



SEQ LEVEL 1

Swimming Assistant (Teaching)

QUALIFICATION SUMMARY

(QAN): 601/8230/1

Welcome to the SEQ Level 1 Swimming Assistant (Teaching) Qualification Summary

About Swim England Qualifications

We develop the country's leading qualifications for the swimming industry.

As the awarding organisation for the national governing body for swimming in England, we aim to ensure our qualifications are high quality and reflect the latest industry developments.

Our qualifications are designed to:

- create a professional, high quality and diverse workforce
- provide a high ratio of practical poolside experience alongside essential theory and knowledge
- equip learners with real world know-how and skills for the next stage in their career development
- meet industry recognised standards and the needs of employers.

The full list of qualifications awarded by Swim England Qualifications can be found on the Ofqual Register of Regulated Qualifications: register.ofqual.gov.uk or via Qualification Wales: qiw.wales

Equal Opportunities

Swim England fully supports the principles of equal opportunities and is committed to satisfying these in all activities and published materials. A copy of our Equality and Diversity Policy is available on the Swim England Qualifications website.



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01 Introduction to the qualification

1.1 About this qualification

Qualification title:	SEQ Level 1 Swimming Assistant (Teaching)
Qualification number:	601/8230/1
Total qualification time:	30 (26 Guided Learning Hours (GLH))
Qualification level:	1

1.2 Purpose of the qualification

The SEQ Level 1 Swimming Assistant (Teaching) qualification is a practical qualification which will give you the skills needed to support a swimming teacher.

Successful completion of this qualification will allow learners to assist a qualified level 2 swimming teacher in delivering high quality inclusive swimming lessons.

1.3 CIMSPA professional standard endorsement

This qualification has been endorsed as meeting the requirements of the professional standard for the role of a swimming assistant. Holders of this qualification are eligible for CIMSPA affiliate membership.

CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) have led the creation of the professional standard for a swimming teacher. The professional standard outlines the role and scope of a swimming teacher and the essential knowledge and skills that are needed to meet the sector minimum deployment standards.

1.4 Structure of the qualification

The SEQ Level 1 Swimming Assistant (Teaching) qualification consists of the following learning outcomes.

SEQ Level 1 Swimming Assistant (Teaching)	
Learning Outcomes	Content covering
1. Know about the legal aspects of assisting in swimming lessons	Legal aspects: <ul style="list-style-type: none"> • safeguarding • health and safety • equality and diversity • data protection
2. Know about the responsibilities of the Swimming Assistant (Teaching)	<ul style="list-style-type: none"> • What a Swimming Assistant is and isn't responsible for
3. Know about the role of the Swimming Assistant (Teaching) in promoting swimming	<ul style="list-style-type: none"> • Key points of the Swim England's Vision for Swimming
4. Know about fundamental movement skills	<ul style="list-style-type: none"> • Fundamental movement skills
5. Know about the Core Aquatic Skills	<ul style="list-style-type: none"> • Core Aquatic Skills
6. Understand the link between fundamental movement skills and Core Aquatic Skills	<ul style="list-style-type: none"> • How fundamental movement skills support the development of Core Aquatic Skills which leads to rapid progress
7. Know about scientific principles in swimming	<ul style="list-style-type: none"> • Scientific principles
8. Know the component parts of swimming strokes	<ul style="list-style-type: none"> • Component parts of each stroke
9. Know the components of a swimming lesson plan	<ul style="list-style-type: none"> • What sections each lesson plan should have • The reason for each component
10. Know about swimming equipment	<ul style="list-style-type: none"> • Types of swimming equipment
11. Know about anxiety in participants	<ul style="list-style-type: none"> • What could cause anxiety and how to identify anxious participants • When and what to do
12. Be able to demonstrate communication skills in a swimming lesson	<ul style="list-style-type: none"> • Verbal and non-verbal ways of communicating
13. Be able to demonstrate motivational techniques	<ul style="list-style-type: none"> • How to motivate participants

14. Be able to provide assistance in swimming lessons	<ul style="list-style-type: none">• How and when to give manual support to participants• How to support anxious participants <p>Assistive tasks such as:</p> <ul style="list-style-type: none">• deliver suitable warm up activities• give accurate demonstrations• deliver basic stroke activities• setting up and clearing away equipment
15. Be able to review own performance	<ul style="list-style-type: none">• What worked well and what could be better next time
16. Know about professional development opportunities	<ul style="list-style-type: none">• How to improve your own performance

1.5 Entry requirements

Learners must:

- be 16 years of age or older on the first day of the course.

1.6 Progression

Following completion of this qualification, you may wish to progress to the SEQ Level 2 Teaching Swimming qualification or the SEQ Level 2 Teaching Swimming to Babies and Toddlers qualification. You may also wish to take further qualifications within the swimming industry.

02 Assessment

2.1 Assessment methods

In order to achieve this qualification you must meet all of the learning outcomes.

Learning outcomes must be achieved by:

- theoretical questions (please note these questions will change during the life of the qualification)
- observation record
- review record.

2.2 Grading

There is no grading for this qualification, you will be awarded either a pass or refer.

2.3 Registration

Upon registration with Swim England Qualifications, you have 12 months to successfully complete the qualification. If an extension to your registration is required, please contact your Approved Training Centre. Please be aware, that each individual case will be viewed on its own merits.

03 Contact points

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Publication

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