

Pre-requisite for enrolment: Must have held Development Accreditation for minimum 12 months

Time investment to complete course: Approx 9 -12 months

Additional co-requisites to gain accreditation: WWCC, First Aid (HLTAID003), ASCTA membership

Core Modules (must complete ALL)

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| Child Protection and Integrity modules (online modules) | <i>Coaches must complete the Swimming Australia Safe Sport course, ASADA Level 1 and 2 courses, ASADA Coaching Course and the NISU Anti-Corruption and Race Fixing course</i> |
| Effective Communication (online module) | <i>Coaches will have a range of communication skills to negotiate and interact effectively with different personality styles and needs within the squad, team or support personnel.</i> |
| Sports Science Foundations (online module) | <i>Coaches will understand the sport science fundamentals that underpin successful performance swimming.</i> |
| Swimmer Characteristics and Development (online module) | <i>Coaches will understand the specific needs and characteristics of swimmers at different development stages.</i> |
| Stroke Theory, Technique and Biomechanics (online module plus Face to Face workshop) | <i>Coaches will know how to analyse and improve stroke technique in performance swimmers.</i> |
| Planning For Success (online module plus Face to Face workshop) | <i>Coaches will be able to plan a path for performance swimmer progression, including individual variations, specific needs and all training phases and performance targets.</i> |
| Talent ID & Development (online module plus Face to Face workshop plus attendance at regional or state Coach/Athlete Development activity) | <i>Coaches will have the skills and knowledge to implement and evaluate a talent identification system for swimmers.</i> |
| Practical Coaching experience | <i>Coaches must complete 100 hours practical coaching, over a minimum of 3 months, under supervision from a Mentor</i> |

Elective Modules (must choose ONE)

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| Swimmer Welfare (online module) | <i>Coaches will know what information and support to provide to performance swimmers in and out of the water.</i> |
| Performance Coaching Principles (online module) | <i>Coaches will understand the fundamentals of sports coaching pedagogy that underpin successful performance coaching.</i> |
| Coaching in a Performance Environment (online module plus Face to Face workshop) | <i>Coaches will have the skills and knowledge to successfully manage the demands of being a professional coach in a performance environment.</i> |
| Coaching as a Collaborative Team (online module) | <i>Coaches will know how they can improve the relationships they have with parents, colleagues and other coaches.</i> |
| Instructing Others (online module plus Face to Face workshop) | <i>Coaches with a development role will know what they need to do to meet the needs of those other coaches and colleagues they instruct or train.</i> |