



[www.waterphobia.com](http://www.waterphobia.com) – e: [info@waterphobia.com](mailto:info@waterphobia.com)

## Introduction to the Certificate in Teaching Aquaphobics

### Part of the Aquaphobia Learning Programme (ALP)

“Revolutionary products taking aquatic learning into the virtual age”

#### Key Facts

- Established programme with long term history
- Market forum tested - National survey showing millions of UK people of all ages fear water. (untapped UK market)
- Academically and industry researched & accredited
- Partners inc ASCTA, STA and University of Chichester
- Piloted, tested & staff trained at Everyone Active throughout the UK
- 10 ASCTA points per CPD and an endorsed ASCTA e-certificate
- ALP runs in normal sessions without needing to change programming.
- Not just adults, ALP provides structure for children and teenagers who are scared of water, weak or non-swimmers.
- Parent baby/toddler classes. Parents who are water phobic or lack fundamental water skills, either miss out on lessons or can transfer their fear onto the child. ALP teaches these core aquatic skills and can take away fears, nerves and stress.
- Please visit [www.waterphobia.com](http://www.waterphobia.com) for latest prices and updates.

Available on Goggle and Apple, Macs, iPhones, iPads, Android, Tablets & PC's  
(Basic spec required Win 10 - 4 Megs RAM)

## Who is CTA for?

The professional development course establishes a L2 swimming teacher as an Aquaphobia Coach (A.C) and then as an Advanced Aquaphobia Coach. Who will be equipped to assess the severity of an individual's fear or phobia and support them through the recovery process to stress free happy swimming.

If you are a swimming teacher or an operator and want to increase your provision to your clients, then this is a must for you, your community and your organisation. Aquaphobia Coaches recognise and know how to help Aquaphobics **of all ages**, weak and non-swimmers from both a psychological and physiological perspective.



## CTA – CPD 1 Digital Edition

### “Aquaphobia Coach”

**10 ASCTA points - endorsed ASCTA e-certificate**

The educational environment is made up of a 3D leisure centre that consists of a reception area, a classroom, a changing room, café and a virtual pool. Structured within a 3D world, in first person, the Aquaphobia Coach (A.C) is taken through the content engaging with real-life, swimmer characters.

Meeting each one in the reception to hear their own stories, how and why, they became Aquaphobic. A.Cs will be directed to the café to undertake an induction using the (ALP) tool kit. There we focus on one main character, Anne-Marie who will become your first Aquaphobia client. Also, travelling to the classroom, to attend each of the 3 key teaching sessions. Try the interactive virtual pool, teach with the avatars.

**Once you have completed CTA CPD 1 you can then undertake our CTA CPD 2 (as below)**

*Partners*



## Advanced Aquaphobia Coach

**CPD 2 is a 4.5/5 - hour DIGITAL ONLINE F-2-F tutor led training session** that further expands upon the theoretical elements of CPD1 in a live online classroom environment, allowing for discussion and an interactive learning experience with up to ten other like-minded swimming professionals.

**This CPD Includes:**

**Case Studies:** Each candidate will be given a case study sheet from a real Aquaphobic person. This gives an in-depth insight into how much a traumatic water related experience has affected that individual's relationship to aquatic activity and many other aspects of their lives. Each candidate is asked to take on the persona within their case study, pairing up with another attendee and both taking turns to play the role of the Aquaphobic person and then the swimming teacher.

**The ALP induction process:** Staying in their pairs we undertake the 'ALP PAR' Q&A. 25 questions developed with the University of Chichester to give the Aquaphobic swimmer a total percentage figure of how phobic they really are.

**The ALP Fear Curve:** Explains on a single chart the theory behind Aquaphobia and how through the 'ALP', swimming teachers can desensitise clients from their phobia. Candidates are required to assess where they think their case studies are on the 'fear curve' and consider how this affects their planning & assessment processes.

**ALP lesson planning:** Using the 'PAR Q&A' results, case study, a skills audit form and the 'ALP teachers 12-stage manual'; Candidates are asked to create an ALP lesson plan appropriate to the needs of the Aquaphobic (played by their partner.)

**Pool Test:** Due to Covid-19 we are unable to do the pool test. Once we are back in the pools, we will ask you to send in a "short video" 5 to 10 minutes long) of you undertaking your CPD 2 ALP lesson plan in the pool with a helper or real aquaphobic person (paid or voluntary).

Upon completion of this task CTA CPD 2 e-certificate will be issued.

**Completing the CPD:** *(An appropriate case study from a previous swimmer/s can be used for post course validation and must be submitted prior to completion of the CTA CPD)*