

# Competency Statements for Coach Accreditation

## WOMEN'S ARTISTIC GYMNASTICS – LEVEL 2

### VAULT

**Unit Code:** L2.3.U1.MW

#### **Learning Outcome:**

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

- Use progressions and drills to teach selected vaults

#### **Assessment Criteria:**

- 3.1.1 List the different families of vaults
- 3.1.2 Identify the Ideal Model for selected vaults
- 3.1.3 Describe the physical preparation required to achieve selected vaults
- 3.1.4 Identify drills and progressions to teach selected vaults
- 3.1.5 List safety hints for the teaching of selected vaults
- 3.1.6 Identify common errors in the learning of selected vaults
- 3.1.7 Plan and prepare a vaulting session to teach selected vaults

### HORIZONTAL BAR/UNEVEN BARS

**Unit Code:** L2.3.U2.MW

#### **Learning Outcome:**

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

- Use progressions and drills to teach selected Bar elements

#### **Assessment Criteria:**

- 3.2.1 List the different classifications of Bar elements
- 3.2.2 Identify the Ideal Model for selected Bar elements
- 3.2.3 Describe the physical preparation required to achieve selected Bar elements
- 3.2.4 Identify drills and progression to teach selected Bar elements
- 3.2.5 List safety hints for teaching of selected Bar elements
- 3.2.6 Identify common errors in the learning of selected Bar elements
- 3.2.7 Plan and prepare a Bar session to teach selected Bar elements

### TUMBLING

**Unit Code:** L2.3.U3.MW

#### **Learning Outcome:**

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

- Use progressions and drills to teach selected Tumbling elements

#### **Assessment Criteria:**

- 3.3.1 List the different classifications of Tumbling elements
- 3.3.2 Identify the Ideal Model for selected Tumbling elements
- 3.3.3 Describe the physical preparation required to achieve selected Tumbling elements
- 3.3.4 Identify drills and progressions to teach selected Tumbling elements
- 3.3.5 List safety hints for the teaching of selected Tumbling elements
- 3.3.6 Identify common errors in the learning of selected Tumbling elements
- 3.3.7 Plan and prepare a Tumbling session to teach selected Tumbling elements

### BEAM

**Unit Code:** L2.3.U7.W

#### **Learning Outcome:**

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

- Use progressions and drills to teach selected Beam elements

#### **Assessment Criteria:**

- 3.7.1 List the different classifications of Beam elements
- 3.7.2 Identify the Ideal Model for selected Beam elements
- 3.7.3 Describe the physical preparation required to achieve selected Beam elements
- 3.7.4 Identify drills and progressions to teach selected Beam elements
- 3.7.5 List safety hints for the teaching of selected Beam elements
- 3.7.6 Identify common errors in the learning of selected Beam elements
- 3.7.7 Plan and prepare a Beam session to teach selected Beam elements

### FLOOR

**Unit Code:** L2.3.U8.W

#### **Learning Outcome:**

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

- Use progressions and drills to teach selected Artistic Floor elements

#### **Assessment Criteria:**

- 3.8.1 List the different classifications of Artistic Floor elements
- 3.8.2 Identify the Ideal Model for selected Artistic Floor elements

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- 3.8.3 Describe the physical preparation required to achieve selected Artistic Floor elements
- 3.8.4 Identify drills and progressions to teach selected Artistic Floor elements
- 3.8.5 List safety hints for the teaching of selected Artistic Floor elements
- 3.8.6 Identify common errors in the learning of selected Artistic Floor elements
- 3.8.7 Plan and prepare an Artistic Floor session to teach selected Artistic Floor elements