

Competency Statements for Coach Accreditation

GENERAL GYMNASTICS– LEVEL 1

Module 1/Unit 5

General Gymnastics in Australia

- 1.5 A Level 1 General Gymnastics Coach is able to outline the underpinning philosophy and components of General Gymnastics within Australia
 - 1.5.1 List the benefits of Gymnastics for Participants
 - 1.5.2 List the disciplines recognized under the umbrella of Gymnastics within Australia
 - 1.5.3 Outline the management structure of Gymnastics within Australia

Module 3/Unit 1

Apparatus Specific – Vault

- 3.1 A Level 1 General Gymnastics Coach is able to effectively plan, implement and teach vaulting activities
 - 3.1.1 List the seven phases of vaulting
 - 3.1.2 Name one non-inverted vault and one inverted vault
 - 3.1.3 Construct circuit activities to enhance the teaching of the various phases of Vaulting
 - 3.1.4 Construct circuit activities to emphasise the drills and progressions used to teach a Handspring Vault

Module 3/Unit 2

Apparatus Specific – Mini Tramp

- 3.2 A Level 1 General Gymnastics Coach is able to teach fundamental skills utilizing the mini-tramp through sequential progressions
 - 3.2.1 Choose and set-up equipment to maximize safe learning opportunities for participants
 - 3.2.2 Employ safe practices with regards to the set-up and use of a mini-tramp and associated equipment
 - 3.2.3 Identify and correct errors in technique
 - 3.2.4 Demonstrate appropriate use of 'Spotting Techniques'
 - 3.2.5 Choose and implement activities utilizing the mini-tramp that are fun, safe and appropriate to participant's abilities

Module 3/Unit 3A

Floor (A)

- 3.3A A Level 1 General Gymnastics Coach is able to effectively plan, implement and teach Floor activities
 - 3.3A:1 List the two categories of Floor elements
 - 3.3A:2 List drills/progressions for the teaching of Gym elements
 - 3.3A:3 Develop circuit activities and list key coaching points for the teaching of selected Acro elements
 - 3.3A:4 Describe and justify the choice of drills/ progressions for the teaching of selected Acro elements

- 3.3A:5 Demonstrate different group organization methods that can be employed to teach Floor elements

Module 6/Unit 2

Hand Apparatus within General Gymnastics

- 6.2 A Level 1 General Gymnastics Coach is able to effectively use hand apparatus to enhance display work
 - 6.2.1 Identify and employ effective group organization methods
 - 6.2.2 Choose, design and employ hand Apparatus activities, which are safe, fun, enhance displays and are appropriate to participant's abilities
 - 6.2.3 Choose and set-up equipment to maximize safe learning opportunities for participants

Module 9/Unit 1

Movement Forms – Aerobics

- 9.1 A Level 1 General Gymnastics Coach is able to effectively employ the movement form of Aerobics to enhance participants' learning, fitness and display work
 - 9.1.1 Define the two categories that aerobic movements can be classified under
 - 9.1.2 Select and classify aerobic movements that are safe and appropriate to participant's within a General Gymnastics program,
 - 9.1.3 Identify and employ effective group organization methods
 - 9.1.4 Demonstrate ways in which Aerobic Movements can be varied
 - 9.1.5 Choose and employ aerobic movements, which are safe, fun, enhance displays, improve fitness and are appropriate to participant's abilities

Module 9/Unit 2

Movement Forms – Acrobatics

- 9.2 A Level 1 General Gymnastics Coach is able to identify stages of development and facilitate learning of basic pair and group balance skills through employing appropriate sequential progressions
 - 9.2.1 Identify the development stage for basic pair and group balances
 - 9.2.2 Demonstrate key progressions for basic pair and group balance skills
 - 9.2.3 Choose and organize equipment and drills to maximize safe learning opportunities for participants
 - 9.2.4 Assess participants' readiness to attempt further skill progressions
 - 9.2.5 Choose and implement Sport Acrobatic balance skills that are fun, safe and appropriate to participant's abilities

Competency Statements for Coach Accreditation

Module 10/Unit 1 & 2

Choreography Displays

- 10.1 A Level 1 general Gymnastics Coach is able to plan, choreography and teach displays incorporating forms of General Gymnastics that will enhance the abilities of their participants
 - 10.1.1 List the factors that influence choreography
 - 10.1.2 Choose music which will enhance the physical, creative aesthetic and personal abilities of participants
 - 10.1.3 Choose and employ a range of Group formations to enhance display work
 - 10.1.4 Choose and employ forms of General Gymnastics that are fun, safe, enhance display work and are appropriate to participant's abilities
 - 10.1.5 Facilitate learning of display work through employing appropriate

Module 26/Unit 3 & 3A

General Gymnastic Events

- 26.3 A Level 1 General Gymnastics Coach is able to devise a General Gymnastics program that is safe, fun and appropriate to the needs of Veterans
 - 26.3.1 Detail the physiological and psychological changes that occur to athletes due to the aging process
 - 26.3.2 Outline the training implications that the physiological and psychological changes have for Veteran athletes
 - 26.3.3 Choose and employ forms of General Gymnastics that are fun, safe and appropriate to abilities and needs of Veteran athletes