

Competency Statements for Coach Accreditation

MEN'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 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 progressions to teach selected Bar elements
- 3.2.5 List safety hints for the 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:

- Use progressions and drills to teach selected Tumbling elements

Assessment Criteria:

- 3.3.1 List the different classification 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

PARALLEL BARS

Unit Code: L2.3.U4.M

Learning Outcome:

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

- Use progressions and drills to teach selected Parallel Bar elements

Assessment Criteria:

- 3.4.1 List the different classifications of Parallel Bar elements
- 3.4.2 Identify the Ideal Model for selected Parallel Bar elements
- 3.4.3 Describe the physical preparation required to achieve selected Parallel Bar elements
- 3.4.4 Identify drills and progressions to teach selected Parallel Bar elements
- 3.4.5 List safety hints for the teaching of selected Parallel Bar elements
- 3.4.6 Identify common errors in the learning of selected Parallel Bar elements
- 3.4.7 Plan and prepare a Parallel Bars session to teach selected parallel Bar elements

RINGS

Unit Code: L2.3.U5.M

Learning Outcome:

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

- Use progressions and drills to teach selected rings elements

Assessment Criteria:

- 3.5.1 List the different classifications of Rings elements
- 3.5.2 Identify the Ideal Model for selected Rings elements
- 3.5.3 Describe the physical preparation required to achieve selected Rings elements

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- 3.5.4 Identify drills and progressions to teach selected Rings elements
- 3.5.5 List safety hints for the teaching of selected Rings elements
- 3.5.6 Identify common errors in the learning of selected Rings elements
- 3.5.7 Plan and prepare a Rings session to teach selected Rings elements

POMMEL HORSE

Unit Code: L2.3.U6.M

Learning Outcome:

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

- Use progressions and drills to teach selected Pommel Horse elements

Assessment Criteria:

- 3.6.1 List the different classifications of Pommel Horse elements
- 3.6.2 Identify the Ideal Model for selected Pommel Horse elements
- 3.6.3 Describe the physical preparation required to achieve selected Pommel Horse elements
- 3.6.4 Identify drills and progressions to teach selected Pommel Horse elements
- 3.6.5 List safety hints for the teaching of selected Pommel Horse elements
- 3.6.6 Identify common errors in the learning of selected Pommel Horse elements
- 3.6.7 Plan and prepare a Pommel Horse session to teach selected Pommel Horse elements