Advanced Coaching Course Content
The table below gives a brief overview of the general principles content included in the Online Advanced Coaching Principles Course.

Online Advanced Coaching Principles Course

Unit 1
The Advanced Coaching Course

Unit 2
The Coach in Context
The role and responsibilities of an Advanced Coach

Unit 3
The Body in Motion 1
Anatomy and Injury Prevention

Unit 4
The Body in Motion 2
Mechanics of movement and Skill analysis

Unit 5
The Body in Motion 3
Physical Preparation

Unit 6
The Coach in Action
Teaching and Learning

Unit 7
The Coach in Action
Planning and Coaching

Unit 8
Assessment summary
<table>
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<th>Topic title</th>
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| The Advanced Coaching Course                                               | • An overview of the course  
• An overview of assessment  
• Coaching in the sports industry  
• Artistry in gymnastics |
| The Coach in Context – the role and responsibilities of an Advanced Coach   | • The workplace and philosophy of coaching  
• The Coach as a Program Manager  
• The Coach as a Mentor  
• Inclusive coaching  
• Coaching Safely  
• Spotting and the Advanced Coach |
| The Body in Motion 1 – Anatomy and Injury Prevention                        | • Basic anatomical terminology  
• The skeletal system  
• The muscular system  
• Gymnastics Injury and prevention |
| The Body in Motion 2 – Mechanics of movement and skill analysis             | • The mechanics of movement  
• Prevailing Body actions in gymnastics  
• Analysis movement – subjective and objective skill analysis |
| The Body in Motion 3 – Physical Preparation                                 | • Energy for performance  
• Nutrition for performance  
• Physical abilities  
• Principles of training  
• Training physical abilities  
• Program design, implementation and review |
| The Coach in Action – Teaching and Learning                                | • Motor learning and skill acquisition  
• Factors affecting learning  
• Providing an environment that promotes skill learning and development  
• Coaching athletes as individuals  
• Maximising the Gymnastics environment  
• Self-reflection |
| The Coach in Action – Planning and Coaching                                | • Integrated planning in gymnastics  
• Planning structure - phases of season  
• Annual training plan  
• Season training planning  
• Implementing your plan  
• Monitoring, modifying and adjusting the season plan  
• Review and evaluation |
Online Advanced Coaching Gymsport Coaching Course

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| Introduction to Gymsport                  | • Competition requirements  
                                             • Specific strength components  
                                             • Specific Gymsport nuances |
| Gymsport skill development (Number of     | • Coaching the skills specific to Gymsport  
                                   topics varies per Gymsport)  
                                         • Linking the mechanical principles and theory to practice |

Gymsport Advanced Face to Face Coaching Course

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| Coaching the salto                         | • Front and back salto  
                                             • Learn, practice and be assessed on drills, progressions and spotting the salto |
| Coaching skills specific to the Gymsport   | • Coach a range of skills safely appropriate to the Gymsport  
                                   • Reinforce key coaching points  
                                   • Coach skills to a group  
                                   • Analyse, discuss and review coaching sessions |