



# STA Level 2 Certificate In Teaching Swimming—Full

Holders of the STC(F) can teach, without supervision, pupils of all levels.

## Pre-requisites

- Be 18 years of age, or older;
- Be members of the STA;
- Hold a NaRS Pool Safety Award or an alternative acceptable to the STA;
- Hold the STC (B) or an alternative qualification acceptable to the STA;
- Satisfactorily complete the following Units:
  - ◊ Unit 3 - Teaching Improvers;
  - ◊ Unit 5 – Teaching Advanced & Competition Swimming.

## Validity of Award

5 years.

## Length of Course

26 hours. Candidates must attend for at least 22 hours.

## Course Information

### Unit 3—Teaching Improvers

This unit covers the following topics:

- Teaching front crawl, breaststroke, butterfly, diving, rescue, aquatic and survival skills to improvers.
- Teaching and planning, basic anatomy, physiology, hydrostatics and hydrodynamics relating to teaching improvers and advanced swimmers.

### Unit 5—Teaching Advanced & Competition Swimming

This unit covers the following topics:

- Sidestroke;
- Old english backstroke;
- Competitive starts, turns and swimming to advanced swimmers;
- Gala organisation and basic competition preparation.

## Assessment

The qualification is assessed as set out below; candidates must satisfy all of the following:

- Completion of the end of unit worksheets to the satisfaction of the course tutor;
- Answer the end of unit multi-choice questions, each worth 1 mark, with a 70% pass mark;
- Completion of the Portfolio to the satisfaction of the course tutor (Foundation, STC (B) and STC (F));
- Undertake poolside teaching during the course covering the following skills:
  - ◊ Front crawl, back crawl, breaststroke and butterfly to improvers;
  - ◊ Front crawl, back crawl, breaststroke, butterfly, side stroke and old English backstroke to more advanced swimmers;
  - ◊ Competition starts & turns for front crawl, back crawl, breaststroke and butterfly;
  - ◊ Poolside diving practices;
  - ◊ Plunge dive;
  - ◊ Survival skills;
  - ◊ Rescue skills.

At least 30 minutes of the above teaching must be at an STC (F) standard and directly observed by the course tutor.

- External examination - Practical:
  - ◊ Teaching a 20-minute lesson to 6 pupils.
- External examination – Theory (2 hours):
  - ◊ Correctly answering 75 out of 100 multi-choice questions covering topics in the NaRS( PSA), Foundation, STC (B) and STC courses;
  - ◊ Obtain at least 50% in a written essay on 1 topic from a choice of 4 topics.

**For details on courses running in your area please visit  
[www.sta.co.uk](http://www.sta.co.uk) or contact the course department.**