

BLOCK AND DETAILED SYLLABUS

ADVANCE SWIMMING INSTRUCTOR COURSE (MALE/FEMALE)

GENERAL

1. Advance swimming instructor course (Male/Female) is design to enhance the knowledge and skills of swimming techniques and rescue for basic swimming instructors, also convert them as an advance swimming instructors and give comprehensive awareness in proper application of swimming.

AIM

2. The aim of this course is to train the basic swimming instructors as advance swimming instructors.

OBJECTIVES

3. The scope of training for the Advance-swimming course (Male & Female) at the APTS will be as follows:

- a. To train the advance techniques and skills of swimming.
- b. To improve the knowledge of teaching practices.
- c. To improve the knowledge of theoretical aspects.
- d. To give an idea about the knowledge regarding Games organization, functions and rules.
- e. To uplift the knowledge of rescue and life guard.

STUDENTS

4. 50 Male and Female soldiers are allocated for the course.

ALLOCATION OF VACANCIES

5. a ACCORDING TO THE REGIMENTS

1. Support Arms
2. Infantry
3. Services
4. SL Navy - No
5. SL Air force - No
6. Foreign Students - No

According to the grading of the basic course, vacancies can be changed, but there are only 50 vacancies are allocated to this course.

DURATION

6. It includes following facts under this heading

| | |
|---|------------------------------|
| Opening and Closing Dates of the Course | - 09 Oct 2018 to 21 Dec 2018 |
| Total Number of working days | - 50 days |
| Number of periods per day | - 9 |
| Periods per Saturday | - 5 |
| Number of week days periods | - 450 |
| Number of weekend periods | - 30 |
| Total periods of Course | - 480 |

- Night Periods added as appropriately
- Time allocated for self studies
- Number of periods per day adjusted appropriately
- Saturdays will be considered as half day (0545 hrs to 1215 hrs) except days on which, the exercises are conducted.

HOURS OF WORK

7. Number of periods per day is as follows:

| | |
|-------------|---------------------|
| 0545-0645 | Morning PT sessions |
| 0700-0800 | Breakfast |
| 0815- 0855 | Period -1 |
| 0900 - 0940 | Period -2 |
| 0945 - 1025 | Period -3 |
| 1025 - 1045 | Tea Break |
| 1050 - 1130 | Period- 4 |
| 1135 - 1215 | Period -5 |
| 1220 - 1300 | Period -6 |
| 1300 - 1400 | Lunch Break |
| 1400 - 1440 | Period -7 |
| 1445 - 1525 | Period -8 |
| 1525 - 1545 | Tea Break |
| 1550 - 1630 | Period -9 |
| 1645 - 1800 | Evening PT session |

8. SUBJECTS AND DISTRIBUTION OF PERIODS

| SER | SUBJECT | CODE | PERIODS |
|------------|---|-------------|----------------|
| 01 | Static Stretching Exercises | STRETCH | 36 |
| 02 | Human Right | HR | 06 |
| 03 | Basic Swimming Revision | BSR | 45 |
| 04 | Teaching a Non Swimmer | TNS | 73 |
| 05 | Method Of Instruction | MOI | 13 |
| 06 | Physical Training Theory | PTT | 18 |
| 07 | Diet and nutrition | D&N | 09 |
| 08 | Life Saving | LS | 33 |
| 09 | Organization Of Swimming Meet | OSM | 36 |
| 10 | Recession Training | RT | 40 |
| 11 | Total pds | | 309 |
| 12 | Extra pds (for final test, visiting lecture) | | 171 |
| 13 | Periods available | | 480 |

9. DETAILED SYLLABUS**(01) STATIC STRETCHING EXERCISE**

| Ser | Code | Subject | Mode | Periods |
|--------------|-------------|-----------------------------|--------------------------|----------------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | STRETCH | Static Stretching Exercises | Schedule 1 Demonstration | 02 |
| 2. | | | Practice | 26 |
| 3. | | | Schedule | 08 |
| TOTAL | | | | 36 |

(02) HUMAN RIGHT

| Ser | Code | Subject | Mode | Periods |
|--------------|-------------|----------------|---------------------------------------|----------------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | HR | Human Rights | Behaving | 01 |
| 2. | | | Action/Video | 01 |
| 3. | | | ICRC | 02 |
| 4. | | | Basic Categories of persons & objects | 01 |
| 5. | | | Basic of Command Responsibility | 01 |
| TOTAL | | | | 06 |

(03) BASIC SWIMMING REVISION

| Ser | Code | Subject | Mode | Periods |
|--------------|-------------|-------------------------|--------------------------|----------------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | BSR | Basic Swimming Revision | History & Introduction | 01 |
| 2. | | | Safety Precaution | 02 |
| 3. | | | Pool Dimension | 01 |
| 4. | | | Swimming Pool Maintained | 02 |
| 5. | | | Stroke & Swimming Method | 05 |
| 6. | | | Coordination & Stroke | 34 |
| TOTAL | | | | 45 |

(04) TEACHING A NON SWIMMER

| Ser | Code | Subject | Mode | Periods |
|------------|-------------|----------------------------|--|----------------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | TNS | Teaching for a Non Swimmer | Personal Hygiene & Method of Entry | 02 |
| 2. | | | Confidence Ex | 02 |
| 3. | | | Push & Glide Stage | 03 |
| 4. | | | Sequence of Progression For Non Swimmer | 03 |
| 5. | | | Sequence of Instruction | 05 |
| 6. | | | Swimming Lesson Plan For Competent Swimmer | 06 |
| 7. | | | Free Style Arm & Leg Action Land Drill | 04 |

RESTRICTED

| | | | | |
|--------------|--|--|--|----|
| 8. | | | Coordination Of Free Style Stroke | 03 |
| 9. | | | Brest Stroke Arm & leg Action Land Drill | 04 |
| 10. | | | Coordination Brest Stroke Style | 05 |
| 11. | | | Back Stroke Arm & Leg Action Land Drill | 04 |
| 12. | | | Back Stroke Breathing & Coordination | 06 |
| 13. | | | Butterfly Arm & Leg Action Land Drill | 03 |
| 14. | | | Butterfly Breathing & Coordination | 06 |
| 15. | | | Diving spring & hard Board | 09 |
| 16. | | | Swimming Meet | 08 |
| TOTAL | | | | 73 |

(05) METHOD OF INSTRUCTION (MOI)

| Ser | Code | Subject | Mode | Periods |
|--------------|------|-----------------------|--------------------------------|---------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | MOI | Method of Instruction | Aim and values of swimming. | 01 |
| 2. | | | The Principles of Instruction | 03 |
| 3. | | | Couching & Class taking | 02 |
| 4. | | | Commanding & Class Arrangement | 02 |
| 5. | | | Supervising | 02 |
| 6. | | | Presentation | 03 |
| TOTAL | | | | 13 |

(06) PHYSICAL TRAINING THEORY

| Ser | Code | Subject | Mode | Periods |
|--------------|------|--------------------------|--|---------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | PTT | Physical Training Theory | Method Of Application General Theory of Training | 06 |
| 2. | | | Breathing Endurance Teaching & Training | 12 |
| TOTAL | | | | 18 |

(07) DIET AND NUTRITION

| Ser | Code | Subject | Mode | Periods |
|--------------|------|--------------------|--------------------------|---------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | D&N | Diet and Nutrition | Food Group & Nutrition | 02 |
| 2. | | | Vitamin, Minarals & Salt | 02 |
| 3. | | | Water | 02 |
| 4. | | | Calorie | 01 |
| 5. | | | Balance For Swimming | 02 |
| TOTAL | | | | 09 |

(08) LIFE SAVING

| Ser | Code | Subject | Mode | Periods |
|--------------|-------------|----------------|--------------------------------|----------------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | LS | Life Saving | What is the First aid | 02 |
| 2. | | | Respiratory System | 04 |
| 3. | | | Blood Circular System | 04 |
| 4. | | | Cardio Pulmonary Resuscitation | 05 |
| 5. | | | Respiratory System | 03 |
| 6. | | | Digestive System | 02 |
| 7. | | | One Man CPR | 02 |
| 8. | | | Physical of Rescues | 03 |
| 9. | | | Caring & Diving Person | 06 |
| 10. | | | Two Man CPR System | 02 |
| TOTAL | | | | 33 |

(09) ORGANIZATION OF SWIMMING MEET

| Ser | Code | Subject | Mode | Periods |
|--------------|-------------|-------------------------------|---------------------|----------------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | OSM | Organization Of Swimming Meet | Pool Arrangement | 10 |
| 2. | | | Officials | 10 |
| 3. | | | Time Keepers Duty | 05 |
| 4. | | | Lane Judge | 10 |
| 5. | | | Swimming Exhibition | 01 |
| TOTAL | | | | 36 |

(10) RECESSION TRAINING

| Ser | Code | Subject | Mode | Periods |
|--------------|-------------|--------------------|----------------------|----------------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | RT | Recession Training | Under Water Swimming | 10 |
| 3. | | | Confidence Game | 15 |
| 4. | | | Diving | 10 |
| 5. | | | Water Ballet | 05 |
| TOTAL | | | | 40 |

(11) MISCELLANEOUS

| Ser | Code | Subject | Mode | Periods |
|------------|-------------|----------------|-----------------|----------------|
| (a) | (b) | (c) | (d) | (e) |
| 1. | | Miscellaneous | Opening Address | 01 |

RESTRICTED

| | | | | |
|--------------|--|--|--------------------|-----|
| 2. | | | Fitness Test | 63 |
| 3. | | | Progression Test | 103 |
| 4. | | | Final Written Test | 03 |
| 5. | | | Closing Address | 01 |
| TOTAL | | | | 171 |

ASSESSMENT CRITERIYA

10.

| Ser | Subject | Marks | Percentage |
|--------------|-------------------|-------|------------|
| (a) | (b) | (c) | (d) |
| 1. | Life Saving & Cpr | 100 | 10% |
| 2. | Class Talking | 200 | 20% |
| 3. | Written Test | 200 | 20% |
| 4. | Practical Test | 500 | 50% |
| TOTAL | | 1000 | 100% |

GRADING SYSTEM

11. By considering the assessment criteria following grading system to be adopted.

- a. 90 - 100 - (A)Excellent
- b. 80 - 89.9 - (B) Good
- c. 60 - 79.9 - (C) Above Average.
- d. 50 - 59.9 - (D) Average.
- e. 40 - 49.9 - (E) Below Average.
- f. 39.9 Below - (F) Fail.