Basic Coaching Course

Swimming

and

Water Polo

Organised by the

Aquatic Sport Association of Malta

(Updated March 2017)

ASA of Malta Basic Certificate for Coaching Swimming and Water Polo

This qualification is targeting people who would like to teach/coach swimming and/or water polo to young participants.

Outline

1. **Title**
   Basic Certificate for Coaching Swimming and/or Water Polo (focussing mainly on Long Term Athlete Development (LTAD) Stages 1 and 2)

2. **Objectives**
   Although water polo has been the main aquatic sport for quite some years, swimming in Malta has been booming during the past 2 decades. It is hoped that this course will pave the way for the ASA of Malta to standardise and regulate coaching in swimming and water polo and to create a full coaching education programme as a long-term project.

3. **Recognition**
   This course will be recognised by the ASA of Malta and by Sportmalta (ex KMS)

4. **Pre-Requisite**
   Candidates must be at least 18 years of age by December 31 of that year and must have practiced swimming and/or water polo for at least three months.

5. **Course Content**
   The Basic Certificate for Coaching Swimming and/or Water Polo is an all inclusive qualification and is the first formally assessed qualification on the coaching qualifications continuum. Part 1, which is usually held during November each year, is common core to both swimming and water polo and will include Coaching Philosophy and Leadership, Socio-psychological perspective of coaching, conditioning and nutrition. Part 2 will focus on teaching the technical aspect of swimming and/or Water Polo and on practical skills that will help the participant develop better ways to plan and deliver the sessions. Part 3 will be a first aid course organised by the ASA but delivered by Red Cross Malta.

6. **Format, Length and assessment of the Course**

   Part 1 will be the common theoretical core for both swimming and water polo courses and will include 21 hours of theory followed by a test which will carry 40% of the total mark.

Part 2 will be either specific to swimming or water polo. The swimming course will consist of 20 hours of theory and at least 4 hours of practical for each participant. The theoretical part will be assessed by a written test, carrying 20% of the total mark and the practical, which carries 40% of the total mark, will be assessed through observation and discussing the sessions. The practical assessment also includes the preparation of at least 4 progressive lesson plans with a self-evaluation form that needs to be handed in after each practical session.

The water polo course will run on the same format with a different assessment..

Pass mark is 60% overall (including Parts 1 and 2)

Part 3 will be the First Aid course. Courses will be organised at the ASA of Malta offices at the National Pool. Holders of a valid first aid course need to show the certificate on applying for the course. Courses will be organised at the ASA according to the demand (at least 10 participants) and are usually held over 5 evenings or 2 Saturdays.

7. Progression

Successful participants would be able to teach small groups of swimmers (not more than 8) preferably assisted by or assisting more experienced swimming teachers. They would be able to plan and deliver swimming lessons to LTAD Stage 1 and 2 swimmers. This certificate would also enable them to apply for the ASA of Malta Coaching Licence C. Holders of the University of Malta Foundations in Coaching certificate and Qualified Physical Education teachers would be eligible to apply for Licence B on completion of Parts 2 and 3 of this course.

8. Registration, application forms and fees

- Candidates need to register by submitting the application form provided on the ASA website (asaofmalta.org) and full registration fees to the ASA of Malta, National Pool Complex, Maria Tereza Spinelli Street, Gzira, Malta. Cheques are to be made payable to ASA of Malta
- Part 1 costs €80, Part 2 costs €80 and Part 3 costs €40 with dual certification (certificate and card)
- Copies of any relevant certificates need to be attached