

Competency Statements for Coach Accreditation

RHYTHMIC 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

DOMINANT MOVEMENT PATTERNS IN

RHYTHMIC GYMNASTICS

Module Code: L1.5.U9R

Assessment Criteria:

- 5.U9:1 Describe and justify a list of RG elements according to the DMP's framework
- 5.U0:2 Identify Teaching Progressions and Key Coaching Points

TEACHING RHYTHMIC GYMNASTICS

Module Code: L1.5.U10R

Assessment Criteria:

- 5.U10:1 Describe and justify the progressions and drills for selected elements
- 5.U10:2 Apply skill progressions and drills for selected RG elements

RHYTHMIC HAND APPARATUS AND THE DOMINANT MOVEMENT PATTERN'S

Module Code: L1.6.U4R

Assessment Criteria:

- 6.U4:1 List with a grid which illustrates the apparatus/DMP's which are specific to each element

MOVEMENT FORMS

Dance

Module Code: L1.9.U3R

Assessment Criteria:

- 9.U3:1 Describe how music and dance activities would be utilized in a Level 1-3 Training program for RG
- 9.U3:2 List errors in technique and posture
- 9.U3:3 List the basic dance steps that would be appropriate to Rhythmic
- 9.U3:4 Demonstrate different group organization methods that can be employed when incorporating dance movements

CHOREOGRAPHY

Module Code: L1.10.U3R

Assessment Criteria:

- 10.U3:1 Choreograph a short routine suitable for participants in Levels 1-4

MULTIPLES

Assessment Criteria:

- 10.U4:1 List methods of exchanges that are relevant for Pairs, Trios and Groups
- 10.U5:2 Describe Key Coaching Points for exchanges
- 10.U5:3 Demonstrate different group organization methods

FREESTANDING

Module Code: L1.11.U1R

Assessment Criteria:

- 11.U1:1 Describe the basic progressions for the teaching of selected body movements
- 11.U1:2 List errors in technique for selected body movements

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