

SYLLABUS FOR THE POST OF COACH GRADE IV (SWIMMING)

PART-I

Modules	Topics	Contents	Module outcomes/competencies of a Coach
1	Requisites of a swimming Coach	Qualities, duties & code of conduct of a Swimming Coach	After Completion of this module, attendees Will be able to know what is leadership quality. Will be able to know the duties and responsibilities of an ideal Coach.
2	Rules and their interpretation	World Aquatic Swimming Rules - Officials, Four Strokes, The race, Medley Swimming etc. Swimming Terminology - Resistance, Propulsion, Pull, Push etc.	After Completion of this module, attendees Will be able to know the Rules & regulations of Competitions, official's duties and responsibilities. Will be able to learn about the technical terms to be applied during teaching & coaching.
3	Technical Analysis of Four Competitive swimming strokes	Front Crawl Backstroke Breast stroke Butterfly Start. Turn & Finish of all four strokes	After Completion of this module, attendees Will be able to know technique for all of the Four swimming competitive strokes Will have gained knowledge about the starts, Turns & Finishes of all four competitive strokes
4	Faults and Corrections of all four strokes	Front Crawl, Backstroke Breast stroke & Butterily (Faults in Arm action, leg action, Body position,	After Completion of this module, attendees Will be able to gain knowledge about how to recognize common stroke faults. Will be able to give proper general corrections leading



		Breathing, Co-ordination, Start, Turn & Finishes)	towards best performance
5	Swimming Facilities and their Management	Maintenance of Swimming Pool Chemicals required for pool maintenance Swimming pool water tests. Facility Safety and Sanitary quality of swimming pools	After Completion of this module, attendees Will be able to know about the maintenance of swimming pools. and to maintain safety and hygiene Will be able to know how to do swimming pool water tests in order to maintain pool clarity and quality
6	Teaching Swimming to the Beginners	Teaching basic swimming skills Class organization. Methods of teaching. Preparation of Lesson plan	After Completion of this module, attendees Will be able to know how to teach different strokes to beginners Will be able to know how to control the class Will be able to know how to prepare a lesson plan

PART II

Modules	Topics	Contents	Modules outcomes/competencies
1	Development of Personal performance. Techniques and skill Training	All four competitive strokes Techniques of Front crawl, Backstroke, Breast stroke Butterfly, Individual Medley, Relays, Start, Turn & Finishes	After Completion of this module, attendees -Will be able to perform all four Competitive strokes and will be able to teach their trainees.
2	Warming up: -On land	-General & Specific	After Completion of this module, attendees



	-In water	Warming-up on land and in water -Calisthenics Exercises -Stretching and Flexibility exercises	-Will be able to know how to proscribe proper warm up procedures for their trainees. -Will be able to direct and implement exercises to their trainees, in order to improve Physical Fitness.
3	Teaching Swimming to Beginners	-Water Confidence -Basic skills - Submerging, Floating. Jumping, Leg action Arm action and Breathing etc.	After Completion of this module, attendees -Will be able to teach to Novices. -Will be able to teach the basic skills of swimming to the beginners.
4	Teaching Lesson Plan	-Structure of Lesson Plan; Introductory part, Main part and Concluding part etc. -Methods of Teaching Lesson plan -Practice of Lesson Plan	After Completion of this module, attendees -Will be able to teach different techniques to their trainees. -Will be able to help their trainees to learn and develop technical skills for their future performance

