

Competency Statements for Coach Accreditation

PRINCIPLES OF GYMNASTICS COACHING – LEVEL 2

COMPETITION REQUIREMENTS & STRATEGIES

Unit Code: L2.2.U1PG

Learning Outcome:

On successful completion of this unit the coach will be able to:-

- Recognise and interpret competition requirements and protocols as they relate to both the gymnast and coach

Assessment Criteria:

- 2.1.1 List the competition requirements applicable for chosen athlete/discipline
- 2.1.2 Construct a routine that meets competition requirements
- 2.1.3 Describe the Code of Behaviour binding upon all coaches

UNDERSTANDING AND TEACHING GYMNASTIC

ELEMENTS

Unit Code: L2.2.U2PG

Learning Outcome:

On successful completion of this unit the coach will be able to:-

- Apply concepts introduced within this unit to the teaching of Gymnastic Elements

Assessment Criteria:

- 2.2.1 List the key muscle actions involved in gymnastic elements
- 2.2.2 Describe key body actions involved in selected gymnastic elements
- 2.2.3 Identify whole body actions involved in selected gymnastic elements
- 2.2.4 List joint actions involved in selected gymnastic elements
- 2.2.5 Prepare a skill analysis utilizing the concepts introduced in this unit

STRENGTH AND CONDITIONING

Unit Code: L2.2.U3PG

Learning Outcome:

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

- Formulate and implement a strength and conditioning program suitable to the needs of their athlete(s)

Assessment Criteria:

- 2.3.1 Define Strength and Conditioning
- 2.3.2 List methods used to develop strength and conditioning
- 2.3.3 Identify a variety of strength and conditioning activities appropriate to the needs and ability of selected athletes

2.3.4 Identify a variety of strength and flexibility activities to assist with the teaching of selected elements

2.3.5 Describe methods used to evaluate and modify a strength and conditioning program,

FLEXIBILITY

Unit Code: L2.2.U4.PG

Learning Outcome:

On successful completion of this unit the coach will be able to:-

- Formulate and implement a safe and progressive flexibility program, suitable for the needs of their athlete(s)

Assessment Criteria:

- 2.4.1 Define Flexibility
- 2.4.2 List methods used to develop Flexibility
- 2.4.3 Identify a variety of flexibility activities appropriate to the needs and ability of selected athletes
- 2.4.4 Identify a variety of flexibility activities to assist with the teaching of selected elements
- 2.4.5 Describe methods used to evaluate and modify a flexibility program

CO-ORDINATION AND AERIAL AWARENESS

Unit Code: L2.2.U5.PG

Learning Outcome:

On successful completion of this unit the coach will be able to:-

- Utilise a variety of teaching aids to teach the concepts of co-ordination and aerial awareness as they apply to the teaching of Gymnastic Elements

Assessment Criteria:

- 2.5.1 Identify methods used to develop aerial awareness
- 2.5.2 List activities used to develop the following concepts:
 - landing
 - saulting
 - twisting
- 2.5.3 Prepare a list of activities used to develop aerial awareness of selected gymnastic elements

INJURY PREVENTION AND RECOVERY

Unit Code: L2.2.U6.PG

Learning Outcome:

On successful completion of this unit the coach will be able to:-

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- Recognize and apply safe injury/prevention/recovery techniques for their athletes(s)

- 2.9.4 List methods used to encourage and develop a level 1 candidate

Assessment Criteria:

- 2.6.1 Describe Injury
- 2.6.2 List activities and strategies used to prevent injury
- 2.6.3 Define recovery
- 2.6.4 Outline strategies used to aid recovery

POSTURE & PRESENTATION

Unit Code: L2.2.U7.PG

Learning Outcome:

On successful completion of this unit the coach will be able to:-

- Identify and apply sound body posture, to improve the presentation of their athletes

Assessment Criteria:

- 2.7.1 Define posture
- 2.7.2 Describe sound body posture for gymnastics activities
- 2.7.3 List activities used to develop body awareness and posture

HANDSTAND DEVELOPMENT

Unit Code: L2.2.U8.PG

Learning Outcome:

On successful completion of this unit the coach will be able to:-

- Utilise a variety of drills and activities to prepare a sound Handstand as well as progressions to teach extensions of the Handstand

Assessment Criteria:

- 2.8.1 Describe the correct posture of a Handstand
- 2.8.2 List pre-requisites to the teaching of a Handstand
- 2.8.3 Identify training aids used to teach Handstands
- 2.8.4 List drills and progressions used to teach Handstand extensions

THE SUPERVISORY ROLE OF THE LEVEL 2 COACH

Unit Code: L2.2.U9.PG

Learning Outcome:

On successful completion of this unit the coach will be able to:-

- Evaluate and assist in the development of a Level 1 Coaching Course candidate

Assessment Criteria:

- 2.9.1 Describe the role of the mentor coach
- 2.9.2 List the Level 1 Post Course Requirements
- 2.9.3 Identify the steps required to supervise a level 1 candidate