

# WSA WSA Foundation Water Skills Academy SUP Instructor Syllabus

This document highlights the key learning objectives for candidates attending the named course. A candidate must show evidence throughout the course that they understand and can put into practice the stated objectives. Candidates will be assessed via practical demonstrations and/or exams/assessments.

## **Knowledge Objectives:**

- Understand the remit of the WSA Foundation SUP Instructor award.
- Understand the fundamental roles and responsibilities of an instructor.
- Have a sound understanding of how the weather and environment affect SUP lessons.
- Develop a basic understanding of wind, tides and swell forecasting.
- Understand the current equipment on the market for SUP including types of boards and paddles.
- Have sound knowledge of board and paddle anatomy.
- Be able to correctly adjust the height of a paddle for a client.
- Be aware of the equipment available to instructors and what safety equipment should be used.
- Develop a basic awareness for SUP maintenance including iSUPs.
- Understand the learning process and how people learn.
- Be able to plan a safe session and identify positive SUP environments.
- Be aware of the various laws and legal considerations that must be adhered to when teaching SUP.

## **Teaching Objectives:**

- Understand the principles of effective communication.
- Understand and implement a variety of delivery methods (Auditory, visual and kinaesthetic).
- Understand how to give constructive feedback.
- Identify all the key taught elements in a beginner/novice SUP lesson.
- Be able to determine a client's footedness.
- Be able to correctly demonstrate a self-rescue technique.
- Correctly demonstrate prone to knees technique with and without the paddle.

- Correctly demonstrate knees to standing with and without the paddle.
- Be able to explain the key phases of the paddle stroke.
- Correctly demonstrate the forward stroke.
- Correctly demonstrate a brake/stop stroke.
- Correctly demonstrate a sweep stroke.
- Correctly demonstrate a step-back pivot turn.
- Demonstrate a kahi/reverse kahi.
- Be able to identify common mistakes within each phase of the stroke.
- Be aware of the repertoire of drills available to instructors and implement them within lessons.
- Be able to adjust lessons plans for teaching younger children.
- Be able to explain how you would go about teaching SUP to differently abled clients.