



Recognition of Prior Learning/Recognition of Current Competence

Recognition of prior learning (RPL) (RCC) is defined as:

“A method of assessment (leading to the award of credit) that considers whether a learner can demonstrate that they can meet the assessment requirements for a unit of study through the possession of knowledge, understanding or skills that they already possess and do not need to develop them through a formal course of learning.”

The use and implementation of RPL/RCC prevents the learner from being repeatedly assessed for skills or knowledge that they already possess, therefore any previous achievements or relevant experiences obtained through various environments (e.g. formal work, informal, at home and/or at leisure) are applicable for RPL consideration, as long as the standards and requirements detailed in the unit specification and assessment criteria are met.

Credit can be awarded once the learner has successfully demonstrated and evidenced to the assessor that they have met the learning outcomes and assessment criteria of the complete unit or units being applied for.

RPL/RCC is an alternative route and **NOT A SHORTCUT** to attaining a qualification.

Requirements for applying for RPL/RCC against SSA Coaching Qualifications

Before making an application via the process of RPL, the applicant must ensure that they have the relevant pre-requisites in place and available for checking at the start of their portfolio of evidence (POE). These are listed below and are a requirement for the application of all SSA Qualifications. All costs of the RPL process are to be met by the applicant.

Pre-requisites

- A) Complete an application form requesting RPL and for which qualification (tick the appropriate box).
- B) Make the correct payment as indicated on the list provided and have evidence of this.
- C) Be in possession of a Level 1 Department of Labour approved first Aid certificate that is less than one year old. (Certified copy to be supplied)
- D) Be in possession of a Department of Labour approved CPR certificate if your first aid is older than 1 year but still valid. (Certified copy to be supplied)
- E) Police clearance certificate that is less than 3 months old. (Certified copy to be supplied). A name clearance will be suitable if it is done through the SSA approved agency.
- F) South African I.D. document (Certified copy to be supplied)
Foreign passport (Certified copy to be supplied)
- G) Current C.V.
- H) Motivational statement to support application.
- I) Official proof of Level(s) and number of swimmers being coached.
- J) Signed Swimming South Africa Code of Conduct.

Content for a Portfolio of Evidence (POE)

The POE should be as comprehensive as possible to allow the assessor to come to a suitable conclusion about the level of current skills, knowledge and previous learning of a candidate. The following are suggested samples of documents that should support the RPL application.

NB: However an assessor is still entitled to interview and/or watch the candidate carrying out the duties of a teacher and/or coach.

- A) Any formal qualifications supported by the transcript of learning. (Foreign qualifications that are in a language other than English must be supported by a certified translation.)
- B) Any references that you may have that attest to previous/current ability and character.
- C) Lesson plans

GUIDELINES FOR SESSION PLANS

1. Cycle plans for training & competition supported by the individual session plans and Coaches evaluations.
 2. Land training sessions.
 3. Nutrition plan
 4. Showing the use of equality and diversity within planning and evaluating.
 5. Showing the use of LTPD within planning and delivery.
 6. Showing suitable aims and targets for both squads and individuals.
 7. Showing suitable ability and knowledge to track squad and individual outcomes.
- D) Showing continued personal learning through Continuous Professional Development (CPD).
 - E) Evidence of achievement in any other capacity within swimming.

This list serves merely as a guide; the applicant should still ensure that they read the required unit outcomes.

COACHING RPL/RCC CRITERIA

<u>COACHING</u>	<u>LEVEL 1</u>	<u>LEVEL 2</u>	<u>LEVEL 3</u>	<u>LEVEL 4</u>
1. Level of swimmers (Evidence must be supplied)	between 5-10 L1 swimmers (past 2 years)	between 3-6 L2 swimmers (past 4 year)	3-5 L3 swimmers (past 8 years)	1-3 swimmer/s at National & international competitions (past 12 years)
2. References(can be from other senior coaches)	2 references	3 references	4 references	5 references
3. Experience coaching (recommended)	2 years or more	4 years	8 years	12 years or more
4. Level of formal Learning/Qualifications (recommended)	Diploma level	Undergraduate degree	Undergraduate degree & honours	Post Graduate
6. Planning cycles (Copies must be included in POE)	A three month cycle of planning for training & competition for level 0/1 swimmers, supported by the individual session plans and the Coaches evaluations.	A 6/9 month cycle of planning for training & competition for level 1/2 swimmers, supported by the individual session plans and the Coaches evaluations	A 12 month cycle of planning for training & competition for level 2/3 swimmers, supported by the individual session plans and the Coaches evaluations	A 4 year cycle of planning for training & competition for international swimmers, supported by the individual session plans and the Coaches evaluations
7. Continuous Professional Development (Evidence must be supplied)	10 CPD Points Annually after award of any certification as well as annual registration with required SSA Affiliate	16 CPD Points Annually after award of any certification as well as annual registration with required SSA Affiliate	24 CPD Points Annually after award of any certification as well as annual registration with required SSA Affiliate	32 CPD Points Annually after award of any certification as well as annual registration with required SSA Affiliate.

Level 1 Coaching Certificate – Unit outcomes and assessment criteria.

Listed below are the outcomes that have to be achieved within each unit of the SSA Level 1 Coaching Certificate. (Only complete units can be awarded.)

UNIT 1

- A) Demonstrate a suitable basic knowledge of Health & Safety in the Aquatic Environment.
- B) Demonstrate an understanding of the roles & responsibilities of a swimming coach.
- C) Demonstrate effective communication and group management skills.
- D) Demonstrate an understanding of the Coach's role, in child protection within aquatics.

UNIT 2

- A) Demonstrate a basic understanding of LTPD and its use within aquatics.
- B) Demonstrate knowledge and understanding of basic Anatomy, nutrition and hydration for aquatic participants.
Demonstrate an understanding of the principals of movement within water along with the principals of training & fitness.
Demonstrate an understanding of swimming techniques, skills and the laws of swimming.
- C) Demonstrate the ability to prepare, plan, and deliver a series of coaching sessions for Level 0/1 swimmers.
- D) Demonstrate the ability to evaluate a series of coaching sessions for Level 0/1 swimmers.

THESE ARE SET AS THEY ARE FROM THE NEW LEVEL ONE COURSE THAT IS CURRENTLY BEING EVALUATED BY CATHSETA & SASCOC

Level 2 Coaching Certificate – Unit Outcomes and Assessment

Criteria

Listed below are the outcomes that have to be achieved within each unit of SSA Level 2 Coaching Certificate. (Only complete units can be awarded.)

UNIT 1

- A) Demonstrate an understanding of the various roles of a competitive swimming coach.
- B) Demonstrate an understanding of the coaching processes required for Level 1 / 2 swimmers.
- C) Demonstrate an understanding of the various learning styles of swimmers.
- D) Demonstrate an understanding of behaviour management with swimmers.

UNIT 2

- A) Understand and demonstrate the principals of planning coaching sessions.
- B) Understand how the stages of participant's physical and psychological development, impacts on the coaching style and delivery.
- C) Demonstrate an understanding of the principals of skill development.
- D) Demonstrate an understanding of the principals of evaluation in coaching.

UNIT 3

- A) Demonstrate an understanding of child/teen development in relation to coaching swimming.
- B) Demonstrate an understanding of the Long Term Participant Development plan in relation to swimming.
- C) Demonstrate an understanding of the principals behind the competitive framework of swimming in South Africa.

- D) Understand and demonstrate the application of the principals of training and fitness in program and session planning.

UNIT 4

- A) Understand and demonstrate the knowledge and ability to ensure the safety during coaching and training sessions.
- B) Understand and demonstrate how to ensure and implement safe and equitable swimming specific activities within a training session.