



**Qualification Specification**

# **STA Certificate in Teaching Swimming at SCQF Level 7**



**CIMSPA**<sup>®</sup>  
Endorsed

**Professional  
Standards**



## This qualification is accredited by SQA Accreditation

### STA Certificate in Teaching Swimming at SCQF Level 7

Qualification Code: R874 04

Accredited from: 18/09/2024

Accredited to: 30/11/2029

## Unit Structure

This qualification consists of 9 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
Planning, Delivering, Assessing and Evaluating Competitive Swimming Strokes	UU59 04	2	7
Planning, Delivering and Assessing Advanced Swimming Skills	UU60 04	2	7
Understand the Safety Requirements for Advanced Swimming Skills	UU61 04	1	6
Understand Swimming within Education	UU62 04	1	6

## Notional Learning Hours: 161 Hours

### Qualification Delivery

The recommended contact hours for this qualification are 24 hours which includes direct teaching and assessing but excludes breaks. The rest of the guided learning hours are taken from the STA Award in Teaching Swimming. The course may be run over 4 days but can also be delivered over a period of weeks, with the minimum of each training session being 2 hours.

The qualification may be ran over 3 days however, the ratio of learners to tutor is 8:1. There must also be an increase in pool time to a minimum of 3 hours per day in order for all the practical elements to be completed. If the pool time cannot be increased for the duration of the course to meet the minimum requirement then the STA Certificate in Teaching Swimming cannot be delivered in 3 days.

The ratio of 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 through to advanced participants. You will be able to teach a range of aquatic and safety skills such as floating, rotation, water confidence, swimming strokes, water safety and competitive starts and turns. You would be responsible for ensuring the lesson area and appropriate equipment is safe and promoted good teaching and learning.

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## Qualification Objective

The STA Certificate in Teaching Swimming qualifies learners to teach non-swimmers through to advanced participants.

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## Target Learners

Swimming teachers who hold the STA Award in Teaching Swimming who wish to teach advanced participants and advanced swimming skills.

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## Progression

Experienced swimming teachers may wish to take on a mentoring role within the workplace, become responsible for co-ordinating or managing the learn to swim programme or share their knowledge and experience with the next generation of swimming teachers by becoming an aquatic tutor.

Alternatively learners may wish to expand their teaching portfolio to teach those with disabilities and baby and pre-school participants.

## Industry Standards

The STA Certificate in Teaching Swimming is partially mapped to the following occupational standards:

- SKAD472 - Plan a series of coaching sessions
- SKAD473 - Prepare the coaching environment
- SKAD483 - Manage safe and effective sports coaching
- SKAD482 - Plan sports coaching programmes
- SKAD484 - Manage the delivery of effective sports coaching programmes
- SKAD485 - Develop participant performance through effective sports coaching
- SKAD486 - Monitor and evaluate effective sports coaching programming
- SKASC7 - Evaluate sports coaching programmes and practice.

It also references the following industry guidance documents:

- 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
- Hold the STA Award in Teaching Swimming or acceptable equivalent. (Please note the Swim England Level 1 Award in Aquatic Teaching is not an acceptable entry requirement).

Learners must have all pre-requisites in place before the start of the course. Qualification certificates cannot be issued if all pre-requisites are not met before the start of the course, post course submissions will not be accepted.

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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/>

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## 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.

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## Assessment Methods

The STA Certificate in Teaching Swimming builds upon a learner's skills and knowledge from the STA Award in Teaching Swimming qualification which focused on non-swimmer, beginner and improver participants. The STA Certificate in Teaching Swimming covers advanced participants and advanced swimming skills and is assessed through the completion of 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 Certificate in Teaching Swimming learners will have completed and been assessed on:

- Developing 4 x ten-week schemes of work, covering delivery to beginner, improver, advanced swimmers and school swimming participants
- Developing 7 x lesson plans, covering non-swimmer, beginner, improver and advanced participants and including diving from poolside, competitive starts, competitive turns, rescue skills and survival skills
- Completing 4 x lesson evaluation forms
- Delivering 5 hours of practical teaching with non-swimmers, beginners, improvers and advanced participants, an hour of which is externally assessed.

During the 24 contact hours of the STA Certificate in Teaching Swimming, learners will have completed and been assessed on:

- Developing 2 x ten-week schemes of work, covering delivery to advanced swimmers and school swimming participants
- Developing 4 x lesson plans, covering the four competitive swimming strokes and including diving from poolside, competitive starts, competitive turns, rescue skills and survival skills
- Completing 1 x lesson evaluation forms
- Delivering 2.5 hours of practical teaching with improvers and advanced 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 Certificate 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 Certificate in Teaching Swimming Assessment Strategy for the detailed assessment process.

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## **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 (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 suitable swimming teaching equipment:
  - Pull buoys
  - 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 advanced 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.