Jade is a swimming instructor at a sports college. She claims that, as a result of an intensive training course, the mean time taken by students to swim 50 metres has reduced by more than 1 second. She chooses a random sample of 10 students. The times taken, in seconds, before and after the training course are recorded in the table.

| Student | A | В | С | D | E | F | G | Н | I | J |
|--------------------|------|------|------|------|------|------|------|------|------|------|
| Time before course | 54.2 | 47.4 | 52.1 | 59.0 | 55.3 | 51.0 | 48.9 | 52.2 | 58.4 | 51.4 |
| Time after course | 50.1 | 46.3 | 52.5 | 58.8 | 51.4 | 48.4 | 49.5 | 48.7 | 58.3 | 51.4 |

- (a) Test, at the 10% significance level, whether Jade's claim is justified. [7]
- **(b)** State an assumption that is necessary for this test to be valid. [1]