



AIDA INSTRUCTOR COURSE – SPECIAL PRESENTATION

It is important that prospective Instructor candidates have a width and depth of knowledge of freediving that goes beyond the AIDA Education Materials. Therefore, to prepare their special presentation, you (the candidate) can assume the content of the AIDA Materials as given and the Special Presentation should cover deeper knowledge (or other topics) than what is already presented in the AIDA Materials. This gives value to your presentations and also helps when faced with complicated or difficult questions from your students in the future. By researching and presenting knowledge you gain confidence and the other candidates on the Instructor Course can learn and benefit. A presentation merely reciting AIDA Materials is not good enough and will be marked as failed.

You must give the Instructor Trainer a copy of the handout at the start of the course so I can check the sources in case of plagiarism.

Here are some topics suggestions, although you may choose your own topic:

- 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 for Freediving
- Pranayama and/or Breathing Exercises specifically for Freediving
- History of Freediving Gear and its use
- Tides and Currents
- Equalization Techniques that go beyond AIDA Teachings
- History of No Limits freediving
- Current Training Theories or Systems for Deep Freediving
- Etc.

Oral Presentation

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

This presentation may include the use of props, physical demonstrations, PowerPoint (and other presentation applications), photos and short video clips. If you 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).



Handout

You are required to produce a handout for the other candidates. This has to be given to the Instructor Trainer at the start of the Instructor Course and should be between 1,000 and 3,000 words in length and should include:

- Name
- Date
- Title of 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 can include online sources, if the source can be reviewed publicly (provide precise link). You are encouraged to also use books, research papers or articles in magazines or periodicals.

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. Any footage (photos, videos, graphics, etc.) that is not yours must be visibly and correctly credited to the author.

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 presentation and thus the entire Instructor Course. Please see the marking criteria 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.