



SWIMMING SOUTH AFRICA
Web Site: www.swimsa.org
Level 1 Coaching Course Preparations

Pre-Course Preparations:

While the following recommended reading is not compulsory it will add value and ensure that your learning experience is enhanced.

- Knowledge of the major muscle groups - <http://anatomy.askthetrainer.com/>
- Knowledge of the skeletal system -
https://upload.wikimedia.org/wikipedia/commons/c/ca/Human_skeleton_front_en.svg
- Knowledge of the endocrine system -
https://en.wikipedia.org/wiki/Endocrine_system
- Early vs. late development -
http://raisingchildren.net.au/articles/puberty_early_or_late.html
- Know how a pace clock works in training
- Long Term Participant Development (LTPD) - <http://swimsa.org/education-and-training/long-term-participation-development/3-ltpd-for-swimming-nn-edit-changes-accepted.pdf/view>
- Child Protection - <http://www.blueknot.org.au/WHAT-WE-DO/Resources/General-Information/Types-of-child-abuse>
- Skeletal system diagram: <http://hes.ucfsd.org/qclaypo/skelweb/skel04.html>
- <https://www.trainingpeaks.com/blog/macrocycles-mesocycles-and-microcycles-understanding-the-3-cycles-of-periodization/>
- <https://myswimpro.com/blog/2016/02/12/how-to-build-a-yearly-training-plan/>
- <http://www.fina.org/content/fina-rules>
- <http://www.fina.org/content/disqualification-codes-2014-2017>