

# W2I INSTRUCTOR COURSE

The purpose of this document is to describe the procedure to conduct a Molchanovs Wave 2 Instructor Course.

All changes are marked in gold.

## 1. Introduction

### DURATION

Minimum Duration: 8 teaching days.

Minimum Classroom Sessions: 8-10 (some classroom session may be combined with a pool session).

Minimum Pool Sessions: 2.

Minimum Open Water Sessions: 5.

### QUALIFICATION

A Wave 2 Instructor is qualified for the following activities

- Teach Wave W1-2 Course
- Teach Lap L1-2 Course
- Teach Online T1-2 Course
- Guide Base Training Level BT1-4

### CANDIDATE PREREQUISITES

- Wave 3 Certification
- or Wave 3 Crossover Evaluation passed;
- First Aid Certificate (no older than 2 years);
- To be activated as an instructor: Public liability and dive insurance.



## MANDATORY SESSIONS

NUMBER	SESSION	DURATION	COMMENTS	STATUS
C1	Welcome and Introduction	90	Instructor Course Outline. Certification Requirements. What makes Molchanovs different? Course Philosophy and Instructor Philosophy. Pass the entry-exam on 90% (former IC-exam).	V0.2
C2	Classroom Presentation & KR	90		
C3	Relaxation, Breathing and Mental Techniques	90	How this knowledge is taught. Body Scan, Mindfulness, Attention deconcentration, one full breath, chest breaths, recovery breathing.	V0.2
C4	Teaching Frameworks: FEDOF, Feedback Theory & Practice	90	Classroom: Intro, Body, Summary. Skills: Framing, Explaining, Demonstrating, Organising, Feedback (in short: FEDOF). Instructor Standards and Motor Skill Definition (Manuals).	V0.2
C5	Skills Discussion: Pool	90	Video & Demonstrations of all Skills: DYN, DNF, Monofin, Buddying and Rescue	V0.2
C6	Skills Discussion: Open Water	90	Video & Demonstrations of all Skills: CWT, FIM, Monofin, Buddying, Rescue Scenario & Tow incl. Rescue Breaths	V0.2
C7	Business & Marketing	90	Legal requirements to teach, Basic pricing and marketing. Types of instructor "Memberships". Discount program. Payments and cancellation policy.	V0.2
C8	Risk Management	90	Obligations as a Freedive Professional Risk: Definition Risk Assessment Emergency Action Plan Insurances	V0.2
C9	Online (Remote) Teaching	60	How to establish a secure online classroom, technical setup, the T-certification.	V0.2
	Final Exam & Discussion	90	Online exm. IT will discuss every wrong answer in the group with reference to the according education materials.	online
		Total: 870		



NUMBER	SESSION	DURATION	COMMENTS	STATUS
POOL1	Skill teaching, STA-skills and DNF Technique	90	Introducing FEDOF, Candidate practice, STA Performance Requirement. DNF Workshop: How to teach, analyse and correct DNF arm-pull and leg-kick and monofin technique. This session can be combined with the according classroom sessions.	Script Draft OK
POOL2	Skill teaching, DYN-skills, Monofin Technique	90	Candidates exercise introducing a skill by applying FEDOF. DYN Performance Requirement. If a candidate is reaching satisfactory level already, Teaching Assessment is allowed. Monofin technique workshop	Script Draft OK
		Total: 180		
OPEN WATER 1	Skill Teaching, Performance Requirement.	90	FEDOF Demonstration and Practice. Candidates exercise introducing a skill by applying FEDOF. CWT 40m.	Script Draft OK
OPEN WATER 2	Skill Teaching, Performance Requirement. Technique Workshop: CNF	90	Candidates exercise introducing a skill by applying FEDOF. If a candidate is reaching satisfactory level already, Teaching Assessment is allowed. FIM 40m. CNF technique.	Script Draft OK
OPEN WATER 3	Skill Teaching, Performance Requirement, Monofin Technique	90	Candidates exercise introducing a skill by applying FEDOF. If a candidate is reaching satisfactory level already, Teaching Assessment is allowed. CNF30m & 15m Standby Rescue. Monofin technique.	Script Draft OK
OPEN WATER 4	Skill Teaching Assessment, Performance Requirement	90	Candidates should reach satisfactory level applying FEDOF: Skill (Wave1) teaching assessment. Teaching Assessment is allowed. CO2-dive.	Script Draft OK
OPEN WATER 5	Skill Teaching Assesement, Performance Requirements	90	Candidates should reach satisfactory level applying FEDOF: Skill (Wave2) teaching assessment. 25m Rescue with tow incl. rescue breaths.	Script Draft OK
		Total: 450		
		<b>Total: 1500</b>		



## TEACHING ASSESSMENT AND MARKING

Teaching assessments will be marked on a scale from 1-5, where an average of 3 is the minimum passing score and is considered to be as “all expectations fulfilled”. A performance beyond expectations will be marked 4. This can be achieved by e.g. by providing fitting examples, using props in a meaningful way, etc. A mark of 5 is awarded for an outstanding performance, which goes beyond expectations in terms of presentation, content and entertainment value. An average mark below 3 will require you to repeat that particular assessment with your Molchanovs IT.

If any mark of 1 is being given, the skill is failed and must be repeated. It does not matter if the candidate still reaches an average of 3 in that skill. Reasons to give a mark of 1 can be

- a major factual mistake in any part of the theory, conduct of the FEDOF system, etc.
- a safety relevant mistake by the candidate, which includes the safety of the candidate themselves, a “mock” student or anyone else participating in a given skill exercise / assessment.

## 2. Certification Requirements

### GENERAL CERTIFICATION REGULATIONS

A successful candidate needs to pass every skill and exam. You have two trials per skill or exam - if you fail the first time you can re-do the skill or exam within the running course. If you fail no more than two skills or exams twice, you can re-do this certain skill or exam with another Instructor Trainer within one year to finish your Instructor Course. If you fail more than two skills or exams twice, you will have to re-do the Instructor Course.

### W2I ENTRY EXAM

As a successful candidate you will have to pass the **W2I Entry Exam** at a 90% success rate. The exam can be accessed through the following link:

<https://www.onlineexambuilder.com/instructor-exam/exam-242487>

Your Instructor Trainer will discuss every wrong answer with you if there is any uncertainty about the correct answer. If you fail the exam in the first sitting, you can resit the exam after the discussion with your IT.

### W2I FINAL EXAM

As a successful candidate you have to pass the **W2I Final Exam** at a 75% success rate. The link to this final IC-exam will be provided during your IC. Your Instructor Trainer will discuss every wrong answer with you if there is any uncertainty about the correct answer. If you fail the exam in the first sitting, you can resit the exam after the discussion with your IT.



## ONLINE (REMOTE) TEACHING TXAM

As a successful candidate you have to pass the **Online (Remote) Teaching Exam**. The link to this exam will be provided during your IC. Your Instructor Trainer will discuss every wrong answer with you if there is any uncertainty about the correct answer. If you fail the exam in the first sitting, you can resit the exam after the discussion with your IT.

## TEACHING ASSESSMENT

Apart from passing the W2I exams, you need to teach and/or demonstrate Wave 1/2 or Lap 1/2 skills to a Molchanovs IT and you will be marked (see table below). You will need to introduce to / guide the skill as if you were doing so with a student, demonstrating proficiency in application of the **FEDOF system**: Framing, Explaining, Demonstrating, Organising, Feedback. The FEDOF teaching system will be introduced and exercised during the IC.

Your skill teaching duration should be adapted to the content and demonstrate your proficiency in **sticking to the essentials of each skill**.

Note 1: For the **classroom assessment** you need to demonstrate proficiency in guiding 1 Knowledge Review **and** 1 Classroom Presentation each. It is up to you IT to decide which topic and on which level you will cover.

Note 2: For any **skill teaching assessments** you only have to cover skills from the **L/ W1 and L/W2 curriculum**. Skills from the **L/W3 curriculum** are covered in the **W3I-Upgrade course**.

ASSESSMENT	SOURCE	IN PERSONA OR VIDEO
W2I Entry Exam (90%)	System	
W2I Final Exam (75%)	System	
Online (Remote) Teaching Exam (80%)	System	
Leading Warm-up incl. Diaphragm Stretches (20min + 5min Feedback)		in pers. or video
Classroom Presentation or KR leading, Wave 1 (10min)		in pers. or video
Classroom Presentation or KR leading, Wave 2 (10min)		in pers. or video
Dry: Skill Teaching Assessment (e.g. Frenzel)		in pers. or video
Pool: Teaching Assessment: 1 Skill Wave 1 or Wave 2		in pers. or video
OW: Teaching Assessment: 1 Skill Wave 1		in pers. or video
OW: Teaching Assessment: 1 Skill Wave 2		in pers. or video
OW: Setup Handling		in pers. or video



## 3. Water Requirements

As a successful candidate you will need to demonstrate the following performance requirements and skills:

SECTION	SKILLS AND PERFORMANCE REQUIREMENTS
STA	STA 4:00-5:00min
	Demonstrate STA Buddying
	Demonstrate STA Rescue
DYN	DNF Technique
	DNF 60m
	DYNB Technique
	DYN Monofin Technique
	DYNB 100m
	DYN buddiesing
	DYN buddiesing + rescue + support + Pool exit (help permitted)
CWT	CWTB Technique
	CWTB 40m (dive time 80-90s)
	CWT Technique
CNF	CNF Technique
	CNF 30m
FIM SKILLS	FIM Technique
	FIM 40m
OTHER REQUIREMENTS	15m Stand-by Rescue
	CO2 Dive (NB at 10m, 60s vertical finning, elbows above surface, one full breath, then 20m CWT dive)
	BO Rescue -25m, Tow 50m incl. Rescue Breaths