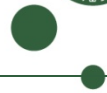




Faculty of Science

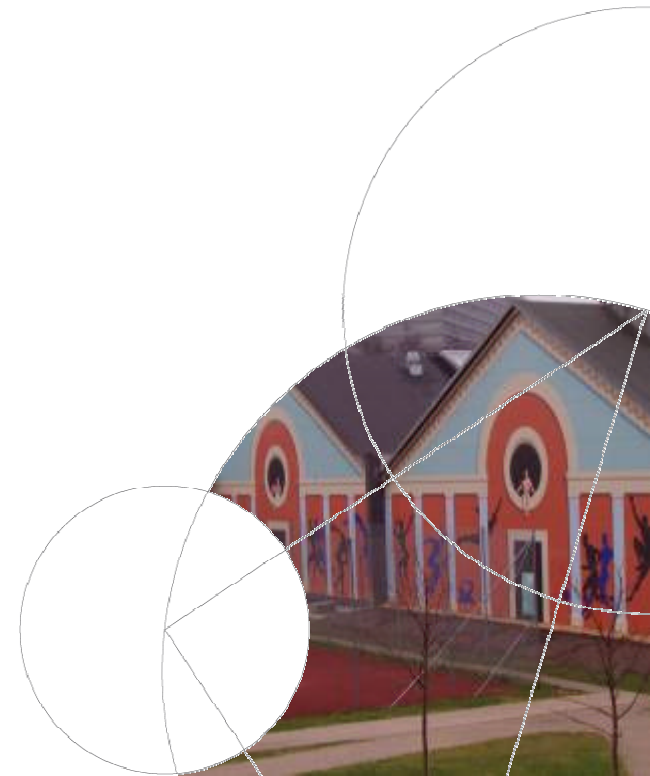


Danish Elementary Swimming

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Education of club instructors by the Danish Swimming Federation

This presentation will describe how club instructors are educated in Denmark and discuss the development and use of teaching aids such as books, DVD's and online material by the National Swimming Federation.



Who is the instructor?

15 – 20 years old

Competitive swimmer (often "sub national level")

Taking a 3 year pre-university education (High-School)

In bigger cities often university students



What does the instructor know?

How to perform swimming movements

How he / she was taught to swim

What the other club instructors do

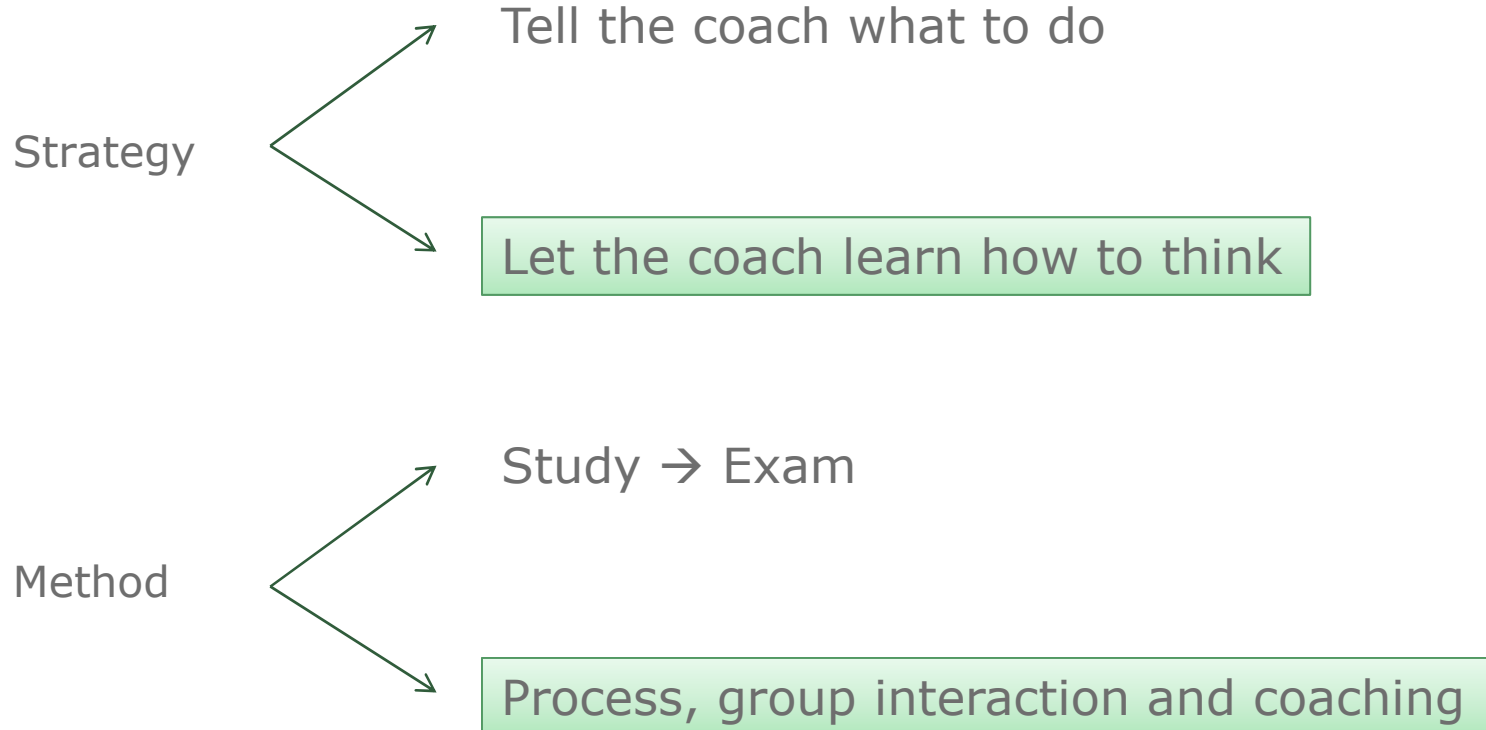
What does the instructor need to know?

How to teach kids (pedagogic, pschycology)

How a young swimmers skills can be developed (motor learning)

How to organize practice (experience, sport methodology)

How to coach the coach?



The Educational System in the Danish Swimming Federation

1

Level 1
Weekend 1

Level 1
Weekend 2

Level 1
Weekend 3

~150 pr year

Level 1½
Weekend

New

2

Level 2
Weekend 1

Level 2
Weekend 2

Level 3
Weekend 3

~30 pr year

Course programme - Example

Weekend 1 – Level 1

9.00 – 12.00 Theory

- Understanding water (bouyancy, gravity, propulsion, resistance)

13.00 – 16.00 Water basics

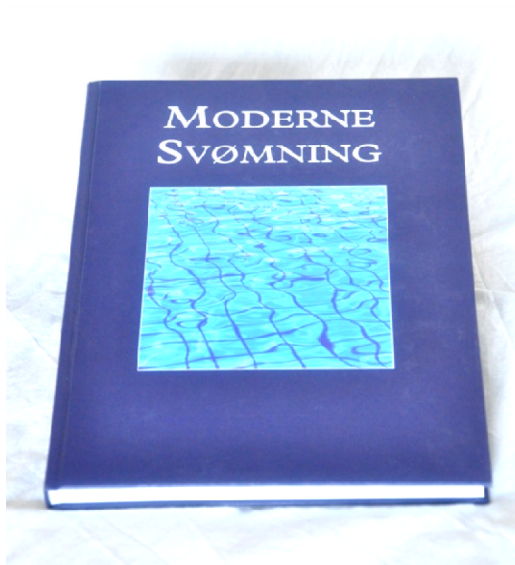
- Playing in the water with a purpose
- Practice 1
- Prepare a swim lesson in water basics
- 1 h swimming lesson (video recording)
- Feedback & evaluation

16.00-18.00 Methods

- Drills; Complete stroke; Group; Space; Feedback etc.

19.00-21.00 Discussion of methods

Course material - Book



Course material – DVD

“When kids learn to swim...”

Idea: to show kids developing swimming skills instead of elite swimmers



Online material

- Blogs
- Shared documents
- Video clips
- In the future: use of complete e-learning courses?