. Development of competitive stroke technique

### **Assessment**

To gain the accreditation, the following assessment components must be satisfactorily completed within 12 months of the course commencement date.

1. Practical assessment.
2. Theoretical assessment.

### **Additional Requirements**

1. Practical observation hours.
2. Show evidence of holding a current cardio pulmonary resuscitation (CPR) award.
3. Teacher Declaration.
4. Submit photo for AUSTSWIM Teacher Licence™.

### **Accreditation**

On successful completion of all course requirements candidates will receive the AUSTSWIM Teacher of Towards Competitive Strokes™ accreditation. This is valid for 3 years at which point the AUSTSWIM Teacher™ must renew their accreditation