

Competency Statements for Coach Accreditation

PRINCIPLES OF GYMNASTICS COACHING – LEVEL 1

Module 1/Unit 1

Gymnastics in Australia

- 1.1 A Level 1 Coach is able to outline the benefits and structure of Gymnastics within Australia.
 - 1.1.1 List the benefits of Gymnastics for Participants
 - 1.1.2 List the disciplines recognized under the umbrella of Gymnastics within Australia
 - 1.1.3 Outline the management structure of Gymnastics within Australia

Module 2/Unit 1

Physical Conditioning

- 2.1 A Level 1 Coach is able to improve participant's physical fitness – endurance, strength, speed, power and flexibility.
 - 2.1.1 List the components of physical fitness relevant to gymnastics
 - 2.1.2 Select & describe activities that are appropriate to the participant's developmental level and which target specific elements of physical fitness
 - 2.1.3 Identify & employ effective class organization methods
 - 2.1.4 Choose and employ activities that are fun, incorporate group, partner and individual teaching situations and which target physical fitness

Module 4/Unit 1

Warm Up

- 4.1 A Level 1 Coach is able to plan and conduct warm-up sessions that appropriately prepares participants
 - 4.1.1 List the benefits of a warm-up
 - 4.1.2 Select warm-up activities that are appropriate to the participant's age and level of development
 - 4.1.3 Identify inappropriate stretching movements and outline appropriate alternatives
 - 4.1.4 Demonstrate stretching movements appropriate to the age/development level of participants
 - 4.1.5 Identify and employ effective class organization methods
 - 4.1.6 Choose and employ activities that are fun, safe and involves maximum physical activity by all participants.

Module 5/Unit 1-5

Dominant Movement Patterns

- 5.1 A Level 1 Coach is able to identify the stages of learning for skills and facilitate learning through employing appropriate, sequential progressions
 - 5.1.1 List the DMP's of Gymnastics
 - 5.1.2 Demonstrate key progressions for basic skill

- 5.1.3 Choose and organize equipment to maximize safe learning opportunities for participants
- 5.1.4 Identify the DMP of a skill
- 5.1.5 Identify and employ effective class organization methods
- 5.1.6 Demonstrate effective communication techniques

Module 6/Unit 1

Hand Apparatus

- 6.1 A Level 1 Coach is able to effectively use hand apparatus to enhance skill learning, fun and to teach fundamental hand apparatus skills
 - 6.1.1 List the benefits/uses of Hand Apparatus within a Gymnastic program
 - 6.1.2 Identify the range of Hand Apparatus that can be utilized within a Gymnastics program
 - 6.1.3 Demonstrate the use of Hand Apparatus for the teaching of fundamental skills/progressions
 - 6.1.4 Choose and implement Hand Apparatus activities that are fun, safe and appropriate to participants abilities
 - 6.1.5 Identify and employ effective group organization methods

Module 7/Unit 1

Planning

- 7.1 A Level 1 Coach is able to plan, prepare and document lessons, which are fun, safe and appropriate to participants developmental level and needs
 - 7.1.1 List the steps involved in planning, known as the Planning Cycle
 - 7.1.2 Identify the types of plans relevant to Gymnastic programs
 - 7.1.3 Outline a yearly plan
 - 7.1.4 Prepare Unit Plan which is appropriate to the developmental level and needs of participants
 - 7.1.5 Document a Lesson Plan, based on a Unit Plan, that incorporates a balanced selection of activities which are safe, fun and encourage a high level of participation for beginner participants

Module 8/Unit 1

Safety & Legal

- 8.1 A Level 1 Coach is able to plan and conduct safe gymnastic programs through the employment of safe practices
 - 8.1.1 List the four (4) main areas of concern with regards to safety for Gymnastic programs
 - 8.1.2 State the legal responsibilities of a Coach
 - 8.1.3 Demonstrate appropriate use of spotting techniques

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- 8.1.4 Design a program which takes into account the safety issues related to the participant, coach program and environment

Module 20/Unit 1 Anatomy

- 20.1 A Level 1 Coach is able to outline the basic structures and functions of the human body which influence performance
- 20.1.1 List the two main systems of the human body which influence performance
- 20.1.2 List the skills that the 'ideal' Gymnastics Coach should have
- 20.1.3 Identify the different styles of Coaching that are seen within the Sporting World
- 20.1.4 Identify methods for Self Evaluation
- 20.1.5 Demonstrate application of effective evaluation for both lessons and self-evaluation

Module 22/Unit 1 Communication

- 22.1 A Level 1 Coach is able to identify and employ appropriate skills to effectively communicate with participants
- 22.1.1 List the forms of communication that can be utilized within the Gymnastics environment
- 22.1.2 Outline how active listening skills can be improved
- 22.1.3 Identify ways for enhancing communication
- 22.1.4 Explain the importance of effective feedback
- 22.1.5 Demonstrate effective communication techniques

Module 23/Unit 1 Nutrition

- 23.1 A Level 1 Coach is able to explain the requirements for a well balanced diet and appropriate fluid replacement
- 23.1.1 Identify the five (5) main food groups
- 23.1.2 List the types of foods athletes should be encouraged to eat
- 23.1.3 Outline the negative factors of quick-acting carbohydrates prior to competition
- 23.1.4 Explain the importance of fluid replacement

- 23.1.5 Identify consultative groups that may assist your athletes with nutritional advice

Module 24/Unit 1 Group Management

- 24.1 A Level 1 Coach is able to effectively manage groups of participants whilst providing maximum participation opportunities for all
- 24.1.1 Effectively commence a lesson
- 24.1.2 Identify & employ effective groups organization methods that ensure safe and maximum physical activity by all participants
- 24.1.3 Describe safety procedures that can be undertaken during a lesson when working with groups
- 24.1.4 Demonstrate appropriate positions for the Coach when working with groups

Module 25/Unit 1 Drugs in Sport

- 25.1 A Level 1 coach is able to outline issues relating to drugs in sport
- 25.1.1 Differentiate between deliberate use of performance enhancing drugs and inadvertent drug use
- 25.1.2 List appropriate reference groups that can assist with drug advice
- 25.1.3 Determine the role of the coach in the ethics of drugs in sport

Module 26/Unit 2 Coaching Children

- 26.2 A Level 1 Coach is able to design programs that meet the needs of children
- 26.2.1 Describe the specific needs of children participating in gymnastics
- 26.2.2 Develop appropriate programs in relation to the growth and development needs of children
- 26.2.3 Describe the relationships between the growth and development of children and appropriate gymnastic programs

~ NOTE ~

To gain Level 1 Coach Accreditation within Gymnastics the Competencies detailed within this document must be achieved along with the Competencies for *at least one* of the recognized Gymnastic sport programs (ie. Rhythmic Gymnastics)