

## Frequently Asked Question's - Advanced Coaching Course

### General questions about the Advanced Accreditation

**Q: What is meant by an 'Advanced' Coach?**

**A:** An Advanced Coach is a coach who coaches any of the advanced skills in the skills matrix. If you only want to coach a few of the skills in the advanced skills matrix you still need to become an Advanced Coach.

To clarify further, an Advanced Coach is likely to be coaching gymnasts who are at National Level 3-6.

Please note that this is different, and a lower level to advanced judging. In judging an Advanced Judge may be judging up to National Level 10.

**Q: When will the Advanced Course be ready?**

**A:** The Advanced Course is ready for you to start **now**. Do not wait until you see a face to face course advertised as you will not be able to apply for it unless you have completed the online courses and assessment tasks.

**Q: How can I become an Advanced Coach if there are no face to face courses advertised?**

**A:** The face to face course is the **last** of 4 parts of the Advanced Course. Do not wait for the face to face course to be ready. Start the course now so that when a face to face course is advertised you are ready to apply.

**Q: I only coach recreation gymnastics, why do I need to do the Advanced Course?**

**A:** The Advanced Course is for any coach who coaches advanced skills. Advanced skills include a forward and backward salto, circles, kips and flyaways on bars, back handsprings on beam, to name a few skills. See the skills matrix for examples of other advanced skills. Advanced skills equate roughly to a coach who works with gymnasts at Australian Levels 3-6 for all Gymsports except aerobics.

The two key themes in the advanced course are how to coach and managing risk. These two areas are critical to any coach – a recreation or competitive coach.

**Q: I only coach up to Australian Level 3 so do I need to do the Advanced Course?**

**A:** Yes you do because at Australia Level 3 you are coaching advanced skills. These skills are at the lower end of the skill spectrum, but you will be equipped to understand where these skills progress to, and will be able to coach your own athletes as they progress.

Intermediate skills (Australian levels 1 to 2) include a forward roll and cartwheel for example, but at level 3 you are coaching skills such as a salto, round-off on floor and handsprings on low boxes or mats for vault. There is a significant jump in skill level from intermediate to

Advanced and with this comes a significant increase in risk of injury to the gymnast and to yourself. The care and welfare of the gymnast is a priority so it is important that GA provide appropriate education to ensure that a coach is appropriately equipped to provide a safe learning environment using best practice techniques.

**Q: Not all of the Advanced Course is relevant to me, why do I need to complete the full course?**

**A:** There may be parts of the course, particularly in the online courses which are not relevant to you. As an adult learner, it is expected that you will only complete the sections which are relevant to you. For example if you do not coach competitive gymnastics then you can bypass this section.

**Q: Why can I no longer do a salto bridging workshop?**

The content from the salto bridging workshop has now been integrated within the Advanced Coach Course. Coaching the salto is explained in the online general principles course and incorporated within a broader acrobatics module, in the Advanced Face to Face course.

The salto workshop has served a purpose over the years but is being replaced by a more holistic and comprehensive education program which is critical to coaching all advanced skills and is not isolated to the salto. In the advanced course a coach learns **how** to coach acrobatic skills while managing associated risks which is more appropriate to improving the quality of Gymnastics Australia accredited coaches.

**Q: Can I complete the course over a period of time?**

**A:** Yes you can. You do however need to complete the online training and assessment tasks before you can go to the face to face training. The face to face training is divided into modules so it is possible to complete 1 of these modules at a time. You will need to discuss this with your State/Territory education coordinator as your options will vary based on availability of courses.

**Q: I am an Administrator at the Club, where can I find info?**

**A:** There are a number of sources of information to support you:

- The GA website holds most information
  - [About the Advanced Coach Accreditation](#)  
(Home » Get Involved » Coaches » Accreditation by levels » Advanced Coach Accreditation)
  - [Information for Clubs](#)  
(Home » Get Involved » Coaches » Information for Clubs)
  - [An overview of all accreditations](#)  
(Home » Get Involved » Coaches » Accreditation by levels » Accreditation overview)
  - [Information about the face to face courses](#)
  - [The FAQ document](#)  
Home » Get Involved » Coaches » Accreditation by levels » Advanced Coach Accreditation
- Your State/Territory Association

## Specific questions about the Advanced Coach Accreditation

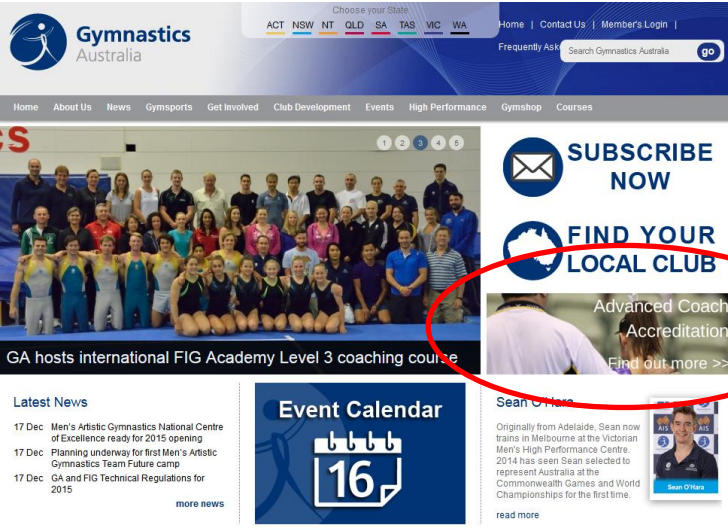
### Q: What will I have to do to get my accreditation?

**A:** To receive an Advanced Coach Accreditation you must be competent in four parts of the course.

- Online Advanced Coaching Principles Course – includes workplace activities and assessments
- Online Advanced Gymsport Coaching Course - includes workplace activities and assessments
- Apply First Aid (Unit code HLTF311A) – to be arranged by the individual candidate and must be done prior to enrolment in the face to face course
- Gymsport specific face to face course conducted by your state/territory association

More information about the Advanced Course can be found at [www.gymnastics.org.au/](http://www.gymnastics.org.au/) select [Get Involved](#) » [Coaches](#) » [Accreditation by levels](#) » [Advanced Coach Accreditation](#)

Alternatively you can click on the home screen and access the Advanced Coach Accreditation tab on the home page.



The screenshot shows the Gymnastics Australia website home page. At the top, there is a navigation bar with the logo and state/territory links (ACT, NSW, NT, QLD, SA, TAS, VIC, WA). Below this is a main menu with links like Home, About Us, News, Gymsports, Get Involved, Club Development, Events, High Performance, Gymshop, and Courses. The main content area features a large group photo of a coaching course, a 'SUBSCRIBE NOW' button, and a 'FIND YOUR LOCAL CLUB' button. A red circle highlights the 'Advanced Coach Accreditation' link, which is part of a 'Find out more >>' button. Below the main content, there are sections for 'Latest News' (with three news items), an 'Event Calendar' (showing the number 16), and a 'Sean O'Hara' profile card.

### Q: What does the accreditation allow me to coach?

**A:** Once you complete all the Advanced Coaches Course components successfully you will be accredited to coach skills within the Advanced skill matrix and other similar skills with equivalent degree of difficulty. Coaches are all required to work within their own level of competency. For more information go to [www.gymnastics.org.au/](http://www.gymnastics.org.au/) and go to [Get Involved/Coaches /Accreditation by levels](#).

**Q: How long will it take to do the course?**

**A:** There are four parts to the Advanced Coaching Accreditation and estimated times are provided:

Course components	Estimated time	Where
1. Online Advanced Coaching Principles Course	6-12 weeks	In your own time online and in the gym
2. Online Advanced Gymsport Coaching Course	2 - 4 weeks	In your own time online and in the gym
3. First Aid Course	1 day with some pre-course reading	At a face to face course
4. Gymsport Advanced Face to Face Coaching Course	2 days	At a face to face course

The time it will take will vary for each individual. This will depend on:

- your current level of competency
- your previous experience
- availability of a Face to Face Course in your State / Territory
- previously having completed the assessment task. If you are required to submit a task which you have completed previously, for example you may already have an annual plan for your group, then submit this plan; there is no need to repeat this.

An overview of requirements for each course component is provided below. Please note that coaching hours are not a requirement of the Advanced Course.

**Q: How much will it cost?**

**A:** All course costs are listed on the [GA website](#).

Please note that all face to face courses are delivered by the State/Territory Association and they will set the costs of courses. You will need to contact your [Association](#) to find out about face to face fees.

**Q: How much will it cost to complete another accreditation?**

**A:** If you already hold an Advanced Accreditation or above, you only need to complete the Online Advanced Gymsport specific course, which is \$50. You will need to contact your [State or Territory Association](#) to confirm the cost of the Gymsport face to face course.

**Q: Who can do the course?**

**A:** To complete an Advanced Coaching Course you can be:

- An Intermediate Coach or above
- A previous holder of a GA Gymsport Accreditation (Level 1 or above) but not maintained Technical Membership

**Q: What will I learn in the Advanced Coaching Course?**

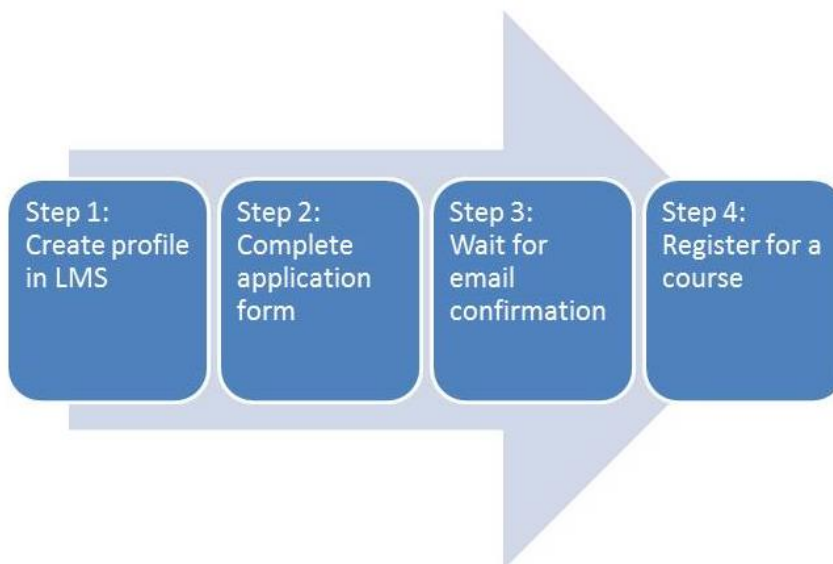
**A:** There are numerous topics that are covered in the Advanced Coaching Course. [Click here](#) to read more or go to the Advanced Coaching Course tab on the Gymnastics Australia home page.

**Q: How old do I have to be to complete the course?**

**A:** To complete the face to face component of an Advanced Coaching Course a coach must be 17 years of age but can complete the other components whilst under this age.

**Q: How do I get started?**

**A:** To register for this course you need to follow four steps (shown in the image). Select the link to the [GA website](#) for an explanation of how to do this and for links to the LMS (Learning Management System) and application form.



**Q: I can't find the course I'm looking for?**

**A:** If you are unable to find the Advanced Coaching Course you need to check you have undertaken the following steps.

- Created a profile in the LMS
- Completed the enrolment steps below
- If you have completed these steps and are still unable to purchase the Advanced Course please contact your [State/Territory Association](#) or Gymnastics Australia at [education@gymnastics.org.au](mailto:education@gymnastics.org.au)



## Questions about the Advanced Face to Face (F2F) Course

### Q: What does the face to face course involve?

A: The Advanced F2F Coaching Course is held over 2 full days with the content divided into 4 modules (please note that the tumbling course will be shorter). The F2F Courses are all conducted by the State / Territory Association. Your State may hold it over 2 different weekends or even 4 separate sessions.

The structure of the MAG / WAG face to face courses is outlined below.

<b>MODULE 1: ACROBATICS</b> Concepts of take-off, impact, landing, rotation, twisting <ul style="list-style-type: none"><li>• Tumbling</li><li>• Trampoline</li><li>• Vault</li><li>• Includes somersaults</li></ul>	<b>MODULE 2: SWING</b> Concepts of swing, transfer of momentum, tangent of release <ul style="list-style-type: none"><li>• High bar</li><li>• Uneven bars</li></ul>		
	<b>MODULE 3: PARALLEL BARS</b> Concepts of swing, transfer of momentum, tangent of release <ul style="list-style-type: none"><li>• Parallel bars</li></ul>	<b>MODULE 4A: RINGS</b> Concepts of swing, momentum, rotation <ul style="list-style-type: none"><li>• Rings specific strength</li><li>• Rings</li></ul>	<b>MODULE 4B: POMMEL HORSE</b> Concepts of swing, stability, rotation <ul style="list-style-type: none"><li>• Pommel horse</li></ul>
	<b>MODULE 3: POSTURE, DANCE, CHOREOGRAPHY</b> Concepts of posture, impact <ul style="list-style-type: none"><li>• Posture development</li><li>• Dance skills</li><li>• Choreography</li></ul>	<b>MODULE 4: BEAM</b> Concepts of balance and stability, rotation, impact and landing <ul style="list-style-type: none"><li>• Beam</li></ul>	

For more information on the face to face course modules [click here](#).

### Q: How can I become an Advanced Coach if there are no face to face courses advertised?

A: The face to face course is the **last** of 4 parts of the Advanced Course. Do not wait for the face to face course to be ready. Start the course now so that when a face to face course is advertised you are ready to apply.

### Q: How do I know where the face to face courses are being delivered in my state/territory?

A: To find out about the face to face course you will need to contact your [State/Territory Association](#) and they will provide you with further information on the location, date and time of the courses.

## Assessment and the Advanced Coach Accreditation

### **Q: How am I going to be assessed?**

**A:** The assessments for the Advanced Coaching Course include:

- workplace activities in the two online courses
- workplace assessment tasks in the two online courses
- multiple choice style questions in the Gymsport online course
- assessment tasks at the Advanced Coaching Face to Face Course.

### **Q: When will I be assessed?**

**A:** The assessments for the Advanced Coaching Course will take place while coaching in the gym, the Online Advanced Coaching Courses (general principles and Gymsport specific) and during the Advanced Face to Face Course.

### **Q: What do the online workplace activities involve?**

**A:** The workplace activities are all practical activities for you to undertake in the gym whilst coaching. They take the form of

- mentoring a junior coach
- completing a spotting log book for your specific Gymsport
- a video self-analysis of your coaching in action.

Some of these activities will require assistance from your mentor.

### **Q: What do the online workplace assessment tasks involve?**

**A:** The workplace assessment tasks are all practical activities for you to undertake in the gym whilst coaching. There are three assessments:

- A physical preparation project (Online Advanced Coaching Principles Course)
- An annual planning project (Online Advanced Coaching Principles Course)
- A skill analysis project (Online Advanced Gymsport Coaching Course)

Some of these assessment tasks will require assistance from your mentor.

### **Q: What happens if I fail the face to face course assessment?**

**A:** You must participate in the face to face assessments during the Advanced Coaching Course. You need to be awarded competent on completion of the course. If you are deemed to be Not Yet Competent (NYC) you will receive a re-assessment notification with information on what you need to do and when to complete the assessment.

### **Q: What happens if I fail the assessment for the online course?**

**A:** You need to achieve 90% for the online quiz assessments. Your results will be recorded online. You will also need to submit both workplace activities and workplace assessment tasks. These must be uploaded to the LMS and assessed as competent for each of these tasks.

## The mentor and the Advanced Course

### Q: Why do I need a mentor?

A: All candidates who sign up for the Advanced Coaching Course will need a mentor to work with during the advanced coaching process. The mentor will be there to guide and support the learning you undertake online. The mentor should:

- Hold an Advanced Coach Accreditation or above and where possible this should be relevant to the Gymsport
- Provide supervision and guidance for the trainee Advanced Coach, but does not need to provide direct supervision on a daily basis
- Assist with and undertake workplace assessment tasks with the trainee Advanced Coach
- Ensure the trainee Advanced Coach works within their level of competence
- Exercise a duty of care to the coach and participants.

### Q: Where do I find a mentor?

A: You have a range of options for your mentor. It can be someone you see regularly such as in your Club or it can be someone who is a distance away from you but who you can talk to / Skype when you require guidance. It can be more than one person and may be from a different Gymsport. Click on the link to find out about [mentor requirements](#).

### Q: What do I do if I cannot find a mentor for the Advanced Coaching Course?

A: You must have a mentor to work through the Advanced Coaching process. If you are unable to access a mentor on your own it is recommended that you contact your [State/Territory Association](#) for some ideas or assistance in this area.

### Q: I am a mentor, what do I need to do?

A: The mentor acts as an additional resource to work through the activities and assessment tasks with the Intermediate Coach. Notes for the mentor can be found in the [mentor handbook](#).

### Q: Is there training available to be a mentor?

A: Gymnastics Australia does not provide customised training but utilises the resources provided by the Australian Sports Commission. Click on the links below:

- [Video links for mentor training](#)
- [Information on mentor training](#)

In addition your local sport and recreation department offer face to face mentor training courses for coaches and officials. Please contact your local department or your [State/Territory Association](#) for support.



**Q: How do I complete the spotting log book if my mentor is not close by?**

**A:** If you don't have a mentor close by to assist you here are a few options:

- Visit another club and ask for assistance / to work with another coach
- Arrange with links to another club and use Skype or videos to assist
- During holidays visit other clubs either with your athletes or on your own
- Attend State Camps or workshops and either observe or participate
- Contact your State Education Coordinator to gain assistance to link with other coaches or programs.

**Q: I am an Administrator at the Club, where can I find info?**

**A:** There are a number of sources of information to support you:

- Click on the link to find out about [mentor requirements](#).
- Your State/Territory Association
- View the resources provided by the Australian Sports Commission:
  - [Video links for mentor training](#)
  - [Information on mentor training](#)
- Contact your local sport and recreation department as they offer mentor training face to face courses for coaches and officials.

## The Online Advanced Course and support

**Q: I have purchased the Advanced Coaching Course but it does not open. What can I do?**

**A:** The most common problem is that you have not allowed pop-ups on your computer. You only need to do this the first time you access the course.

**Q: Why are my online advanced course assessments not saving?**

**A:** The LMS automatically saves the results from the online quizzes at the end of units 2, 3, 4 and 6. There are also non-assessed questions throughout each unit intended as learning tools, and the answers for these questions are not saved at present – although this feature is coming later this year.

The quiz results aren't visible within the coursework itself, but are saved in the LMS.

It is possible to reset one's results, but to do this the coach has to go into the unit and restart the quiz by opening it, which effectively tells the LMS that you'd like to re-sit the assessment.

**Q: I need support to use the LMS – what can I do?**

**A:** The [LMS Support](#) page on the GA website provides step by step guides on how to use the LMS (Home » Get Involved » Coaches » How to become a Coach » LMS Support). Support documents include:

- Create a profile in the LMS
- Enrol in the Beginner Online Coaching Course
- Enrol in the Beginner Face to Face Coaching Course
- A Beginner Coach Enrolling in the Intermediate Coaching Course (including how to upload your Pre-Course Workbook and First Aid Certificate)
- Enrol in the Intermediate Coaching Course Gymsport only (if you have an Intermediate Coach accreditation already)
- Registering for an Intermediate Coaching Course or above
- Enrol in the Advanced Coaching Course
- Create an External Training Record - (to upload your Pre Course Workbook, First Aid Certificate and Advanced Assessment Tasks)