

# BSAC INSTRUCTOR FOUNDATION COURSE

## TYPICAL PROGRAMME



### Saturday

08.30	Instructor brief
09.00	Introduction
09.15	The Diving Instructor
09.35	How People Learn
10.00	Break
10.15	Planning Preparing a Diving Theory Lesson
10.45	Presenting a Diving Theory Lesson
11.05	Demonstration Theory Lesson
11.30	Break
11.50	Teaching Practical Diving Skills
12.20	Demonstration Practical Lesson
13.00	Lunch
13.35	Practical Skill Development Session
15.35	Theory and Practical Lesson Planning Session
17.35	Course Debrief
18.00	end of day activities

### Sunday

09.00	Theory Teaching Exercises
10.40	Practical Teaching Exercises
13.00	Lunch and debrief groupwork
13.45	Teaching Diving in Open Water
14.15	Planning Open Water Lessons
15.15	Break (incl 5 mins allowance for SI links)
15.35	The Way Forward
15.55	Course Debrief
16.10	Course Ends
16.15	Instructor debrief