

# Competency Statements for Coach Accreditation

## CHEERLEADING – LEVEL 1

### COURSE OVERVIEW

#### Introduction to Cheerleading

Module Code: L1.1.11.CL

#### Learning Outcome:

On successful completion of this module, the candidate will be able to:-

- Explain the structure and components of Cheerleading within Gymnastics Australia

### CHEERLEADING MOVEMENT FORMS

#### Motivators

Module Code: L1.18.U1.CL

#### Assessment Criteria:

- 19.U1:1 Demonstrate the progressions for fundamental motivators
- 19.U1:2 Identify key teaching points and safety points for each motivator demonstrated during the course
- 19.U1:3 Organise participants quickly to participate
- 19.U1:4 Communication and instructions are clear and succinct

### WARM UP – AEROBICS

#### GG Movement Forms – Aerobics

Module Code: L1.9.U1.GCL

#### Assessment Criteria:

- 9.U1:1 Identify Aerobic movements that are appropriate for the participant's levels of development/readiness
- 9.U1:2 Identify key teaching points and safety points for each Sport Aerobic movement demonstrated during the Course
- 9.U1:3 Demonstrate the inclusion of Aerobic movements into Group Display
- 9.U1:4 List Aerobic Exercises that are inappropriate for children
- 9.U1:5 Organise participants quickly to participate
- 9.U1:6 Identify the different group organization methods that can be employed when teaching Aerobic movements

### PHYSICAL CONDITIONING

#### Strength and Conditioning

Module Code: L1.2.U2MWRCL

#### 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

### MOTIONS IN CHEERLEADING

Module Code: L1.18.U2.CL

#### Assessment Criteria:

- 19.U2:1 Describe the basic progressions for the teaching of selected body motions
- 19.U2:2 List errors in technique for selected body motions
- 19.U2:3 Demonstrate different group organization methods that can be employed when teaching basic body motions  
Choreograph 16 counts of music, meeting the criteria stated above

### CHEERLEADING DRILLS

#### Steps

Module Code: L1.18.U3.CL

#### Assessment Criteria:

- 19.U3:1 Describe basic progressions for the teaching of selected steps
- 19.U3:2 List errors in technique from selected groups
- 19.U3:3 Demonstrate different group organization methods that can be employed when teaching basic steps

### CHEERLEADING DRILLS

#### Kicks

Module Code: L1.18.U4.CL

#### Assessment Criteria:

- 19.U3:1 Describe basic progressions for the teaching of selected kicks
- 19.U3:2 List errors in technique from selected kicks
- 19.U3:3 Demonstrate different group organization methods that can be employed when teaching basic kicks

### CHEERLEADING MOVEMENT FORMS

#### Stunts

Module Code: L1.18.U5.CL

#### Assessment Criteria:

- 19.U5:1 Identify key teaching points and safety points for each stunt demonstrated during the course work
- 19.U5:2 Select and set-up appropriate equipment to maximize opportunities for participants to safely learn skills
- 19.U5:3 Demonstrate key skill progressions for basic Pair and Group stunts that are appropriate for the participant's levels of development/readiness
- 19.U5:4 Organise participants quickly to participate

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## CHOREOGRAPHY

### Displays

Module Code: L1.10.U1-2.GCL

#### Assessment Criteria:

- 10.U2:1 Identify the steps in selecting music so that the choice is suitable for the participants'
- 10.U2:2 List movement forms/activities suitable for cheerleading participants
- 10.U2:3 List factors that influence a performance
- 10.U2:4 Organise participants quickly to participate
- 10.U2:5 Use appropriate progressions to teach/practice the performance

## TEACHING GYMNASTIC ELEMENTS

Module Code: L1.5.U8.MWCL

#### 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

## APPARATUS SPECIFIC

### Floor (A)

Module Code: L1.3.U3A.MWGCL

#### 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

## CHEERLEADING MOVEMENT FORMS

### Jumps, Leaps, Turns

Module Code: L1.18.U6.CL

#### Assessment Criteria:

- 19.U6:1 Describe basic progressions for the teaching of selected dance skills

- 19.U6:2 List errors in technique from selected dance skills
- 19.U6:3 Describe and justify the equipment used for the safe teaching of selected dance skills
- 19.U6:4 Demonstrate different group organization methods that can be employed when teaching basic dance skills

## CHEERLEADING MOVEMENT FORMS

### Chants & Cheers

Module Code: L1.18.U7.CL

#### Assessment Criteria:

- 19.U7:1 Demonstrate the progressions for fundamental cheers and chants
- 19.U7:2 Identify timing and appropriateness for cheers and chants
- 19.U7:3 Organise participants quickly to participate
- 19.U7:4 Communication and instructions are clear and succinct

## COURSE WRAP UP

### Learning Outcome:

On successful completion of this module the candidate will be able to:

- Explain the assessment requirements for gaining accreditation
- List the benefits of being an accredited coach

## COACHING FEMALE ATHLETES

Module Code: L1.26.U4.WRSCL

#### Assessment Criteria:

- 26.U4:1 Identify the sociological factors that may affect the involvement of female cheerleaders in the sport

## GROOMING, DEPORTMENT & BEHAVIOUR

Module Code: L1.U26.U5.CL

#### Assessment Criteria:

- 26.U5:1 Identify the importance of grooming and deportment and strategies to enhance presentation and behaviour