

Swim Lesson Instructor (SLI) Course Outline

Topic(s)	Explain the following Content Knowledge	Demonstrate/Practice the following Physical Skills
Pre-Requisites	<ul style="list-style-type: none"> • Verify participant age is at least seventeen (17) • Verify experience level 	<ul style="list-style-type: none"> • Must complete twenty-five (25) yards of each: front crawl, back crawl, breaststroke, sidestroke, butterfly • Must dive to a depth of ten (10) feet • Must tread water for two (2) minutes • Must float on one's back for one (1) minute
Swim Lesson Program Administration	<ul style="list-style-type: none"> • Course Objectives • Certification Policies & Procedures 	
Swim Lesson Program Overview	<ul style="list-style-type: none"> • Three Swim Lesson Programs & Their Levels (Survival, Instructional, Competition) • Certificates of Completion • Swim Lesson Program & Level Benchmarks • Progress Reports • Water Temperatures • Swim Lesson Instructor (SLI) Hierarchy • Program & Instructional Design • Course Requirements • Evaluation of Participants 	
Teaching & Learning	<ul style="list-style-type: none"> • Learning Styles • Hands-On Approach • Motor Skills • Pedagogical Principles & Facilitator Prep • Progressive Skill Building • SMART Goals 	

	<ul style="list-style-type: none">• Communication Strategies	
Survival Swim Lessons	<ul style="list-style-type: none">• Program Objectives• Demonstrate Sample Lesson	
Instructional Swim Lessons	<ul style="list-style-type: none">• Program Objectives• Demonstrate Sample Lesson	
Competition Swim Lessons	<ul style="list-style-type: none">• Program Objectives• Demonstrate Sample Lesson	