

Title	Plan, deliver and evaluate specialised aquatic education programmes for adult learners		
Level	4	Credits	30

Purpose	People credited with this unit standard are able to: plan and deliver specialised aquatic education programmes to develop confidence, swimming, and water safety in adult learners; and evaluate the delivery and implementation of the specialised aquatic education programmes.
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Classification	Recreation and Sport > Recreation and Sport - Aquatics
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Available grade	Achieved
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Guidance Information

- 1 All learning and assessment within this unit standard must be carried out in accordance with the following, as relevant to their role:
 - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 2020, Human Rights Act 1993, Accident Compensation Act 2001, The Children’s Act 2014, and any subsequent amendments;
 - industry codes and good practice guidelines including *Aquatic Facility Guidelines*, 2015, New Zealand Recreation Association (NZRA) available via <https://www.nzrecreation.org.nz/Site/aquatics/guidelines.aspx>;
 - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs) or Normal Operating Procedures (NOPs), and requirements for the use of personal protective equipment (PPE).
- 2 **Definition**
Organisational policies and procedures refer to the operations manual or documented normal operating procedures at an aquatic facility that set out the way in which the facility will operate on a day-to-day basis.
- 3 **Assessment**
 Competency in this unit standard must be demonstrated in a real swim teaching environment and cannot be simulated.
- 4 **Range**
 Competence must be demonstrated for two specialised adult learner aquatic education programmes. Each programme must:
 - consist of 10 consecutive lessons;
 - be aimed at adult learners at a different stage of development (e.g. one programme for beginner learners and one programme for intermediate learners).

At least one of the specialised aquatic education programmes must be for a group of at least three learners.

- 5 The swim teacher candidate must be in the water with beginner learners during each lesson, and as required for intermediate or advanced learners.

Outcomes and performance criteria

Outcome 1

Plan and deliver specialised aquatic education programmes to develop confidence, swimming, and water safety in adult learners.

Performance criteria

- 1.1 Plan and structure lessons to support a specialised aquatic education programme that develops confidence, swimming, and water safety in adult learners.
- Range lesson plans include but are not limited to – links to programme aims, swimming progressions and techniques, introduction to basic non-contact water rescue principles, developmental activities that suit the age and stage of learners.
- 1.2 Apply knowledge of principles of friction, posture and propulsion and how they affect swimmers to select, use, and modify teaching techniques and strategies that meet the holistic needs of adult learners, and to meet the objectives of the lesson plans.
- Range needs of adult learners include but are not limited to those related to – learner goals and expectations, learner prior knowledge and skills in the water (stage of development), health and fitness, past swimming or water environment experience.
- 1.3 Select, use, and adapt equipment and resources to suit the needs of adult learners, and to meet the objectives of the lesson plans.
- 1.4 Provide clear information and instruction, confirm understanding, and receive feedback using communication techniques that are suited to learners, and to meet the objectives of the lesson plans.

Outcome 2

Evaluate the delivery and implementation of the specialised aquatic education programmes.

Performance criteria

- 2.1 Evaluate the effectiveness of the overall delivery and implementation of the specialised aquatic education programme.

- 2.2 Evaluate own performance as a swim teacher during delivery and implementation of the specialised aquatic education programme, and identify strategies to address any areas needing improvement.

Planned review date	31 December 2026
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	29 March 2018	31 December 2023
Review	2	28 October 2021	N/A

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.