



LEARN TO SWIM PRE - COURSE WORKSHEET

Candidate _____ Region _____
(Print) (Print)

Course Code _____ Course Date _____

1. Name the four elements, which make up the learning process.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

2. Name the three stages of learning.

- (i) _____
- (ii) _____
- (iii) _____

3. List the four qualities of a good teacher

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

4. List the five elements of negligence.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____
- (v) _____



5. Describe “forseeability”.

6. List six main elements of a typical lesson.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____
- (v) _____

7. List the four forces affecting movement in water.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

8. What is the most important consideration or the rescuer in any aquatic emergency situation?
