



## The EDIP system of teaching

EDIP is an acronym for the Explain. Demonstrate. Imitate. Practise. It is a formal method of instructional teaching. It is a simple but brilliant teaching and learning model developed by American ship builder Charles Allen to train shipyard workers in the United States. The process was revamped in the second world war by American industry when production increased and it realised it was losing many of its trained workers to military service. EDIP provided a quick and effective method of training and mobilising millions of people for the new work force. The method was later adopted by military and law enforcement organisations worldwide and is still used today by many industries.

The EDIP model can be adapted to create a teaching format for Apnea Survival Instructor course drills and lessons.

## EDIP = Explain / Demonstrate / Imitate / Practise.

### 1. E – Explain

Provide a verbal explanation of the skill to be taught to the students. During the explanation provide information including the following:

1. Name, origins and description of skill
2. Purpose of the drill
3. Pros and Cons
4. How the drill is performed
5. Any other relevant information

Keep your explanation short and simple.

### 2. D – Demonstrate

1. Provide a real time demonstration of the full skill to be taught.
2. Provide a slow time demonstration with verbal explanation.
3. If the skill is not complex enough to warrant it being broken down into several steps skip 'Imitate' and move directly to practising the drill.

### 3. I – Imitate (for complex drills only)

Get the student to imitate or mirror the skill.

#### Part 1

“Like this – Do that”

If the drill is complex it will need to be broken down into steps and each step demonstrated individually. Have the students imitate each step after it is demonstrated.

Example of step-by-step imitation for hitting a golf ball from a tee might look something like this:

Step one. Setting the tee.

Instructor describes the step by saying words to the effect of. *“Step 1. Push the tee into the ground about 25mm in depth maintaining an upright and vertical position. Like this”* (The words ‘like this’ cue students to watch as the instructor demonstrates the step).

In slow time the instructor demonstrates the first step then upon completion announces, *“Do That”* (The words “do that” cue the students to carry out the imitation of the instructors behaviour).

Move through all steps of the skill in this manner until skill is completed. Then conduct an abbreviated talk through.

#### **Part 2 “Abbreviated talk through”**

An abbreviated talk through is where the instructor announces the Steps eg *“Step 1 push the tee into the ground 25mm maintaining an upright and vertical position. Do That...”* Now the students are required to complete the step responding to the verbal cue only.

Move through all steps using the abbreviated talk through until skill is completed. Then conduct the full practise of the skill.

## **4. P - Practise**

Once the skill has been demonstrated and where applicable imitated the students should be ready to conduct a full practise the complete skill. This is unaided by any cuing or coaching from the instructor. The practise is used to confirm the student can demonstrate the skill.

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