

BLOCK AND DETAILED SYLLABUS

BASIC SWIMMING COURSE (MALE/FEMALE)

GENERAL

1. Basic swimming course (Male/Female) is design to improve the basic knowledge of swimming skills and further make the soldiers in order to growing as a basic swimming Instructor in the Sri Lanka Army.

AIM

2. The aim of this course is to train the soldiers as basic swimming instructors while providing them a basic knowledge and the basic techniques of swimming.

OBJECTIVES

3. The scope of training for the basic swimming instructor course (Male/Female) at the APTS will be as follows:

- a. To provide the knowledge of the swimming techniques and conditions.
- b. To improve the knowledge of teaching practices.
- c. To improve the knowledge of swimming theoretical aspects.
- d. To train techniques and skills of swimming.

STUDENTS

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

ALLOCATION OF VACANCIES

5. a ACCORDING TO THE REGIMENTS

- | | | |
|---------------------|---|--|
| 1. Support Arms | - | } Instructions about vacancies given by
Directorate of Training |
| 2. Infantry | - | |
| 3. Services | - | |
| 4. SL Navy | - | |
| 5. SL Air force | - | |
| 6. Foreign Students | - | |

DURATION**6.** It includes following facts under this heading

Opening and Closing Dates of the Course	- 08 Jan 2018 to 07 Mar 2018 / 23 Jul 2018 to 18 Sep 2018
Total Number of working days	- 40 days (per one Course)
Number of periods per day	- 9
Periods per Saturday	- 5
Number of week days periods	- 360
Number of weekend periods	- 25
Total periods of Course	- 385

- 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

SUBJECTS AND DISTRIBUTION OF PERIODS

SER	SUBJECT	CODE	PERIODS
01.	Static Stretching Exercises	STRETCH	30
02.	Human Right	HR	06
03.	Swimming Lecture	SL	19
04.	Swimming Practical	SP	150
05.	Advance first aid	A&F	05
06.	Diet and nutrition	D&N	05
07.	Cpr Lec & Prac	CPR	12
08.	Pool Maintain lec & Prac	PM	04
09.	Swimming Test	ST	24
10.	Organization Of Swimming Meet	OSM	09
11.	Total pds		264
12.	Extra pds (for final test, visiting lecture)		121
13.	Periods available		385

DETAILED SYLLABUS

8.

(01) STATIC STRETCHING EXERCISE

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	Stretch	Static Stretching Exercises	Schedule 1 Demonstration	01
2.			Practice	23
3.			Schedule	06
TOTAL				30

(02) HUMAN RIGHT

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

(03) SWIMMING LECTURE

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SL	Swimming Lecture	History & Introduction	02
2.			Introduction 1 (Pool, Dress, Equipment)	02
3.			Military Value & recreational value	01
4.			Personal Hygiene & safety Instruction	01
5.			Method of Entry & Water Drill Theory	02
6.			Free Style land & Water drill Theory	01
7.			Breast Stroke Land & Water Drill Theory	01
8.			Back Stroke Land & Water Drill Theory	01
9.			Dolphin Stroke Land & Water Drill Theory	01
10.			Sequence of Introduction	01
11.			Teaching a non Swimmer	02
12.			Swimming pool Maintenance	02

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13.			Safety Tips & Signals	02
TOTAL				19

(04) SWIMMING PRACTICAL

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SP	Swimming Practical	Personal Hygiene & Method Of Entry	05
2.			Confidence Ex	05
3.			Free Style Arm & Leg Action Land Drill	15
4.			Coordination Of Free Style Stroke	15
5.			Brest Stroke Arm & leg Action Land Drill	15
6.			Coordination Brest Stroke Style	15
7.			Back Stroke Arm & Leg Action Land Drill	15
8.			Back Stroke Breathing & Coordination	15
9.			Butterfly Arm & Leg Action Land Drill	15
10.			Butterfly Breathing & Coordination	15
11.			Under Water Swimming	15
12.			Free Style Relay	01
13.			Brest Stroke Relay	01
14.			Back Stroke Relay	01
15.			Dolphin Relay	01
16.			Middle Relay	01
TOTAL				150

(05) ADVANCE FIRST AID

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	AF	Advance first aid	What is the first aid & Quality of First aid	01
2.			Sports Injury	02
3.			Respiratory & Blood Circulatory System	02
TOTAL				05

(06) DIET AND NUTRITION

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	D&N	Diet and Nutrition	Food Group & Nutrition	01
2.			Water & Calorie	01
3.			Balance For Swimming	01

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4.			Revision	02
TOTAL				05

(07) CARDIO PULMONARY RESUSCITATION

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	CPR	Cardio Pulmonary Resuscitation	History & Introduction	02
2.			Hart & Lungs Injury	02
3.			One Man CPR System(Lecture)	02
4.			One Man CPR System (Practical)	04
5.			Practical	02
TOTAL				12

(08) POOL MAINTAIN

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	PM	Pool Maintain	Cleaning & Arrangement	01
2.			Introduction Filter & Equipment	03
TOTAL				04

(09) SWIMMING TEST

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	ST	Swimming Test	Progress Test	06
2.			Practical Test Final	18
TOTAL				24

(10) MEET ORGANIZATION

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	MO	Meet Organization	Introduction in Officials	02
2.			Rules & Regulation	03
3.			Revision	04
TOTAL				09

(11) MISCELLANEOUS

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.		Miscellaneous	Opening Address	01
2.			Fitness Test	71
3.			Progression Test	45

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4.			Final Written Test	03
5.			Closing Address	01
TOTAL				121

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	40%

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.