

# Competency Statements for Coach Accreditation

## RHYTHMIC GYMNASTICS – LEVEL 2

### VISUAL ANALYSIS

Unit Code: L2.3.U9R

#### Assessment Criteria:

- 3.U9:1 Define Visual Analysis
- 3.U9:2 Describe the ideal model for selected RG elements as they relate to...
  - the apparatus
  - the body
- 3.U9:3 Describe synchronization between music and movement
- 3.U9:4 Define floor coverage and list examples of good practice
- 3.U9:5 List criteria used to determine the Ideal Model for RG elements
- 3.U9:6 Distinguish between the Ideal Model and Actual Performance
- 3.U9:7 Analyse and compare RG routines

### FREEHAND

Unit Code: L2.3.U10R

#### Assessment Criteria:

- 3.U10:1 List the different classifications of Freehand elements
- 3.U10:2 Identify the Ideal Model for selected Freehand elements
- 3.U10:3 Describe the physical preparation required to achieve selected Freehand elements
- 3.U10:4 Identify drills and progressions to teach selected Freehand elements
- 3.U10:5 List safety hints for the teaching of selected Freehand elements
- 3.U10:6 Identify common errors in learning of selected Freehand elements
- 3.U10:7 Plan and prepare a Freehand session to teach selected Freehand elements

### ROPE

Unit Code: L2.3.U11R

#### Assessment Criteria:

- 3.U11:1 List the different classifications of rope elements
- 3.U11:2 Identify the Ideal Model for selected Rope elements
- 3.U11:3 Describe the physical preparation required to achieve selected Rope elements
- 3.U11:4 Identify drills and progressions to teach selected Rope elements
- 3.U11:5 List safety hints for the teaching of selected Rope elements
- 3.U11:6 Identify common errors in the learning of selected Rope elements
- 3.U11:7 Plan and prepare a Rope session to teach selected Rope elements

### HOOP

Unit Code: L2.3.U12R

#### Assessment Criteria:

- 3.U12:1 List the different classifications of Hoop elements
- 3.U12:2 Identify the Ideal Model for selected Hoop elements
- 3.U12:3 Describe the physical preparation required to achieve selected Hoop elements
- 3.U12:4 Identify drills and progressions to teach selected Hoop elements
- 3.U12:5 List safety hints for the teaching of selected Hoop elements
- 3.U12:6 Identify common errors in the learning of selected Hoop elements
- 3.U12:7 Plan and prepare a Hoop session to teach selected Hoop elements

### BALL

Unit Code: L2.3.U13R

#### Assessment Criteria:

- 3.U13:1 List the different classifications of ball elements
- 3.U13:2 Identify the Ideal Model for selected Ball elements
- 3.U13:3 Describe the physical preparation required to achieve selected Ball elements
- 3.U13:4 Identify drills and progressions to teach selected Ball elements
- 3.U13:5 List safety hints for the teaching of selected Ball elements
- 3.U13:6 Identify common errors in the learning of selected Ball elements
- 3.U13:7 Plan and prepare a Ball session to teach selected Ball elements

### CLUBS

Unit Code: L2.3.U14R

#### Assessment Criteria:

- 3.U14:1 List the different classifications of Clubs elements
- 3.U14:2 Identify the Ideal Model for selected Clubs elements
- 3.U14:3 Describe the physical preparation required to achieve selected Clubs elements
- 3.U14:4 Identify drills and progressions to teach selected Clubs elements
- 3.U14:5 List safety hints for the teaching of selected Clubs elements
- 3.U14:6 Identify common errors in the learning of selected Clubs elements
- 3.U14:7 Plan and prepare a Clubs session to teach selected Club elements

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## RIBBON

Unit Code: L2.3.U15R

### Assessment Criteria:

- 3.U15:1 List the different classifications of Ribbon elements
- 3.U15:2 Identify the Ideal Model for selected Ribbon elements
- 3.U15:3 Describe the physical preparation required to achieve selected Ribbon elements
- 3.U15:4 Identify drills and progressions to teach selected Ribbon elements
- 3.U15:5 List safety hints for the teaching of selected Ribbon elements
- 3.U15:6 Identify common errors in the learning of selected Ribbon elements
- 3.U15:7 Plan and prepare a Ribbon session to teach selected Ribbon elements

## MULTIPLES

Unit Code: L2.3.U16R

### Assessment Criteria:

- 3.U16:1 List the 10 required components of Multiples
- 3.U16:2 Describe methods used to train Multiples
- 3.U16:3 List criteria used to select and group athletes from Multiples
- 3.U16:4 List techniques used to choreograph a Multiples routine
- 3.U16:5 Describe a typical Multiples training program

## DANCE & CHOREOGRAPHY FOR RG

Unit Code: L2.3.U17R

### Assessment Criteria:

- 3.U17:1 Describe aesthetically pleasing RG posture
- 3.U17:2 List a variety of Dance Styles and Basic Steps
- 3.U17:3 Prepare a Classical Ballet session utilizing the following components...
  - floor barre exercises
  - barre exercises
  - centre work
- 3.U17:4 Prepare a Gymnast Profile