

<b>Title</b>	<b>Plan, deliver and evaluate specialised aquatic education programmes to improve stroke techniques and performance</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>30</b>

<b>Purpose</b>	People credited with this unit standard are able to: plan and deliver specialised aquatic education programmes to improve stroke techniques and the performance of swimmers; and evaluate the delivery and implementation of specialised aquatic education programmes.
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<b>Classification</b>	Recreation and Sport > Recreation and Sport - Aquatics
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<b>Available grade</b>	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 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 Definitions
 

*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.

*Stroke techniques* refer to biomechanical principles applied to improve the technical efficiency and effectiveness of strokes.
- 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 aquatic education programmes. Each programme must:

  - consist of 10 consecutive sessions;
  - cover all four strokes, starts, and turns.

Both of the specialised aquatic education programmes must be for a group of at least six swimmers.

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## Outcomes and performance criteria

### Outcome 1

Plan and deliver specialised aquatic education programmes to improve stroke techniques and the performance of swimmers.

#### Performance criteria

- 1.1 Plan and structure sessions to support a specialised aquatic education programme that improves stroke techniques and the performance of swimmers.
- Range session plans include but are not limited to – links to programme aims, assessment of each swimmer’s readiness to acquire the relevant skills, teaching of efficient and effective stroke techniques.
- 1.2 Apply knowledge of instructional styles, basic biomechanical principles of strokes, external influences, and conditions to select, use, and modify teaching techniques and strategies that meet the needs of swimmers, and to meet the objectives of the session plans.
- 1.3 Select, use, and adapt equipment and resources to meet the needs of the aquatic education programme and swimmers, and the objectives of the session plans.
- 1.4 Provide clear information and instruction, confirm understanding, and receive feedback using communication techniques that are suited to each swimmer, and to meet the objectives of the session plans.
- Range includes – constructive and targeted feedback on efficient and effective stroke technique for each swimmer based on observation and monitoring.

### Outcome 2

Evaluate the delivery and implementation of 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.

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<b>Planned review date</b>	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

<b>Consent and Moderation Requirements (CMR) reference</b>	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](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.