

BSUPA Paddleboard instructor Course Level 1 Lecture Exercises

As part of your upcoming stand up paddleboarding instructor course you will need to prepare a 15 minute talk on one of the subjects listed below. The ability to stand up in front of a group of students and deliver a well planned and interesting presentation on any aspect of SUP is a key skill for all instructors.

Your presentation should be between 10-15 minutes in length. The talks will normally be presented within a class room environment however you do not need to be restricted by this. If you feel that the talk would be better presented outside/at the beach or somewhere else this is fine and you should discuss with the examiner when you are best to present your talk to fit in with the course schedule.

Of primary importance to your talk is to get accurate, easy to understand and focussed points across. Try if possible to structure your presentation into a clear introduction, main elements of the talk and conclusions. Try to teach the subject in the most imaginative ways and use as many visual aids and props as is helpful to make the talk interesting. Available to you at the centre are whiteboards and powerpoint, if you want to use a different medium please provide this yourself for the talk. If you are using notes (highly recommended) try to create bullet points rather than a long text that you will read. The presentations must be aimed at beginners learning to stand up paddle, up to your peer group on the course's required level of knowledge. This will make them more comprehensive than lectures delivered as an instructor to students.

As your presentation will be one of the criteria that will be used to assess your outcome from the course we would urge you to take some time to prepare and run through your talk. Please also take some time to have a look at the other lecture topics as these form the backbone of the theory elements that you will need to know.

Your lecture topic is:.....

Lecture topic list:

1. **Weather Systems:** Describe and explain the main important features of low and high pressure weather systems. How these affect the UK, and visual signs of changing weather. Include sources of weather information.
2. **Sea and Land breezes:** Describe the formation and characteristics of thermally generated sea and land breezes.
3. **Tides and effects on SUP's:** What are the sources of tidal information? How to the tides work. Spring and neaps, tidal currents, effect in relation to a paddleboarder.

4. **Personal and Instructor SUP equipment:** What to look for in wetsuits, leashes, booties, headwear. Also what extra equipment an instructor should carry in regards to lesson running and safety.
5. **SUP Boards, paddles, leashes.** What kinds are good for learning, progressing, waves distance speed. What to look for in a learning/school environment.
6. **Teaching in different locations.** The types of environment, water and tide states suitable and not suitable for teaching beginner SUP lessons.
7. **Tours and Guided trips**
8. **SUP History.**