



**International Halliwick Association**  
'Promoting the Halliwick Concept of Swimming & Rehabilitation in Water'

## **IHA EDUCATION AND RESEARCH COMMITTEE**

### **Minimum Content for a Basic (Foundation) Halliwick Course**

The IHA Education and Research Committee has agreed on the minimum content for a **Basic (Foundation)** Halliwick Course.

**The minimum teaching time for a Basic (Foundation) Course is 25 hours (1500 minutes), of which a minimum of 8 hours is practical work in the water.**

The suggested maximum time for a Basic (Foundation) Course is 30 hours (1800 minutes) with a maximum of 15 hours (900 minutes) practical work in the water.

(Teaching time does not include breaks, changing time etc.)

It is good practice to hold The Basic (Foundation) Course over 4 days or more. Less days than this means long hours for participants, leading to a poorer learning experience. If interpretation is needed, a longer time will be needed for the course.

This includes a core part of lectures and pool work, which is **mandatory** on all Basic (Foundation) Halliwick Courses.

The core must take at least 75% of the total course duration. (75% = 18 ¾ hours (1125 minutes).)

#### **The core content consists of: -**

The Halliwick Concept – History and Philosophy  
Why no flotation aids  
Effects of water  
Ten Point Programme  
Breath Control  
Groups and grouping  
Games and activities  
Progress  
Assessing and recording  
Teaching techniques  
Supports

#### **Pool work**

The optional content takes up a maximum of 25% of the total teaching time and can be theory and/or practical sessions. (25% = 6 ¼ hours (375 minutes).)

This optional content has been identified as necessary to adapt the course to: -

- local needs (e.g. safety, insurance, manual handling etc)
- any topic which reinforces the core content
- the individual needs of that course (e.g. a topic on vision in a school for blind children)