

AIDA INSTRUCTOR COURSE – SPECIAL PRESENTATION

To be given to the candidates minimum one month prior to the first course date.

It is important that prospective Instructor candidates have as wide and in depth knowledge of freediving as possible. Therefore the Special Presentation should cover deeper knowledge than what is already presented in the AIDA materials. This adds value to their presentations and also helps them when fielding complicated or difficult questions from their students in the future. By researching and presenting their knowledge they gain confidence and the other candidates can learn and benefit.

The Instructor Trainer must be given a copy of the handout at the start of the course so that they have a chance to check the sources in case of plagiarism.

It is important to give each student a topic that they are not familiar with. Some suggestions are below although the instructor trainer may add his or her own

- The Mammalian Dive Reflex
- The Aquatic Ape Hypothesis- description, arguments for and against
- The History of Freediving- 7,000 BC- 1940 AD
- The History of Freediving- 1948- 1980 AD
- Yoga and/or Stretching
- Pranayama and/or Breathing
- Hyperventilation- to include medical definition and Chronic Hyperventilation
- Monofins- history, manufacture and use
- Diet and freediving
- Safety equipment for freediving
- Tides and currents
- Equalization techniques
- DCS and freediving
- Lungs and ears barotraumas and freediving
- No limits freediving
- Cross training for freediving

Special Presentation Brief

1. Oral presentation

To research, prepare and present a twenty-minute presentation on a subject related to freediving, which will be given to you.

This presentation may include the use of props, physical demonstrations, PowerPoint, photos and short video clips. If you do choose to use PowerPoint and/or photos, the number of slides/photos must not exceed seven. If you do choose to use video clips then their total length must not exceed five minutes.

You will also be required to lead a 5-10 minute question and answer session after your presentation (not included in the 20min presentation time).

2. Handout

You will also be required to produce a handout for the other students.
This has to be given to the Instructor Trainer at the start of the Instructor Course.

This should be between 1,000 and 3,000 words in length and should include:

- Your name
- Date
- The title of your presentation,
- An introductory paragraph
- A body (this should include the main points from your presentation)
- A concluding paragraph
- A bibliography/ list of sources

If you are using a PowerPoint presentation then you may include the slides, although you must also include extra written material.

Your bibliography/ list of sources must contain at least two non-electronic reference sources, for example a book, research paper or article in magazine or periodical.

The handout must be formatted and presented in an easy to read form. Please note that you must reword any material used and direct quotation must be marked as such and constitute a maximum of 200 words.

If you are found to have plagiarized your material in any way shape or form (such as copying and pasting information from the internet) then you will fail the module and thus the entire course.

Please see the marking criteria from your Instructor Trainer for more information on how you will be assessed.

It is strongly advised that you practice your presentation at least twice in front of someone else to make sure that you are confident with the material and can keep to the time frame.