

World Para Swimming Coaching Pathway

Participant profiles and learning outcomes

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Contents

The following document will lay out the pathways, participant profiles, and learning outcomes of each of the currently offered World Para Swimming Education Courses in Coaching.

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1 Introduction

The IPC Academy is a partnership between the IPC and the World Academy of Sport and is the education division of the IPC. The Academy brings individuals together to improve educational standards of sport throughout the Paralympic Movement and ensures that executives, administrators and officials have an educational centre, providing world class courses.

World Para Swimming (WPS) has worked with the IPC Academy in recent years to develop a consistent education pathway for those wishing to become involved in World Para Swimming whether it is at the local club or through to international competitions. This includes education courses for technical officials, classifiers and coaches. Courses can be delivered in the many countries of the IPC membership and in a number of languages.

We encourage National Paralympic Committees (NPCs) to engage with the learning pathways, adopt them into development plans, deliver courses locally in order to accredit people, and provide opportunities for these individuals to be involved in the delivery of sport locally. Through this process World Para Swimming will be able to effectively assist NPCs to develop the sport in those countries that embrace these learning pathways and resources.

This document outlines the pathway for individuals interested in Para swimming coaching and outlines candidate qualification criteria and course outcomes of the various levels of courses offered by World Para Swimming.

2 World Para Swimming Coaching Pathway

The World Para Swimming Coaching Pathway includes the following courses:

- IPC Introduction to Para Sport Online Course
- IPC Coaching Para Sport - an Introductory Online Course
- Introduction to Para Swimming Coaching Course

Each course is designed to help strengthen the participant’s knowledge about coaching in Para sports and specifically swimming for athletes with physical impairments (PI), intellectual impairments (II) and visual impairments (VI).



2.1 IPC Introduction to Para Sport Online Course

The IPC Introduction to Para Sport Online Course is free of charge and contains a combination of reading and video content. Please click on [Introduction to Para Sport Online Course](#) to access the online course.

- Duration: 1-2 hours
- Assessment: online test

Learning Objectives

- Understand the history and structure of the Paralympic Movement
- Understand the history and concepts of classification
- Introduction to Classification Code and International Standards

Participant Profile

This online course is open for everybody who wants to learn more about the IPC, the Paralympic Movement and the importance of classification. Participants might be an athlete, coach, technical official, sport medical practitioner, event organiser or generally just an interested supporter of Paralympic Sport or the Paralympic Games looking to test their knowledge.

Course Outcome

Upon completion of the short online test participants will be able to download a certificate of completion. Once completed, persons who wish to continue their education with World Para Swimming and the IPC Academy can continue to the coaching online course.

2.2 IPC Coaching Para Sport - an Introductory Online Course

The IPC Coaching Para Sport - an Introductory Online Course is sport generic and not only specific to Para swimming coaching. It contains a combination of reading and video content. Please click on [IPC Coaching Para Sport - an Introductory Online Course \(online\)](#) to access the online course. The online course can be offered in multiple languages (please refer to section 5 of this document for more information on language availability).

- Duration: 3-4 hours
- Assessment: online test

Learning Objectives

- Understand the history and structure of the Paralympic Movement:
- Understand the different impairment types in Para sport
- Understand the methodological principles in Para sport
- Understand exercise management in Para sport
- Understand the psychosocial aspects of impairment and Para sport

Participant Profile

The ideal candidate for the IPC Coaching Para Sport - an Introductory Online Course (online) is someone interested in learning more about coaching in Para sports. Potential candidates include but are not limited to: coaches, competition organisers, technical officials, students, medical professionals, and athletes. To register for the course the participant has to have completed the IPC Introduction to Para Sport Online Course.

Course Outcome

Participants who successfully complete the course will receive a course certificate of attendance. Participants will also be eligible to attend a World Para Swimming Introduction to Coaching Course, dependent on meeting all other course prerequisites.

2.3 Introduction to Para Swimming Coaching Course

The Introduction to Para Swimming Coaching Course is designed for swim coaches that are just getting into coaching Para swimming or coaches who have been coaching Para swimmers for some years but are looking to advance their skill level.

- Duration: 3 days
- Assessment: none (participation based)

Learning Objectives

- Understand the role of the coach
- Understand the World Para Swimming Rules and Regulations
- Understand the World Para Swimming Classification Rules and Regulations
- Understand the competition types and processes
- Be able to coach: freestyle, backstroke, breaststroke, butterfly, individual medley, turns
- Be able to implement strength and conditioning training
- Be able to implement session planning
- Gain insight into sports nutrition and talent identification

Participant Profile

Candidates must:

- have completed the IPC Coaching Para Sport - an Introductory Online Course (online) before the start of this course
- have interest in Paralympic sports and specifically Swimming

Preferably candidates also have the following:

- minimum one year of competitive swimming coaching (able bodied or Para athletes)
- basic command of the English language (verbal and written)

Course Outcome

Participants who successfully complete the course will receive a course certificate of attendance.

3 Language availability of Courses

Course	Language
IPC Introduction to Para Sport Online Course	Arabic, English, French, Mandarin, Russian, Spanish - can be delivered face-to-face if the required language is not available online
IPC Coaching Para Sport - an Introductory Online Course	English, French*, Spanish - can be delivered face-to-face if the required language is not available online

* will be published in December 2017

4 Online course Pricing and Group Rates

4.1 The following is the pricing for a single course registration

Course	Introduction to Para Sport	Coaching
Online	Free	€53.50

4.2 Group Rates

World Para Swimming and IPC Academy have also Group NPC packages for all of the online courses that are available to purchase directly via World Para Swimming. If you are interested in purchasing packages for your NPC then please contact us on the details indicated on the next page.

5 Face to Face Courses and Pricing

A NPC can request to host any of the above mentioned World Para Swimming education Courses. World Para Swimming will provide Course material, access to online learning Courses, certified educators and support where needed to the host of an education Course for a Course fee. More detailed information on hosting World Para Swimming education Courses and prices are available on the World Para Swimming education website. World Para Swimming will always

aim to facilitate your requests but cannot guarantee that all requests can be met. World Para Swimming will aim to offer you an alternative date when this situation arises.

6 Application Process

To apply for a World Para Swimming Course please view all the available courses and download the application form from the World Para Swimming education website: www.paralympic.org/swimming/education/coaching.

All applications should be completed fully and submitted to ipcsummersports@paralympic.org.

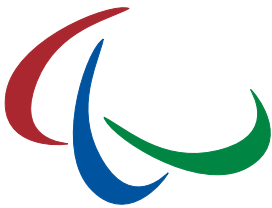
7 World Para Swimming Technical Education Contact Information

If you have any questions or are interested in learning more about all of the World Para Swimming and IPC Academy education courses, please contact us at:

World Para Swimming Education and IPC Academy
+49 228 2097 200
ipcsummersports@paralympic.org
World Para Athletics education website: www.paralympic.org/athletics/education/coaching

If you are interested in learning more about other aspects of World Para Swimming, please use the following email address: worldparaswimming@paralympic.org.

8 World Para Swimming Educational Partners



International
Paralympic
Committee

