



International Experts in Safety Training Solutions



## STA Student Teachers Certificate

### Aim

The **STA Student Teachers Certificate** aims to provide preliminary training in the skills of teaching swimming for teenagers and young adults and it is a natural stepping stone to a vocational qualification in swimming.

### Pre-requisites

- Be of 13 years of age or older
- Be able to swim 100m in a competent manner and be confident in deep water

### Validity of Qualification

This certificate is valid for 5 years.

### Length of Course

20 Notional Learning Hours, which incorporates the **NaRS Bronze Cross Award**. This may be reduced to 16 hours for holders of the **NaRS Bronze Cross Award** or similar.

### Course Information

The **STA Student Teachers Certificate** covers:

- Legal, ethical, hygiene, health & safety considerations
- Considerations for those with a disability
- Learning, communication and teaching
- Hydrostatics, hydrodynamics and the body system
- Practical teachings of confidence practices
- Front and back paddle
- Front and back crawl and breaststroke
- **NaRS Bronze Cross Award**: The theory and practical skills of water safety, basic life support and rescue skills.

### Assessment

The assessment criteria are as follows:

- Complete a portfolio and worksheet questions to the satisfaction of the course tutor
- Teach under the supervision of a qualified teacher for a minimum of 5 hours
- Assessment requirements of the **NaRS Bronze Cross Award** if not already held by the candidate

### Revalidation

This qualification does not require revalidation. However, STA recommends all members attend or complete CPDs to continuously update their knowledge and skills.