

Competency Statements for Coach Accreditation

WOMEN'S ARTISTIC GYMNASTICS – LEVEL 1

PHYSICAL CONDITIONING

Strength & Flexibility

Module Code: L1.2.U2MWR

Assessment Criteria:

- 2.U2:1 Describe the techniques used to develop strength and Flexibility
- 2.U2:2 Demonstrate how strength and flexibility could be used in the development of a selected gymnastic element

APPARATUS SPECIFIC

Vault

Module Code: L1.3.U1.MWG

Assessment Criteria:

- 3.U1:1 Describe the phases of vaulting
- 3.U1:2 List incorrect vaulting techniques
- 3.U1:3 List drills used to achieve a selected vault
- 3.U1:4 Describe and justify the equipment used for the safe teaching of selected Vaults
- 3.U1:5 Demonstrate different group organization methods that can be employed when teaching basic Vaults
- 3.U1:6 Organise participants quickly to participate

APPARATUS SPECIFIC

Bars

Module Code: L1.3.U2WM

Assessment Criteria:

- 3.U2:1 Describe the basic principles of swing
- 3.U2:2 Evaluate a live performance
- 3.U2:3 Demonstrate the use of appropriate progressions/drills, for the safe teaching of selected bar elements

APPARATUS SPECIFIC

Floor (A)

Module Code: L1.3.U5A.MWG

Assessment Criteria:

- 3.U3A:1 Describe basic progressions for selected floor skills
- 3.U3A:2 List errors in technique from selected floor skills
- 3.U3A:3 Describe and justify the equipment used for the safe teaching of selected floor skills

- 3.U3A:4 Demonstrate different group organization methods that can be employed when teaching basic floor skills

APPARATUS SPECIFIC

Beam

Module Code: L1.3.U7W

Assessment Criteria:

- 3.U7:1 Describe the correct teaching of selected beam elements
- 3.U7:2 Demonstrate the construction of a beam sequence

APPARATUS SPECIFIC

Floor (B)

Module Code: L1.3.U3B.W

Assessment Criteria:

- 3.U3B:1 Describe basic progressions for the teaching of selected dance skills
- 3.U3B:2 List errors in technique from selected dance skills
- 3.U3B:3 Describe and justify the equipment used for the safe teaching of selected dance skills
- 3.U3B:4 Demonstrate different group organization methods that can be employed when teaching basic dance skills

TEACHING GYMNASTIC ELEMENTS

Module Code: L1.5.U7.MW

Assessment Criteria:

- 5.U7:1 Describe skill progressions and drills for selected gymnastic elements
- 5.U7:2 Apply skill progressions and drills for selected gymnastic elements

COACHING FEMALE ATHLETES

Module Code: L1.26.U5.WRS

Assessment Criteria:

- 26.U5:1 Identify the sociological factors that may affect the involvement of female gymnasts in the sport.