

Competency Statements for Coach Accreditation

SPORT AEROBICS– LEVEL 1

COMPONENTS OF SPORT AEROBICS

Artistic Choreography

Module Code: L1.17.U2S

Duration: 45 mins

Assessment Criteria:

- 17.U2:1Choreograph 16 counts of music, meeting the criteria stated above and correct any unacceptable movement patterns

COMPONENTS OF SPORT AEROBICS

Artistic Presentation

Module Code: L1.17.U3S

Assessment Criteria:

- 17.U3:1Describe and demonstrate competitive showmanship
- 17.U3:2List the components of a confident Sport Aerobics routine

COMPONENTS OF SPORT AEROBICS

Artistic Musicality

Module Code: L1.17.U5S

Duration: 20 minutes

Assessment Criteria:

- 17.U5:1Map a Sport Aerobics routine

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Artistic Partnership

Module Code: L1.17.U6S

Assessment Criteria:

- 17.U6:1Choreograph 16 counts emphasizing physical interaction and comradeship

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Execution Technical Skill

Assessment Criteria:

- 17.U7:1Identify, correct and incorrect alignment, precision and balance
- 17.U7:2Describe the development of alignment, precision and balance

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Execution Intensity

Module Code: L1.17.U8S

Assessment Criteria:

- 17.U8:1Identify components of intensity within a Sports Aerobics routine
- 17.U8:2Compare and contrast routine intensity between Sport Aerobics routines

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Execution Co-ordination

Module Code: L1.17.U9S

Assessment Criteria:

- 17.U9:1Add co-ordinated movement patterns within 16 counts of choreography
- 17.U9:2Explain methods of implementation of co-ordinated Sport Aerobics movement patterns

COMPONENTS OF SPORT AEROBICS

Execution Synchronization (Pairs & Teams)

Module Code: L1.17.U10S

Assessment Criteria:

- 17.U10:1 Identify poor synchronicity
- 17.U10:2 Describe Structures of training to enhance synchronicity

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Difficulty Element Families

Module Code: L1.17.U11S

Assessment Criteria:

- 17.U11:1 List elements in Sport Aerobics Routine
- 17.U11:2 Describe and explain the minimum difficulty requirements for a selection of elements ranked up to 'C' level
- 17.U11:3 Explain the minimum inclusion of elements to meet requirements of the Code of Points

COMPONENTS OF SPORT AEROBICS

Difficulty Element Progressions

Module Code: L1.17.U12S

Assessment Criteria:

- 17.U12:1 Describe the progressions to develop the minimum requirements in selected Sport Aerobics elements
- 17.U12:2 Identify and explain the incorrect and correct aspects in the performance of selected Sport Aerobics elements

INTRODUCTION TO THE CODE OF POINTS

Module Code: L1.18.U1S

Assessment Criteria:

- 18.U1:1List the competition requirements as they relate to participation in the above mentioned division of Sport Aerobics competition

COACHING FEMALE ATHLETES

Module Code: L1.26.U5.WRS

Assessment Criteria:

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