

STA Student Teachers Certificate

The STA Student Teachers Certificate aims to provide preliminary training in the skills of teaching swimming for teenagers and young adults and it is a natural stepping stone to a vocational qualification in swimming.



Pre-requisites

- ⑤ Be of 13 years of age or older
- ⑤ Be able to swim 100m in a competent manner and be confident in deep water

Validity of Qualification

This certificate is valid for 5 years.

Length of Course

20 Notional Learning Hours, which incorporates the NaRS Bronze Cross Award. This may be reduced to 16 hours for holders of the NaRS Bronze Cross Award or similar.

Course Information

The STA Student Teachers Certificate covers:

- ⑤ Legal, ethical, hygiene, health & safety considerations
- ⑤ Considerations for those with a disability
- ⑤ Learning, communication and teaching
- ⑤ Hydrostatics, hydrodynamics and the body system
- ⑤ Practical teachings of confidence practices
- ⑤ Front and back paddle
- ⑤ Front and back crawl and breaststroke
- ⑤ NaRS Bronze Cross Award: The theory and practical skills of water safety, basic life support and rescue skills.

Assessment

- ⑤ Complete a portfolio and worksheet questions to the satisfaction of the course tutor
- ⑤ Teach under the supervision of a qualified teacher for a minimum of 5 hours
- ⑤ Assessment requirements of the NaRS Bronze Cross Award if not already held by the candidate

Revalidation

This qualification does not require revalidation. However, STA recommends all members attend or complete CPDs to continuously update their knowledge and skills.