

Leadership through Swimming Coaching

Health & Wellbeing

Improve your key skills in Leadership, Communication, Teamwork and Organisation.

This course is designed to develop your ability to assess and address the requirements of participants when planning sports coaching sessions in swimming. This course is for you if you have a strong interest in sport and swimming and wish to develop your knowledge and skills in preparation for future employment/study in the Sport and Fitness industry.



Skills Focus



Digital Learning



Enterprise



Leadership



Literacy



Numeracy



Thinking

Recognition of Achievement

L5 NPA Sport and Fitness unit - Coaching & Development

Learning Intentions & Success Criteria

Learning Intentions

I will:

- assess the requirements of participants for participation in sports coaching sessions in swimming.
- produce plans for a sequence of sports coaching sessions in swimming.
- prepare resources to ensure safe and effective participation in sessions in swimming.
- evaluate the swimming sessions and contribute to recommendations for personnel improvement.

Success Criteria

I can:

- plan, lead and review a session that raises the heart rate or develops a specific aspect of fitness.
- demonstrate how to include everyone by adapting an activity session.
- act as a mentor.
- make sure sessions are safe.
- plan, lead and review an event or competition.
- take part in planning, leading and reviewing an activity, using verbal and non-verbal communication and feedback.