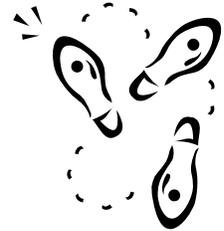


# TEACHING – CORRECTIVE METHODS...

The following method or combination of methods may be used to change or improve a candidate's performance.

## 1. SHAPING

- a) Definition = Making slight, specific, accurate adjustments to existing performance to bring up to standard; in other words, if the candidate makes the change, the result is the true performance required (i.e. step-by-step changes to achieve end result)
- b) Example = "Candidate's right arm enters slightly outside shoulder during front crawl."
  - o *The instructor recommends the candidate place his/her arm about 5cm to the left of previous entry point.*
- c) When to use = for minor changes/adjustments to performance or for those candidates who take what you say/do literally and follow your instructions exactly



## 2. OVER-CORRECTION

- a) Definition = Using hyperboles and extreme adjustments to make corrections by utilizing the imagination of both instructor and candidates; in other words, the over-correction is NOT what the true performance should end up like – *it is just a means to an end*
- b) Example = "Candidate is swimming front crawl like crab (arms entering almost beside shoulders instead of extended in front of shoulders)."
  - o *The instructor recommends the candidate reach his/her right arm up & across to outside of left shoulder and vice versa (i.e. he/she is extreme left so instructor suggests extreme right so the "middle ground" yields the true performance).*
- c) When to use = for major changes/adjustments and/or to break extreme bad habits + may be useful for many visual learners



## 3. PHYSICAL MANIPULATION

- a) Definition = Adding a tactile sensation to the correction; for example, the instructor moves the candidate through the motion OR the candidate uses equipment or adds a physical sensation to the movement to add focus.
- b) Example = "Candidate is swimming front crawl like crab (arms entering almost beside shoulders)."
  - o *The candidate holds a flutter board in his/her right hand. With permission, the instructor takes the candidate's left hand and moves it through the proper arm sequence ending with the candidate tapping the board & his/her right fingers before placing left hand in the water.*
- c) When to use = for ANY type of change (minor or extreme) for tactile/kinaesthetic learners & only with permission of candidate (i.e. before touching candidate)

