COURSE BROCHURE

Swimming Readiness, Water Safety & Stroke Theory

Sports Training & Coaching / Water Sports

One-time full-course fee

INR 1,499

Access

12 months course access

Study plan

4-6 weeks suggested self-paced study; 12 months access

Learning format

Six self-paced written workshops in English: orientation, four subject lessons and a final workbook. Worked examples, 18 answered self-check questions, planning worksheets and a self-assessment rubric; existing automated Course Tutor support. No live classes or recorded lecture series.

Programme overview

Prepare for instructor-led swimming with water-safety decisions, stroke vocabulary, pool etiquette and a supervised-learning plan. All course tasks are on dry land. Six written workshops with examples, answered checks and a final workbook. Six self-paced written workshops in English: orientation, four subject lessons and a final workbook. Worked examples, 18 answered self-check questions, planning worksheets and a self-assessment rubric; existing automated Course Tutor support. No live classes or recorded lecture series. Online introductory theory only. No practical coaching, pool/court/rink access, equipment, personal assessment, human marking, accredited certificate, coaching licence, belt, team selection or institute affiliation is included. Qualified practical instruction must be arranged separately. Named specialist human review is not verified. The orientation and assessment method are shared across this sports collection; the four subject workshops are course-specific.

Who this is for

1. Ability to read instructional English; introductory level.
2. A parent or guardian must manage a minor learner's account and purchase.
3. Online introductory theory only. No practical coaching, pool/court/rink access, equipment, personal assessment, human marking, accredited certificate, coaching licence, belt, team selection or institute affiliation is included. Qualified practical instruction must be arranged separately. Named specialist human review is not verified.

Published topics and learning focus

1. Learning safely: evidence, boundaries and your study record
2. Water confidence is not swimming competence
3. Pool visits and emergency decisions
4. Body position, breathing and stroke vocabulary
5. A supervised learning and progress plan
6. Final workbook: Swimming Readiness, Water Safety & Stroke Theory

Before you choose

1. These are published programme highlights, not certification of complete syllabus coverage. Review the available reading index and programme trial before enrolling.
2. ZELVU provides learning support. It does not award the underlying degree, professional registration or an examination result.
3. Current checkout terms and refund policy apply. Payment and access require successful provider verification.

Take the next step

Explore the programme trial

View current details, scope and terms

Ask ZELVU about this programme

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.