

Human Development Series

This series of workshops looks at the changes in growth and development throughout the lifespan. Workshop #1 starts with a basic overview with following workshop going deeper into this area.

All workshops will provide participants with implications to them whilst teaching anyone to swim.

Duration: two (2) hour workshops with practical tips to take home

- Workshop #1 Growth and Development Across the Lifespan
- Workshop #2 Child Development: Physical Growth and Motor Development
- Workshop #3 Child Development: Cognitive Development
- Workshop #4 Child Development: Social/Emotional Development
- Workshop #5 Child Development: Visual Development
- Workshop #6 Adulthood: The changes that occur
- Workshop #7 Separation Anxiety: What is it really?
- Workshop #8 Phobia Cures: How to take the fear out of the water?

Presenter: Ms Alina Graham

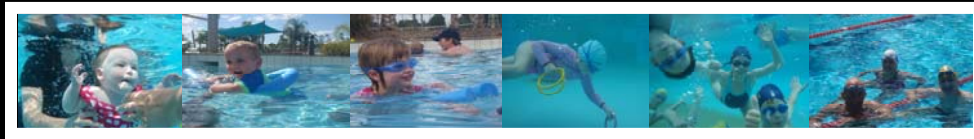
With over 18 years in the aquatic industry as a teacher and coach for infants to adults, and coupled with her studies and experience in physical education and child development, Alina brings a wealth of knowledge to the world of teaching swimming.



Her passion for teaching swimming started from being a competitive swimmer herself and over the years has extended to training those that want to teach others to swim. Alina provides practical applications for teachers to take home with them and implement into their lessons.



Take the time to learn from one of Australia's leading swimming teachers and trainers.



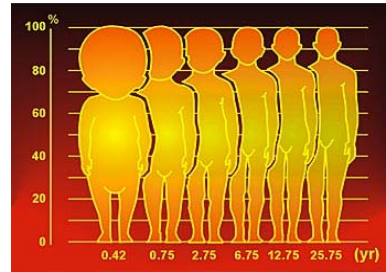
Workshop Descriptions

Workshop #1: Development Across the Lifespan

This workshop looks at the general development of humans across the lifespan. We will have a brief look at processes throughout the lifespan.

Processes include:

- physical development
- motor development
- cognitive
- language
- social/emotional
- visual



Then we will look at the implication of these changes to swimming instructors in relation to areas

Child Development

This series of workshops looks deeper into the processes of growth and development in children from newborns to 12 year olds. Participating in any of these workshops will provide not only new knowledge but practical examples and implications to teach children to swim.

There are four (4) workshops for child development, which are as follows:

1. Physical growth and motor development
2. Cognitive development
3. Social/emotional development
4. Visual development



Workshop #2: Physical growth and motor development

We move very differently on land to what we need to do in water. Through understanding the physical growth and motor development that children go through on land, we as swimming teachers can guide our swimmers to learn the complex skill of swimming.

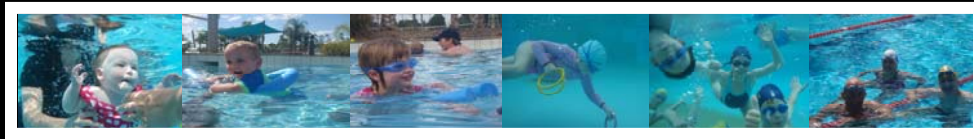
Physical Growth

Over 15-20 years following birth there are many changes in the physical growth in stature and weight. Body proportions also change including the ratio between the size of the head and the torso.

Motor Development

We are born into the world with largely reflexive movement patterns that are unlearned and involuntary. From here the motor development moves from basic fundamental movement patterns to those patterns that are highly skilled voluntary movements.

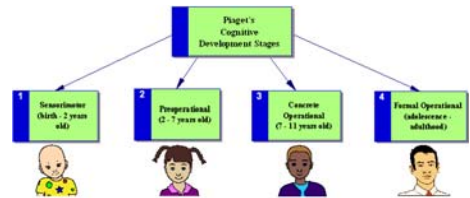




Workshop #3: Cognitive Development

How do children piece the world together? What decisions do that make and what influences these decisions? Learn how to get into children’s heads to see where they are learning from.

Cognitive development is the construction of thought processes, including remembering, problem solving, and decision-making, from childhood through adolescence to adulthood. This workshop discusses some of the theories and stages of cognitive development and how this applies to teaching swimming particularly for infant and preschool swimming.



Workshop #4: Social/Emotional Development

Understanding how children form friendships, how they understand and deal with emotions, and how their identity develops is really important in managing your swimming classes. There is a strong link between the stages of cognitive development and social behavior. This workshop will look at some of the theories on social/emotional development and where we see these and use them in swimming lessons.



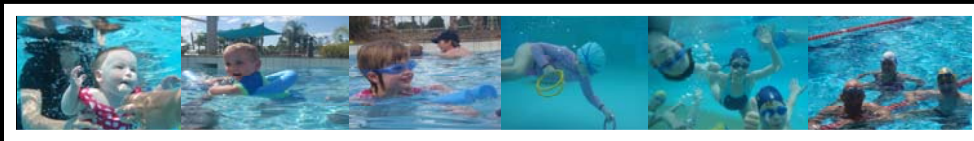
Workshop #5: Visual Development: How swimming lessons help children to “see” –

“A child is born with a pair of eyes, but not a visual world” (Gesell, A)

For children to develop the ability to “see”, they need as much experience in dealing with real space and the sensory world. Modern technology of TV being the all time baby sitter, including electronic games that are marketed as active games, in fact reduces the amount of sensory input children receive. We know there has been an increase in issues around obesity in children through the western world through lack of physical activity and movement by our children but there is also an increase in learning difficulties. Can this lead to a generation of inefficient thinkers, as they have not experienced the “real world”?



Learn about how children learn to see and the benefits of the activities within swimming lesson that help with this learning.



Workshop #6: Adult Development

We often hear that teaching adults is different to teaching children. This is partly correct. What we teach adults in terms of swimming is the same, how we teach them is different.

This workshop discusses the differences and the changes we need to make in how we teach adults to swim.



Workshop #7: Separation Anxiety

Separation anxiety is normal during early childhood. Separation anxiety reflects the child's attempts to hold on to what is safe in a very scary world, and it will settle down as the child grows older and more confident and with the right approach by those around them. As swimming instructors we need to remember not only are we taking a child away from their safety (parents), we are taking them into an environment that is instinctually dangerous.

This workshop discusses what is separation anxiety, how it is created and its implications in swimming lessons. Strategies to assist will separation anxiety will also be discussed.



Workshop #6: Phobia Cures

Sometimes we have someone that comes along who has a strong desire to learn how to swim however their phobia of water (or related components) is preventing them from even getting close to a pool. At some time a person has had some traumatic incident having overwhelmed the person at some point. It is any consistent, automatic, sudden, negative kinesthetic response to a certain input. Phobias can be to anything such as a manic fear of heights, of snakes, of somebody running their nails down a blackboard, or it could be pretty much anything.

It is traditionally considered a very hard thing to change but it can be done with the right approach. There are approaches to use to start decreasing the strength of the negative kinesthetic response which can then be supported by a series of activities and instructions once they are comfortable being at or in a pool.

This workshop discusses phobia and approaches to use as a swimming instructor to help deal with them.

