

SAF AQUA[®] BABY BASIC

PROGRAM ASSUMPTIONS

The aim of the training is to prepare course participants to independently plan, program, conduct and organize swimming classes for infants and toddlers, as well as to provide students with a specific set of knowledge and methodological skills necessary to implement this program.

The program primarily involves acquiring theoretical and practical knowledge regarding infant swimming, developing habits and pedagogical skills in working with infants and small children, and raising teaching skills to the highest possible level.

THEORETICAL PART:

1. Origin and development of swimming in infants and young children.
2. A system for training and improving skills in conducting classes with infants and toddlers.
3. Organizational aspects of conducting water activities with young children.
4. Theoretical foundations of conducting classes in an aquatic environment.
5. Developmental characteristics of children in infancy and post-infantile age.
6. Psychomotor adaptation of young children to the aquatic environment.
7. Educational aspects of teaching swimming to infants and toddlers:
 - factors determining the effectiveness of learning to swim,
 - phases and periods of teaching,
 - classification of exercises,
 - main types and methods of supporting a child in water,
 - diving techniques,
 - means, didactic principles,
 - forms and methods used in teaching swimming to infants,
 - lesson structure,
 - outline, principles of construction and implementation lessons,
 - evaluation of the teaching process,
 - equipment and teaching aids.
8. Corrective procedures during water physical activities with infants and young children from a functional perspective.
9. Elements of rescue and safety in classes with small children.
10. Joint teaching Child - Parent - Trainer

PRACTICAL PART:

1. Organizational and methodological aspects of conducting classes with infants and toddlers.
2. Preparing lesson plans.
3. Observing, assisting and teaching swimming lessons to children aged 3 to 12 months, 13 to 24 months, 25 to 36 months.
4. Completing internships in accordance with the program assumptions, conducting swimming lessons.